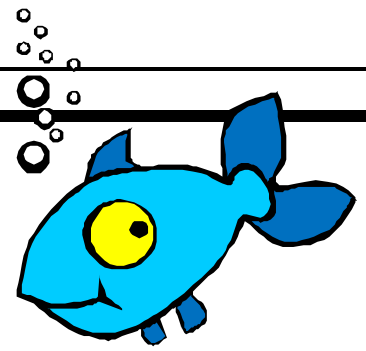


# SNAPPETS



Stadium Masters Swimming Club Inc

[www.stadiummasters.org.au](http://www.stadiummasters.org.au)

May 2024



## PRESIDENT

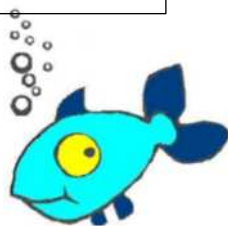
I've been trying to recall what has been going on and what is up next, but it's not coming readily to mind – so a very good reason to participate in our 'Swim For Memory' on Sunday 23rd June! I urge you all to cobble together a team – get some of your non-member mates involved and have a go – it's a no pressure, social and fun event.

In April we ran another successful Sizzler and if you weren't able to help out, no worries, there will be another opportunity in October. We now have two Saturday Clinics under our belts, an FR and a BR Turns, both well-attended with some great tuition and insights from Elena of e-Swim. Our rescheduled 1500 metre event was held last Sunday 26th and was well attended and smoothly organised and run by Peter once again.

Our drought has finally broken and it coincides with many of our pool sessions moving indoors, and for some of us it's a good time to head north to enjoy the unsurpassed delights of our north-western coastline. Some are also headed much further afield to enjoy the Euro summer sunshine. If you have any good swimming adventures on your travels, then please send in photos and a description to Ed (Tania G) to incorporate in our next edition of Snappets.

Remember, Don't Count The Lengths, Make The Lengths Count (except of course in the Swim For Memory)! Cheers, Mark

[www.stadiummasters.org.au](http://www.stadiummasters.org.au)



## IN THIS ISSUE:

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Event Wrap Up – Stadium hosted 1500m  
Event Wrap Up – Breaststroke clinic  
Goggle Saw  
Club Captains Corner  
Awards  
Diary Entries



**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
Laura C	25 July

**EVENT WRAP UP – NEWMAN CHURCHLANDS ABC CC – SUN 7 APRIL ‘24**

By Pamela and Barry

Twenty two clubs participated at the NC ABCCC. Our club had 17 entries (9 women and 8 men) so we were able to register two relay teams each for the Women’s and Men’s 4x50 m freestyle relays. We originally had 7 men, meaning 3 would miss out on a relay. Mark, kindly agreed to register so we could make up the second men’s relay team. However, Barry had to pull out so our first ever 320+ Men’s relay team couldn’t go ahead. It would have been a club record. Maybe there will be an opportunity sometime in the future this year. Stadium Masters ended up coming 3rd after Claremont and Superfins, a very creditable result.

There were some good results.

Helen Austin swam 3 PBs and Natasha 2 PBs

Cas did her best times for this year in 2 events. Audrey gained a best since ’22. Jil, Margaret, Phyll and Bill all swam PABs and Bill had best times since ’21 and ’22. Laura and Denise both swam PBs in their FR50. Mike swam a CR in an inaugural swim and a PB in another and Peter Scott swam his second best time ever in the FR50.



**Club Swim - combined results Newman Churchlands ABCCC**

Name	Event	Date	LC	Time swum	Comment
Helen Austin	FR200	7-Apr	LC	5.10.85	PB
Helen Austin	BR100	7-Apr	LC	2.41.25	PB
Helen Austin	FR50	7-Apr	LC	58.75	PB
Cas Brown	FR200	7-Apr	LC	5.14.76	Best since 23
Cas Brown	BA50	7-Apr	LC	1.16.20	Best since 23
Audrey Bullough	FR200	7-Apr	LC	5.58.66	Best since 22
Laura Chambers	FR50	7-Apr	LC	35.37	PB
Mike Haederle	FR200	7-Apr	LC	3.12.94	Inaugural. Club Record
Mike Haederle	FR50	7-Apr	LC	35.03	PB
Natasha Kedgley	FR50	7-Apr	LC	40.70	PB
Natasha Kedgley	BA50	7-Apr	LC	48.64	PB
Jil Mogyorosy	BR100	7-Apr	LC	2.18.41	PAB
Jil Mogyorosy	BA50	7-Apr	LC	1.05.23	PAB
Denise Scott	FR50	7-Apr	LC	57.57	PB

Peter Scott	FR50	7-Apr	LC	36.83	0.4 secs outside PB
Margaret Smithson	BA50	7-Apr	LC	1.41.59	PAB
Phyll Tiller	FR50	7-Apr	LC	52.20	PAB
Phyll Tiller	BA50	7-Apr	LC	1.03.39	PAB
William Woodhouse	FR200	7-Apr	LC	4.12.72	PAB Best since 22
William Woodhouse	BR100	7-Apr	LC	2.30.54	PAB Best since 21
William Woodhouse	FR50	7-Apr	LC	43.27	PAB Best since 22
Womens 4x50 FR Relay 320			LC	4.44.57	
Womens 4x50 FR Relay 200			LC	3.12.00	
Mens 4x50 FR Relay 240			LC	2.40.24	Just 7 seconds outside Club Record



## EVENT WRAP UP – BUNNINGS SAUSAGE SIZZLE -

By Mark A

The weather was perfect and the club held yet another successful Sizzle at Bunnings Subiaco. Many thanks to all of you who set aside some time to cook, serve, clean and cry on the day. As a result of your efforts we managed to flog over 500 sausages and 140 drinks, and raise \$1,201.51 (profit). The funds will be used to support our lane hire and should go a long way in assisting us achieve a break-even position this year.

Thanks again to Mark for taking the reins and organising this fundraiser. Watch out for the next one coming up in October.



## EVENT WRAP UP - STATES – SAT & SUN 20 & 21 APRIL 2024

By Pamela

Here are the results from the meet:

### State Championship results 20<sup>th</sup> – 21<sup>st</sup> April 2024

Event and heats	Event	Time	Comment
Audrey Bullough	FR100	2:45.35	Best since '22
Audrey Bullough	FR200	5:40.50	Best since '22
Susanne Woodward	FR100	2:09.14	PAB/best since '21
Susanne Woodward	FR200	4:37.81	PB
Susanne Woodward	BU50	1:04.50	Best since '23
Susanne Woodward	IM200	5:26.35	Best since '22
Jil Mogyorosy	FR50	55.02	PAB
Jil Mogyorosy	BA50	1:02.14	PAB
Jil Mogyorosy	BA100	2:20.90	PAB
Jil Mogyorosy	BR50	1:01.84	PAB
Jil Mogyorosy	BR100	2:16.87	PAB
Natasha Kedgley	FR100	1:36.49	Inaugural
Natasha Kedgley	BA50	47.36	PB
Natasha Kedgley	BR50	56.56	PB
Natasha Kedgley	BR100	2:07.34	Inaugural
Margaret Smithson	BA50	1:35.13	PAB/best since '22
Rob Woodward	FR50	34.59	PB

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There were 29 clubs and 255 swimmers registered for this year's State Championships. Due to several things happening at the same time we only managed to register nine swimmers and only one man so we couldn't manage many relay teams. We came 10<sup>th</sup> so all in all a reasonable performance. We have had three ABC Club Carnivals so far this year and because of lack of numbers we have not managed to field relay teams at two of them.

A big thankyou to Tricia, Phyll, Robyn and Barry who came specially to help with timekeeping. Phyll was there both days, all day. Sara came both days to support from the stand. It was all very much appreciated.

The next ABCCC is Riverton on 14<sup>th</sup> July. It would be really good to see our potential and get a big contingent going with lots of relay teams.

## **EVENT WRAP UP – FREESTYLE CLINIC BY ELENA NESCI – SAT 11 MAY '24**

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 held this year was for freestyle...

Elena Nesci (the coach) had 2 white boards and spent 25 minutes explaining the Foundations of the Stroke. The foundation was built on 4 layers each made up of bricks. The layers above the foundation are to complete the whole stroke (building a wall, or baking a cake!). The layers in ascending order (of course they are inter-connected) are;

Layer 1 – Breathing. The points here are to focus on exhalation (steady, and no over-breathing). Rhythmic is good (steady exhaling (blowing out a candle) and then final soft blow and then inhale before repeating.

Layer 2 Body Position The important issue here is to reduce drag (so tuck bottom in and keep head position appropriate). The chains of muscle (anterior, lateral and posterior) must be maintained. Key elements are the head, core, and these chains.

Layer 3 Kicking It is important to realise that the main purpose is not propulsion but to provide balance and a good body position. The core plays a crucial role here (no John Travolta open leg poses)

Layer 4 Rotation This is driven from the hips (not the shoulders) and although the swimmer may not breathe bilaterally the rotation should be symmetrical to both sides (about 30 to 60 degrees from horizontal). The rotation is not that of a clock pendulum (regular) but more like that of a wrecking ball that pauses before its downward sweep. On drills it is recommended to breathe bilaterally.

In the water drills (both with fins).

1. With start-off in position 11 (the “neutral” position with arms outstretched in front, facedown while exhaling steadily) and kicking for about 6 kicks then catch & pull with one arm (slowly) finishing the exhale and then inhaling before bringing the arm back to neutral. Then after about 6 kicks in neutral, repeat the one arm catch & pull with the other arm (with the exhale and then inhale to the other side, if breathing bilaterally. If not only breather on one side). This drill must be done slowly and carefully.

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2. As in 1 start off in position 11 and after 6 kicks bring one arm back to the side and hold it there while swimming laterally on the side of the outstretched arm. Return to the neutral position for about 6 kicks and rotate to the other side. This drill must be done slowly and carefully.

The session finished with a slow freestyle.

Coaches were recommended to include drills 1&2 for 5 minutes in a training session. Elena always stresses that “Perfect Practice makes Permanent (Perfection)”!



The first of our Saturday enduro sessions followed straight on from this clinic.

## **The new Saturday Enduro Session**

The Friday Enduro sessions (1230-1330) which took place before the training sessions (1330 - 1430) have now been moved to Saturday mornings. I

n general, these will be 1230-1330, but for the first one, it was possible to hold it immediately after the above freestyle clinic. The Enduro programme gains points for the club in an Australia-wide Masters Swimming competition (sponsored by Vorgee) in which Stadium Masters has in the past done well (1st in WA and 2nd in Australia). Points are gained for each swim, and there is a table which, in each age, group allots points for each type of swim depending on the time (or distance) swum.

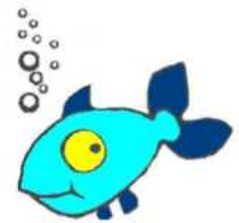
These new Saturday Enduro sessions began last week (4/5) with only 2 swimmers but this session, there were four swimmers; Jil Mogyrosy, Tania Gregg, Sue Woodward, and Mark Anderson, three of whom swam 2 swims (so 7 swims in all), and all achieved maximum points!



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

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

## **EVENT WRAP UP – SOCIAL MEMBERS AFTERNOON TEA**

By Pamela

On the 30<sup>th</sup> May an afternoon tea was organised by the club to recognise and get the social and previous members of the club together.

Those present were Hazel Christie, Patrick Cooney, Bill Cresswell, (Pauline and) Richard Diggins, Mary and Stuart Gray, Lillian and Geoff Hadley, June Maher, Ann Ritchie, Margaret Somes, Deirdre Stephenson, Margaret Watson

Thank you to Bill and Regent Park for organising and providing the venue. Thanks to Bill, Wanda, Audrey, Phyll, Barry, Margaret Smithson, Cas and Sue for providing food and helping with the set up and the tidying up afterwards.

**Acknowledgement was made of the longevity of membership. Such as:-**

### **Social members-**

- Geoff Hadley - 7 years
- Ann Richie and Bill Creswell - 9 years

### **Full and social members**

- Mary and Stuart Gray – 11 years
- Patrick Cooney and Richard Diggins - 15 yrs
- Lillian Hadley - 22 years

### **Certificates were presented to**

- Margaret Somes - 25 years
- Deirdre - 25 years
- Zee Marsland - 28 years. Absent so the certificate has been given to Marg. Watson to present.
- June Maher – 30 years
- Margaret Watson 30 years 2023
- Hazel Christie – foundation member 32 years was given a card signed by those present.

Geoff Hadley spoke to thank the club for organising this delightful afternoon tea, and then gave the floor to June Maher who, in addition to giving the club thanks, noted that if this was the heart of the club, then Margaret Watson (the Social member coordinator) was the soul!

Hazel Christie (a founder member of the club) then thanked the club and in addition expressed her delight on meeting up with so many people who had been at the club nearly as long as she had.



Clockwise from top –

June Maher – 30 years

Marg Somes – 25 years

Marg Watson – 30 years

Dee Stephenson – 25 years

Hazel Christie



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## EVENT WRAP UP – STADIUM MASTERS HOSTED 1500m – SUN 26 MAY '24

By Peter Lyster

Just a short note to say a big thank you for all the hard work in assisting with this event. The event ran very smoothly and was all over in about two and a half hours. It was held indoors this year. We had 30 people register, with 25 people that swam.

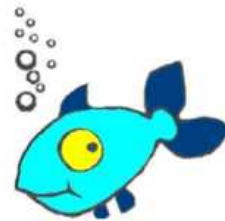
There seemed to be a lot of people happy with their times. We had two State records, Kristy Brackstone in the 1500m Free and Sue Swire-Thompson's 400m split in the Backstroke. They have still to be ratified.

Sadly we had two disqualifications, one for wearing a watch and the other for butterfly kick on the turns in the breaststroke. Very hard luck. A full set of the results is attached.

We had six club members swimming, what a terrific turnout. Well done to Brigitte, Sue, Jil, Helen L, Bill and Mark. This is the first time in a long time that I can remember as many club members swimming in this event.

Thanks again

Thank you to Peter Lyster for organising this event.



## EVENT WRAP UP – BREASTSTROKE CLINIC BY ELENA NESCI – SAT 25TH MAY '24

By Barry, Pamela and Elena

This clinic was well attended (22 attended), and as usual Elena (the coach) did not disappoint.

She concentrated on 2 “next level skills” of breaststroke (turns and the pullouts (after turns and the dive). Many of the features she highlighted applied to the stroke itself. The important considerations are; 1.Streamline 2.Speed 3.Position 4.Sequence.

Turns

Line (straight in and straight out – do not deviate!).

Head (going into the wall the head is looking straight down. **At the turn the head looks to the sky during the arm action then in the glide the head is again straight down). “Floor / sky / floor”**

Hips (don't let them reduce the streamlining or disrupt the required body position).

Legs (Once the hands have made a 2-handed, simultaneous touch on the wall at the same height and not overlapping, **the legs are tucked together and move under the body so that the feet are planted on the wall. As the body turns one elbow is pulled neatly in beside the body while the other arm is thrown over and above the surface of the water and extended to the front and met by the arm that was tucked against the body.** The eyes at this stage are again looking down while the legs thrust for a good outward (torpedo-like) motion. For subsequent actions see Pullouts).

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The turn drill was initially practised at pool side (but caution is required to make sure that the extended arms prevent a collision with the lane rope!). Once this was mastered, the turn was executed at lane end.

Eyes (As described in Legs – the eyes look at the floor (pool bottom), look at the sky (during the arm throw over the water), then look at the floor on the push-out).

Overall – fast & neat (breaststroke is the slowest of all the strokes so everything should be as fast as is appropriate, and neat means the aim is to reduce drag).

## Pullouts

Trajectory (after the push-off from the turn, the trajectory of the body is slightly downwards before an uptick with the pull-through or one dolphin kick (if advantageous) and pull-through).

Components (push off, double-arm pull through pushing water back towards the legs, one dolphin kick (if advantageous), recovery of hands (palms initially facing the body moving up the body, **past the face** to extend beyond the head with palms together and facing downwards. When momentum is dying one breaststroke leg kick followed by the arm stroke). NB the allowable 1 x fly kick can be inserted at any point in the pullout sequence as long as it is completed prior to the commencement of the first true breaststroke cycle, but most Masters swimmers will benefit from including it at the end of the pullout arm stroke.

Sequence (the particular order of applying the components. If the dolphin kick is not advantageous – do not apply it).

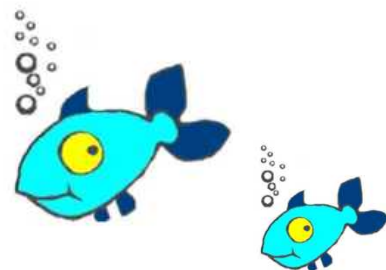
Head and eyes (throughout the above, these face the bottom of the pool; until the actual breaststroke is started).

Hands (the double-arm pull-through (**S shaped**) should not be too wide but should aim to catch as much water as can be handled, then come to the outer thighs before recovery and extension below the body and under the face to the extension position and the start of the actual stroke).

Overall – neat and narrow, feel the water, line & length. Neat means the aim to reduce drag. The correct sequencing requires a “feeling of the water” to work out when the one dolphin kick (if used) is applied and when the pullout begins after the push-off from the turn, as well as when the hands are recovered from the pullout to extend in front of the head. Line is the trajectory, and length of body ensures that there is streamlining.

## The wording of the rule:

**‘ At any time prior to the first breaststroke kick after the start and each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.’**



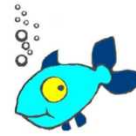
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## CLUB CAPTAIN'S CORNER

By Pamela

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

**After training supper at the Wembley Hotel** – Tuesday 4th June



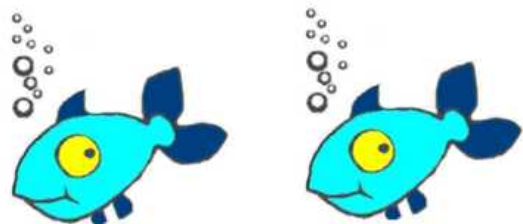
Let Marg Smithson know if you would like to attend [smithsonmarg@gmail.com](mailto:smithsonmarg@gmail.com)

**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** – 20 July – time TBA

**Fly** – 14 September – time TBA



**Swim for Memory** – Sunday 23<sup>rd</sup> June

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 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! 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.

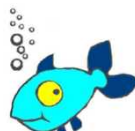
All I need from you are the names of your teams, the names of the team members and their ages, and which time slot you would like to swim in. If you aim to swim closest to your nominated number of laps please include this information.

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 [barryjohngreen@yahoo.com.au](mailto:barryjohngreen@yahoo.com.au)

I hope you will participate (it is a worthy cause)! Entries close soon.

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



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## AWARDS

Here are some awards that have been presented recently

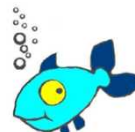
### March Supa Nova – Phillip Lowe

For his first club swim and being timed for the first time

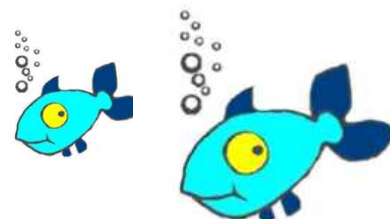
### April Supa Nova – Natasha Kedgley

For swimming in her first ABC CC's, Fremantle and Newman Churchlands

### April Super Snapper – Sue W



Sue receives this award for achieving good results at the State Championships PB for her FR x 200 and a best since '22 and '21



### May Super Nova – Brigitte S

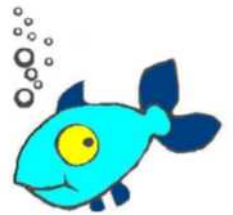
Brigitte receives this award for doing her first ever timed swim – AND it was a 1500m!





## GOGGLE SAW

Tania out with Barry, Phyll and Seb (Phyll's grandson) at the Crown Theatre to see Elvis – A Musical Revolution recently



Pamela out in Subiaco laneways with Cas and Audrey prior to Mother's Day checking out the beautiful laneway floral arrangements

When Pamela asked Claire what it was like to swim with Laura she said "it was like being a greyhound trying to chase a rabbit!"



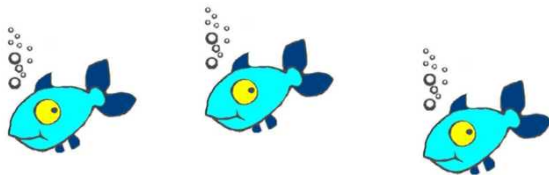


Ciara Drumm, an ex-member with her partner and new little one, a baby boy called Noah. Ciara is from Ireland and joined us whilst she was working here for a couple of years.



## NEW MEMBER – CHRIS COLEGATE

Pamela giving Chris her new member's pack recently. Chris is the sister of Sue Woodward



## DIARY ENTRIES

Busy days ahead, put these dates in your diary:

June	4th	Tuesday	After Training Dinner	All welcome.
June	9th	Sunday	Riverton 400/800	
June	16th	Sunday	Pool changes to SC mode	
June			Winter Solstice Swim	MSWA
June	23rd	Sunday	Stadium Masters Swim for Memory	Short Course HBF 0900-1300
July		Saturday	Development Clinic 2 - - Freestyle Fundamentals	MSWA
July	6th	Saturday	CLUB SWIM (pre-Riverton ABCCC)	1330. HBF Stadium. 1300 warm-up.

July	14th	Sunday	Riverton ABCCC	
July	16th	Tuesday	After Training Dinner	All welcome.
July	20th	Saturday	Backstroke Clinic	1000-1100

August	10th	Saturday	Maida Vale 1500	
August	18th	Sunday	Golden Gropers State Relay Meet	HBF Stadium (short course)
August	25th	Sunday	Somerset 1500	
August	27th	Tuesday	After Training Dinner	All welcome.

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Mark A, Barry G, Pamela W and Elena N 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](mailto:tania_gregg@hotmail.com)