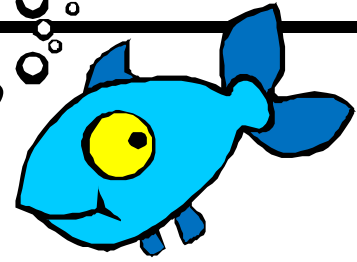


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

September 2024



VENUES WEST



Kaya Snappers,

On the following pages you'll find all you need know about recent results and what's coming up – and in particular our *'all hands on deck'* October featuring our spring Sizzler at Bunnings Subi on Saturday 13th October, closely followed by our ABCCC on Sunday 20th. I won't rehash any of that here – instead a few rumblings from the perspective of a Coach.

Our coaches give up their time so you can participate in a prepared and structured session. As a swimmer the least you can do is arrive in time to participate in the briefing and be ready to hit the water on time. If you don't understand something at the briefing – ASK!

Once you are in the lane appropriate for your energy and speed, choose a lane leader – someone that keeps to the repeat times and communicates with the swimmers so all are on the same page doing the same routine at the same time. This allows more swimmers to occupy each lane without getting in the way of each other. And think about where you will park yourself at the end of each set so you don't obstruct following swimmers finishing, nor the leaders heading off on the next set.

Drills. There are two ways to get better / faster at swimming; get fitter, and improve your technique (efficiency) so you get more for less. We do drills to improve technique and they each have a specific purpose, e.g. to improve your kick / catch / streamline (reduce drag), etc. If you don't do them properly then you may as well not do them – only perfect practice makes perfect performance. Don't treat drills as a race and ask if you don't understand the why and how. *If You Do Not Consciously Form Good Habits, You Will Unconsciously Form Bad Ones*, cheers Mark

PS: make sure you block out Friday evening the 6th of December for our end of year social at the Wembley Hotel.

See you on the pool deck.....Mark



www.stadiummasters.org.au

EVENT WRAP UP – CLAREMONT MASTERS GROPERS RELAY – SATURDAY 18 AUGUST 2024

By Barry G

This fun event was held in HBF Stadium indoor pool (at the dive pool end). Nineteen clubs competed, and the overall results are given up to place 6 in the table below.

| Masters Swimming Club | Points |
|-----------------------|--------|
| Claremont | 746 |
| Beatty Park | 452 |
| Rockingham | 444 |
| Mandurah | 292 |
| Stadium | 254 |
| Bold Park | 240 |

Claremont earned points in the age groups (120-159, 160,199, 200-239, 240-279, 280-319, 320-359) i.e., in all age groups contested except the youngest (100-119).

Stadium earned points in the age groups (200-239, 240, 279, 280-319 (in which it was 2nd to Claremont), 320-359 (in which it was second to Claremont)). Stadium were hampered by the fact that only 11 women had registered (i.e., only 2 women's relays possible), and only 7 men had registered (only 1 men's relay team possible).

The participation numbers of the top clubs are as follows;

| Club | Male | Female | Total | Numbers of Relays Entered | Number of Disqualifications in Point-scoring Relays |
|-------------|------|--------|-------|---------------------------|---|
| Claremont | 27 | 19 | 46 | 46 | 3 |
| Beatty Park | 20 | 12 | 32 | 34 | 3 |
| Rockingham | 12 | 8 | 20 | 30 | 0 |
| Mandurah | 12 | 8 | 20 | 27 | 2 |
| Stadium | 11 | 7 | 18 | 19 | 1 |
| Bold Park | 13 | 13 | 26 | 31 | 2 |

This reinforces the adage that **the number of participants plays a major role in the outcome!**

Unfortunately, coach Barry decided to take over a fraction early in the Men 4x25 medley relay (was he worried about the fly swim he was embarking on?) and so this resulted in the team's disqualification in that event.

Stadium Masters competed in all 10 events, and no existing club relay team records were broken, but 2 were very close.

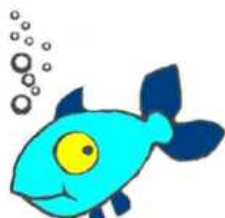
280+ 4x50 Mixed Freestyle Record 3.19.26 We swam 3.22.23.

320+ 4 x50 Mixed Freestyle. Record 4.18.35. We swam 4.20.74.

However, there is an inaugural club record in the 320+ 4x 100 Mixed Freestyle (Time 10.10.43). Swimmers - Audrey Bullough, Cas Brown, Dick Austin, and William Woodhouse.

The only individual swims which were eligible for PBs, PABs, and 'best since' are those of the initial swimmer (all the other splits are not eligible because of the rolling start). The assessment of the results is given in the table below. Congratulations to the record setters!

| Event | Age Group | Swimmer 1 | Swimmer 2 | Swimmer 3 | Swimmer 4 | Time | Place | Points |
|----------------------------|-------------|--|---------------------|---------------------|--------------------|----------------|-----------------|------------------|
| 4x50 Mixed freestyle relay | 240-279 | Rob Woodward Inaugural & CLUB RECORD | Louise Norris | Susanne Woodward | Peter Scott | 2:56.34 | 8th | 6 |
| Splits | | 34.78 | 49.45 | 55.37 | 36.74 | | | |
| 4x50 Mixed freestyle relay | 280-319 | Julianne Crowley PAB & CLUB RECORD | Helen Austin | Bill Woodhouse | Aresh Anwar | 3:22.23 | 2 nd | 18 |
| Splits | | 51.14 | 58.07 | 36.16 | 56.86 | | | |
| 4x50 Mixed freestyle relay | 320-359 | Audrey Bullough | Cas Brown | Dick Austin | Barry Green | 4:20.74 | 2 nd | 18 |
| Splits | | ? | ? | 1:18.28 | 48.43 | | | |
| 4x50 Women medley relay | 200-239 | Natasha Kedgley Inaugural | Debra Wagstaff | Christina Colegate | Kim Simpson | 3:03.82 | 2 nd | 18 |
| Splits | | 46.26 | 51.56 | 46.78 | 39.33 | | | |
| 4x50 Women medley relay | 280-320 | Audrey Bullough | Helen Austin | Susanne Woodward | Louise Norris | 4:29.81 | 4 th | 14 |
| Splits | | 1:28.88 | 1:08.34 | 1:04.91 | 47.68 | | | |
| Men 4x50 medley relay | 240-279 | Aresh Anwar | Chandrababu Veliath | Bill Woodhouse | Peter Scott | 3:37.47 | 2 nd | 18 |
| Splits | | ? | 1:17.22 | 1:07.44 | ? | | | |
| | Aresh Anwar | Kim Simpson | Peter Scott | Robert Woodward | Natasha Kedgley | Debra Wagstaff | 1:43.94 | 13 th |
| Splits | 17.45 | 17.94 | 17.41 | 19.29 | 16.76 | 15.09 | | |
| Mixed 4x25 medley relay | 200-239 | Natasha Kedgley Inaugural | Aresh Anwar | Christina Colegate | Robert Woodward | 1:20.77 | 5 th | 12 |
| Splits | | 21.66 | 24.43 | 19.77 | 14.91 | | | |
| Mixed 4x25 medley relay | 280-319 | Barry Green | Denise Scott | Julianne Crowley | Peter Scott | 1:37.53 | 4 th | 14 |
| Splits | | 25.91 | 28.78 | ? | ? | | | |
| Mixed 4x25 medley relay | 320-359 | Audrey Bullough | Cas Brown | Bill Woodhouse | Dick Austin | 2:19.63 | 2 nd | 18 |
| Splits | | ? | ? | ? | ? | | | |
| Women 4x25 free relay | 200-239 | Christina Colegate Inaugural | Kim Simpson | Natasha Kedgley | Debra Wagstaff | 1:10.51 | 2 nd | 18 |
| Splits | | 17.19 | 17.96 | 17.68 | 17.68 | | | |
| Women 4x25 free relay | 280-319 | Louise Norris Best since 2019 PAB | Denise Scott | Helen Austin | Julianne Crowley | 1:34.54 | 2 nd | 18 |
| Splits | | 21.53 | 26.53 | 24.11 | 22.37 | | | |
| Men 4x25 freestyle relay | 280-319 | Barry Green | Dick Austin | Chandrababu Veliath | Bill Woodhouse | 1:34.05 | 3 rd | 16 |
| Splits | | 21.3 | ? | ? | ? | | | |
| Women 4x25 medley relay | 240-279 | Helen Austin PB | Kim Simpson | Susanne Woodward | Christina Colegate | 1:37.06 | 6 th | 10 |
| Splits | | 30.12 | 23.68 | 26.30 | 16.96 | | | |

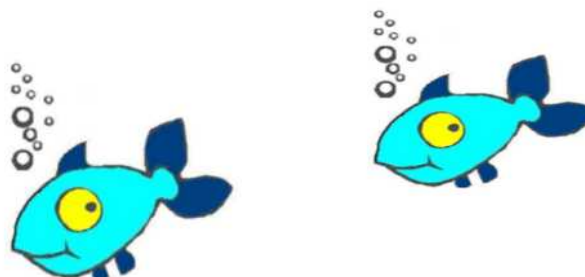


Note: Individual results – The first swimmer is the only swimmer who can get a legal time because they start on “GO.”

| | | | | | | | | |
|-----------------------------|---------|---|---------------------|--------------------------------------|-----------------|----------|------------------|----|
| Women 4x25 medley relay | 280-319 | Cas Brown | Denise Scott | Julianne Crowley | Louise Norris | 1:51.84 | 2 nd | 18 |
| Splits | | 36.43 | 27.07 | 27.22 | 21.12 | | | |
| Men 4x25 medley relay | 240-279 | Aresh Anwar | Chandrababu Veliath | Barry Green DQ on takeover | Robert Woodward | 1:32.01 | DQ | 0 |
| Splits | | 18.23 Inaugural & CLUB RECORD | 33.38 | ? | ? | | | |
| Mixed 4x100 freestyle relay | 200-239 | Christina Colegate Inaugural | Denise Scott | Chandrababu Veliath | Aresh Anwar | 7:33.37 | 10 th | 2 |
| Splits | | 1:33.10 | 2:01.98 | ? | ? | | | |
| Mixed 4x100 freestyle relay | 280-319 | Peter Scott PB by 4 secs | Susanne Woodward | Helen Austin | Barry Green | 7:33.98 | 2 nd | 18 |
| Splits | | 1:25.79 | ? | ? | ? | | | |
| Mixed 4x100 freestyle relay | 320-359 | Audrey Bullough | Cas Brown | Dick Austin | Bill Woodhouse | 10:10.43 | 2 nd | 18 |
| Splits | | ? | ? | ? | ? | | | |

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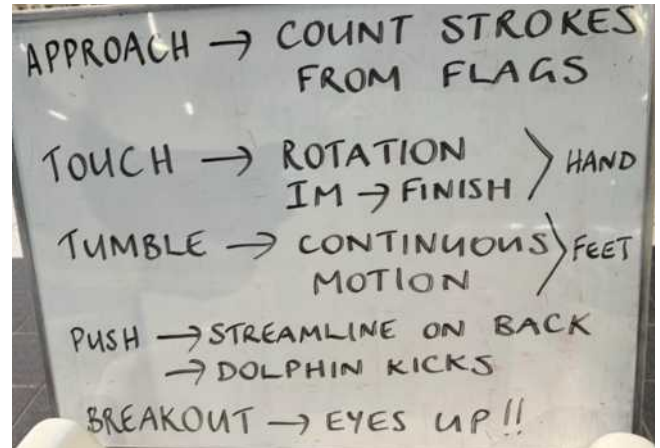
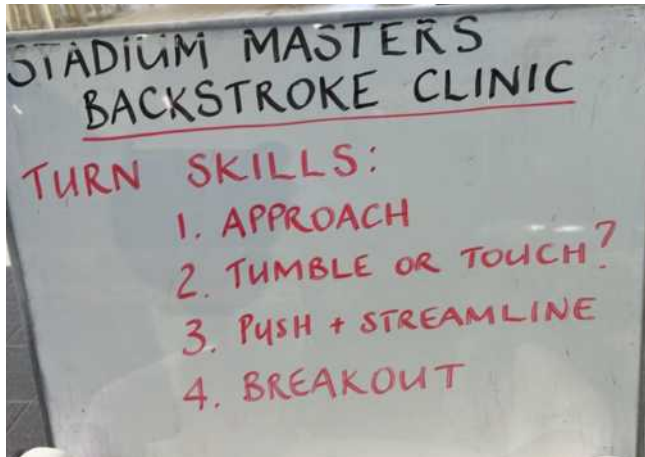
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EVENT WRAP UP – BACKSTROKE CLINIC – SATURDAY 24th August 2024

By Sue W and Barry G

Twelve swimmers and Sue (on deck) gathered for the morning clinic held in the indoor pool. Elena concentrated on Backstroke Turns. It is important is for competitors to be aware that finishes of backstroke events (and the Individual Medley change from backstroke to breaststroke) must be completed ON THE BACK (i.e., less than 90-degree rotation from the dorsal position).



Breakout drill *Done in the water with fins on.*

1. Start the breakout tucked with hands on the wall and bob down underwater. Push off and glide underwater on your back, which can feel disconcerting for a lot of people. Breathe out through your nose. Just like when pushing off the wall on your front, you will go the direction of your fingertips, so put 1 hand over the other with arms as straight as possible to create a streamline position and point your hands toward other end of the pool. Don't kick for this first drill, just glide.
2. Add a dolphin kick (or flutter kicks if you don't dolphin kick). Most people breakout better with backstroke because you can see the surface.
3. As soon as you feel the nose coming out of the water, separate the hands & keep moving (you need to add some kick to maintain momentum). Add a couple of strokes once your face is out of water.
4. Try the above without fins. Be aware of sense of your face breaching water... that's the cue to start stroking.

Approach Drills - *Can be a touch turn or tumble turn*

Touch turn drill

1. Starting beyond the flags and swim in slowly the first time. Count the strokes from the flags. Attempt to reliably touch wall on a full stroke!
2. Swim in going as fast as you can and see what happens to the number of strokes (it may increase or decrease). Most had more strokes, some had the same, but there is no right or wrong, just swim to your current capability.
3. Next practise the full sequence. Maintain the hand contact with wall, pivot tucking the body and the legs so feet touch the wall, then push off on the back. This needs core strength and hip mobility, otherwise it is like the "Queen Mary turning around - very wide".

Tumble turn drill

Approach the wall similar to the Touch Turn Drill but do 1 less stroke. Continuously stroke as you turn to front & tumble. Come out on back and continue to the breakout.

Remember: The turn is a sequence of steps. So, break it up and practice the steps individually. Every backstroke breakout needs to be on the back. Finally practice the full sequence.

Swimming an Individual Medley (IM)

You must finish each stroke on the wall. So, when changing from butterfly to backstroke you must touch with 2 hands (finishing breaststroke), then you are deemed to be into backstroke. Most will move one hand off the wall but you can leave both, tuck and pivot the body and then push off on back (commencing backstroke). Once you have touched the wall on your back (completing backstroke), you are deemed to be on front, so can bring legs up to push off for breaststroke.

Backstroke starts

If you are capable then start with the body lifted high, then throw yourself over the top off the water. Masters swimmer need to swim to their individual capability. It is better for a lot of Masters swimmers if they bob down and push off giving them maximum momentum off the wall.

Exercise to strengthen the core

Hold lane rope. Bend knees and bring both legs up (together). Slowly turn to one side and then the other.

Reminder – You must practice the drills, after clinic- as always!



EVENT WRAP UP – BUTTERFLY CLINIC – SATURDAY 14th September 2024

By Barry G and Elena

Elena gave this clinic to twelve swimmers in the outdoor 10 lane pool (50 m), and on deck there were three coaches and one other.

Poolside activities:

Elena stressed the need for mobility (hips, shoulders, ankles) and then asked the swimmers what they perceived as “sticking points” with the fly stroke. The answers were;

1. Pausing at the front of the stroke (before the arm pull).
2. Momentum and stamina (related to 1).
3. Head action (not in the water too early and breathing pattern).

With floor mats Elena guided the swimmers through some exercises to help with the stroke.

A. With one knee on the ground and the other leg forward (right angle bends at the knee), tighten the glutes and stretch through the hip flexor (without pressing the vertical body forward). Then change legs.

B. Lying face down with arms extended in front, bring both arms back (slowly – “angel wings”) with thumbs down so that the arms end up folded on the back. Repeat 5 times.

C. Up on knees, head down, stretch arms forward and hold for 30 s. Feel the lats work.

D. Standing. Turn one foot inwards (pigeon toe) and stretch the tip of the foot and hold. Change feet.

With ageing, the thoracic spine, shoulders and hips stiffen, so exercises are required to counter this. Fly uses the most energy of all the strokes so there are ways to reduce the loading e.g., breaststroke kick (this can be used at any time alternating with the dolphin kick) and front end-glide (pause the kick during the glide and keep front end extension). However, care is required with these stroke modifications. Note there is a maximum of 2 kicks to one arm cycle. Elbows must clear the water on recovery.

Pool Drills

After a warm-up (100 m)

P1. Push off on surface (no kick) initially position 11 (relaxed head down, with arms stretched forward shoulder width apart), reposition arms to beside hips and then gently lift arms over the water like angel wings to side (slowly) and recover (no pull). Keep head in neutral (eyes down) and shoulders relaxed. Thumbs down towards surface of water and knuckles forward. Repeat slowly. Can be done with a pull buoy if preferred.

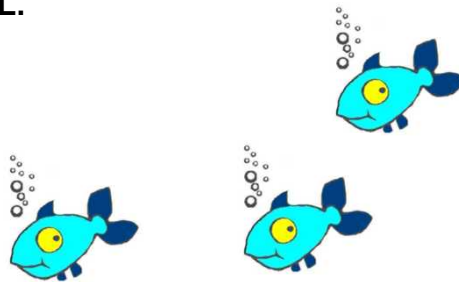
FINS ON.

P2. Push off on surface in position 11 with small hip undulation (Starting from the sternum, push hips down and up). Increase amplitude of undulation, as confidence grows. Think of pressing the front of the hips towards the bottom of the pool and then pushing them away without moving head and shoulders.

P3. As for P2 with arms performing “angel wings” every now and then followed by recovery (no catch & pull). Increase kick power.

P4. Single or double arm stroke with established kick. Get the timing right – hips go up as hands go in (kick), hips go down as hands come out (kick), and repeat. These drills with fins should be continued until proficiency is gained and then the fins can be removed.

Correct timing is ESSENTIAL.



CLUB CAPTAIN'S CORNER

By Pamela

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

Club swim pre Stadium Masters ABC CC

As usual there will be a club swim in preparation for our hosted Stadium Masters ABC CC. It will be held on Saturday 5th Oct. Warm up is at 1.00pm with start of events 1.30pm. There is a sign-up sheet in the cage to write your name and events or let Pamela know.

Next After training supper – Tuesday 8th October.

Let Marg Smithson smithsonmarg@gmail.com know if you are coming as she will need to book the table.

Stadium Masters ABC CC – Sunday 20th October

We need **everyone** to get online and register for our own hosted swim. The Link is below or head to our website. Details are as follows:

TIME: Pool opens at 8.00am. Warm up from 8.00am to 8.45am. Meet starts at 9.00am, finish time 1:00pm

COST: Cost of meet entry is \$25 per swimmer and includes pool entry.

ENTRIES CLOSE: Sunday, 15th October 2023. Late entries will not be accepted.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|56>

We will also need items for the raffle baskets and these can be brought along and placed in the cage. We will be hosting the luncheon afterwards at the Hockey Club across the carpark. We are having a sandwich-making session at Helen Loake's house the day before on Saturday 19th October (more details to come and the more the merrier) and we will need fruit / cake / slices to supplement. Start thinking about how you can help out please...

The new swimming caps are available to purchase before the Stadium Masters ABC CC.

They are \$12.00, are seamless and stay on better than the previous ones. They have our club logo printed on them so are very flash. Let Sue W know if you would like one. Organise with her when you will both be at training so she can bring one along for you.

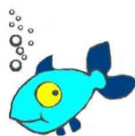
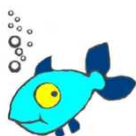
susannewoodward@gmail.com It would be lovely to see lots of our swimmers wearing them at our ABCCC. Thanks to Sue W for organising these caps, they look terrific.

Our fund-raising sausage sizzle – Saturday 12th October

This will be held outside Bunnings Home Base Subiaco on Saturday 12th October. This is one of our main fundraisers and all funds raised assists us in paying for our lane hire. If you haven't put your hands up to assist front line come and visit and buy a sausage sizzle and say hi.

SAVE THE DATE - Our end of year Christmas Party –

The Christmas Sundowner is on once again at the Wembley Hotel. Save the Date – Friday 6th October. More details to follow...





GOGGLE SAW

Anna Clare and Tania Strickland run a marathon 4th August 2024

Following a successful run at the 2023 Perth Running Festival and a celebratory lunch, Anna and Tania S. thought it might be

a good idea to complete a marathon in 2024. Luckily the half marathon in the training program coincided with the WA Marathon Club's annual race. It was a perfect day for a run from Burswood to the Swan Brewery and back. And a chance meeting with Pam at 18km was an added bonus!

The aim is to be back in the pool once the race is complete for a few leisurely lengths.....



By Tania S



OCTOBER

| | |
|---------|--------|
| Cas B | 10 Oct |
| Hazel C | 19 Oct |
| David H | 22 Oct |

NOVEMBER

| | |
|----------|--------|
| Helen L | 1 Nov |
| Barry G | 2 Nov |
| Sue W | 4 Nov |
| Ann R | 4 Nov |
| Deb W | 20 Nov |
| Denise S | 28 Nov |

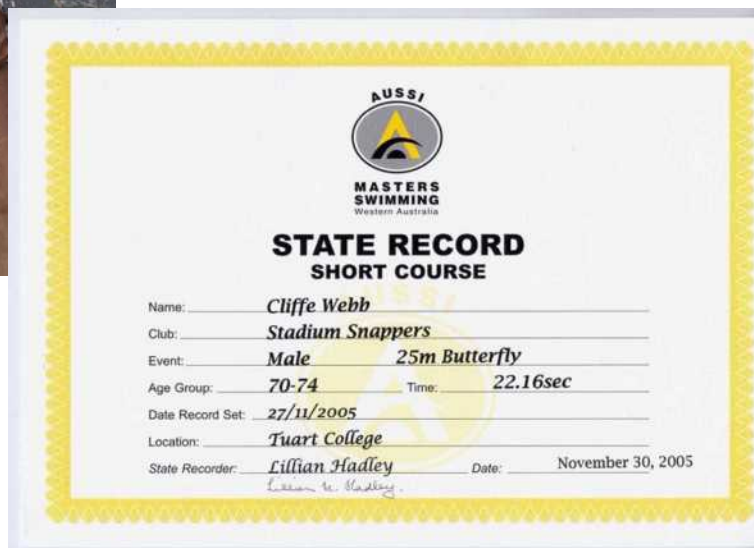
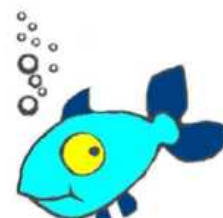
WHO IS.....CLIFFE WEBB?

Perhaps some newer club members are wondering who Cliffe Webb is (the donor of the Cliffe Webb Award which is one of the annual awards based on points achieved through swimming. (See the Bylaws on the club website).

Cliffe was a member 2001-2006, and his wife Beryl joined him as a member in 2008. They would visit from the UK for about 3 months each year and Cliffe managed to swim with the club quite often. He donated to the club a Mini Ashes Trophy for sculling (25 m). Sadly, this annual competition has lapsed. The Webbs receive the club newsletter "Snappets" and correspond with our editor, Tania Gregg, in effusive terms "always a pleasure to receive your monthly Snappets". It "reminds us of our wonderful times we had as members, both a privilege & joyous memoirs to cherish". In his last exchange of emails Cliffe recalled that he set a State Record for the 25 m butterfly set in 2005 (see below)! Many thanks Cliffe and Beryl for your service to the club and your continued support.



Cliffe and Beryl, Mosman Park, 2019



VORGEE MILLION METRES PROGRAM

Vorgee Million Metres have just updated their app which is easy to download and easy to use to record your swims. The app is available on the website, not on the app store – it can be accessed by clicking this link and following the instructions

<https://mastersswimming.org.au/programs/million-metres-program/million-metres-app/>

At the time of writing Stadium Masters are sitting in the top ten position with the number of metres swum by members who are participating in the program which is 42 150 008 million metres.

Brisbane Southside Masters Swimming Inc are in the number one position, having swum 465 828 961 million metres

Club members currently taking part in the program are Cas B, Anne E, Tania G, Anna C, Helen A, Sue W, Brigitte S and Phyll T. Download the app today!



Our condolences to Margaret...

Margaret Smithson, the club's social organiser, lost her husband, John, a short time ago. The club sends its condolences to Margaret, and the families of both Margaret and John. John came along to some sessions to encourage us, and we will remember his cheery presence at many after training suppers on Tuesday nights. Our thoughts are with you Margaret.

DIARY ENTRIES – WHAT'S COMING UP...

| | |
|---|--------------------------------|
| Swim supper | Tues 8th Oct |
| Bunnings Sausage Sizzle | Sat 12th Oct |
| Stadium Masters ABC CC | Sun 20nd Oct |
| Club swim pre Mandurah | Sat 26th Oct |
| Mandurah ABC CC | Sun 3rd Nov |
| Pride Swim Carnival Claremont pool | Sat 30th Nov |

PARIS 2024



**Gold for the girls
4 x 100 Free relay**



Gold to Ariane 400m Free



Silver to Elijah 400m Free

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Barry G, Pamela W, Sue W and Tania S for their contributions both written and photographic, to this issue. **Next issue will be out end NOV 2024.** Thank you in advance for your contribution. I look forward to receiving any items tania_gregg@hotmail.com

