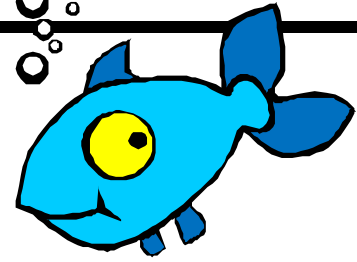


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

JULY 2023



PRESIDENT

(and Pamela W)

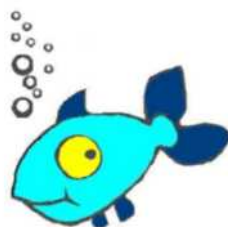
Hi all,

This has been a sad month indeed for Snappers members and friends – earlier this month Marilyn Burbidge chose VAD after a long fight with pancreatic cancer. She always made light of the symptoms and finally said she was shuffling off.



Merilyn was a member of Stadium Masters from 1998 to the current day. During that time she undertook many roles within the Club, including serving on the Committee in several roles, taking up the role of a coach for several years and for many years as Editor of Snappets, only passing the baton late in her illness.

Despite her ongoing treatment, she could be found poolside undertaking timing duties or assisting at any event we held, even insisting on helping at our fund-raising Sausage Sizzle last October. In typical modest fashion, she declined the award of Life Membership, proffering that others were equally worthy. Merilyn was also a keen and talented swimmer and her achievements included being a member of our 'Golden Girls' 320+ freestyle relay team that set the 8th fastest world-time in 2019. In 2022, fully under chemo treatment she doggedly finished a FR400, a BA400 and a BR400. I watched in awe as she hung onto the end of the pool at every 50 to take a breather then persist. In doing so she still achieved a top ten placing in all and a national ten placing in two. She was an amazing and inspirational woman. Vale Merilyn.



The details of Merilyn's 'Celebration of Life' are:

Thursday 3 August 9:00 - 11:00 am. West Chapel, Pinnaroo Memorial Park.

It has been suggested that anyone thinking of attending to dress in club uniform and we meet and sit/stand together to show club solidarity.



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Merilyn and Cas – joint winners of Beattie Norris award in 2021



IN THIS ISSUE:

- August / September Birthdays
- Event Wrap Up – Backstroke clinic
- Event Wrap-Up – Club swim Pre-Riverton
- Event Wrap Up – Riverton ABC CC
- Event Wrap Up – Swim For Memory
- Goggle Saw
- Club Captains Corner
- Social Club Corner
- Awards
- New Members
- Diary Entries
- Acknowledgements



Merilyn with the Lynda Joachim award in 2020



AUGUST

Margaret Watson 4 August

SEPTEMBER

William Creswell 6 Sept

Dale Wilcox 16 Sept

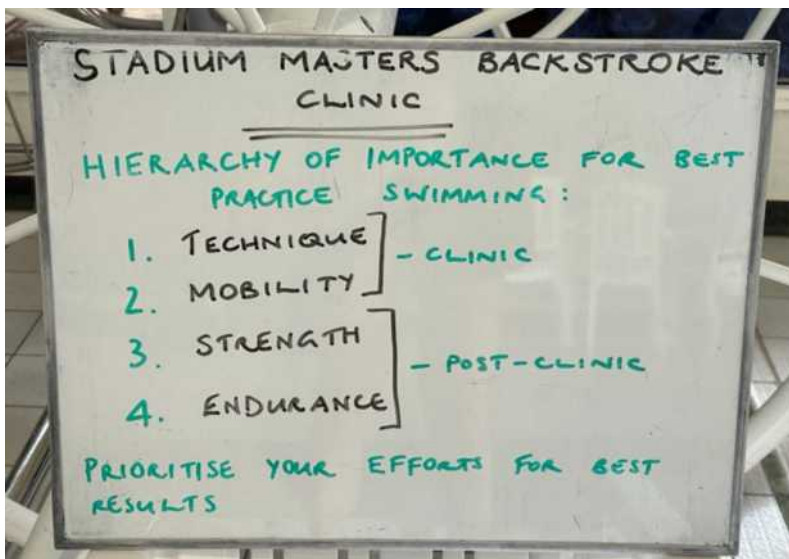
Kim Simpson 30 Sept

EVENT WRAP UP – BACKSTROKE CLINIC – SATURDAY 17TH JUNE

By Barry G

Elena Nesci took this Saturday morning clinic and 11 club members attended to swim. There were 2 boards which Elena spoke to and then there were some mobility drills poolside before a 30-minute session in the water.

Board 1 - Hierarchy of Importance for Best Practice Swimming



1. Technique

2. Mobility

1&2 were the items covered in the clinic.

1. Strength

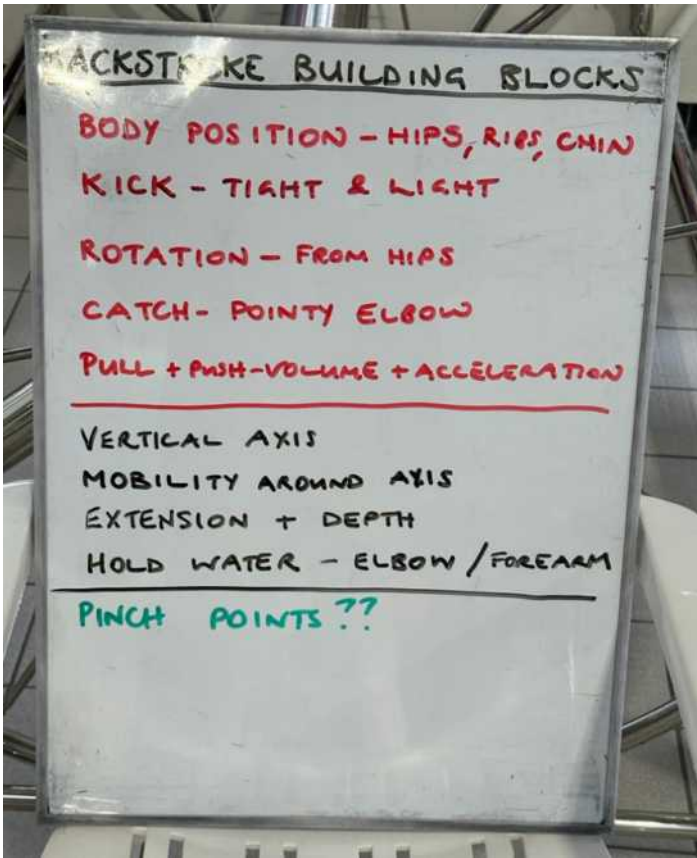
2. Endurance

3 & 4 are to be concentrated on post-clinic

“Prioritise your efforts for best results.”

The primary importance of technique and mobility was stressed.

Board 2 - Backstroke Building Blocks



1. Body Position – hips, ribs, chin

Explanatory comments - Horizontal body position. That means hips near the surface, tighten the glutes (don't let the bottom drop), stretch the ribs towards the chin, keep the chin from falling forwards (look up).

2. Kick -tight and light

Explanatory comments – kick from the thigh (not too much knee bend), loose ankles, feet near the surface and not too great an amplitude.

3. Rotation from hips

Explanatory comments – the rotation comes from the hips and the shoulders follow (not the reverse). The head does not move.

4. Mobility around axis

Explanatory comments – as in freestyle, the axis of the stroke is from the centre of the head to the feet. The amount of rotation depends on the mobility of the swimmer.

5. Pull + Push – volume + acceleration

Explanatory comments – Straight arm recovery, entry of the hand (little finger in first) while the other arm starts its over-water recovery, bend the arm keeping the elbow high to try and capture as big a volume of water as possible, pull (accelerate) then push with the hand facing downwards as it comes next to the thigh before recovery.

Swimmers were asked what they found difficult in the stroke. The two points raised were;

1. Legs sinking (see building block 1)
2. Not going straight (one arm stronger than the other – pull harder on the weaker arm and/or weaken somewhat the dominant arm pull)

Poolside Mobility Exercises

These were performed on towels and would be a good warm-up routine before training swims.

1. Thoracic and lower back stretch - Seated with knees bent and feet flat on floor. Hook right elbow to side of left knee and place left hand flat on floor behind bottom. Open out chest and twist upper body to gain stretch. Hold for 30 – 45seconds. Repeat other side.
2. Hip mobility. Sit with legs bent and flat on floor like a “W”. Try and get knees flat to floor than swivel and change sides, preferably without using arms to stabilise.
3. Lateral stretch – sit on heels (if possible) and stretch arms forward. Walk hands off to side until stretch felt down side of torso. Hold and then walk back to other side.
4. Back + glutes – lie flat on stomach and lift opposite arm and leg while keeping them straight. Hold and then change sides.
5. Torso rotation – standing with feet hip width apart swing relaxed arms from one side of body to the other trying to increase aperture of rotation each time.



In-pool drills (with fins except for the double-arm backstrokers)

1. Hands by the side and kick (establish good body position and kick)
2. Hands extended behind the head and kick
3. Hands by the side and rotate from hips, kick
4. With plastic cup full of water on forehead, kick (if the head moves the cup will fall)
5. With empty plastic cup inverted on forehead, kick
6. One arm backstroke

7. Two-arm backstroke
8. Remove fins and repeat 6 & 7



Audrey master of the “cup on the head” exercise!

EVENT WRAP UP - CLUB SWIM PRE-RIVERTON ABC CC – SAT 1ST JULY

This Club swim was held in the long course pool in preparation for the Riverton ABC Club Challenge and the Golden Gropers Relay coming up end of July. Results of best swims below

	Time		Time
Audrey Bullough	BA200	6:24.44	Best since '22
Helen Austin	FR100	2:49.53	
Helen Austin	FR200	5:40.97	inaugural
Sara Cann	BR50	1:21.74	Best since '22
Kim Simpson	BR50	53.50	PAB 53.15 '22
Dick Austin	FR100	3:01.98	inaugural
Sara Cann	BR100	2:57.41	Best since '22
Helen Austin	BR100	2:59.18	inaugural
Dick Austin	FR50	1:14.22	inaugural
Kim Simpson	FR50	41.96	PAB 41.11 '22
Audrey Bullough	BA50	1:27.85	Best since '22
Helen Austin	BA50	1:16.22	inaugural
Dick Austin	BA50	1:43.53	inaugural

EVENT WRAP UP – SWIM FOR MEMORY – SUN 2ND JULY

By Barry G

This year's Swim for Memory was (as for last year) in aid of the Australian Alzheimer's Research Foundation (AARF). Twelve teams registered for the event (six associated with Belmont Masters and the remaining teams made up of swimmers from Stadium Masters, Claremont Masters and their family and friends). The event (a one-hour relay swim for teams of 4) was held indoors at HBF Stadium in the 25 m pool. Prior to the event, all WA Masters Swimming Clubs had been invited to participate.

There were three types of awards made;

1. Longest distance swum in the appropriate age group.
2. Distance swum closest to the nominated distance.
3. Most money raised for the charity.

The results for award 1 are shown below. Five age groups were represented and all comprised more than one team!

Team	Age Group	Laps (25 m)	Distance (km)	Distance/Laps swum	
Slippery Seals	120-159	172	4.3	4.55	Age Group winner
Dolly 2	120-159	109	2.725	2.725	Nearest to Nominated distance
Belmont Babes	160-199	116	2.9	3.2	Age Group winner
Dolly 1	160-199	122	3.05	2.8	
Keep Moving	160-199	118	2.95	3.00	
The Forget-Me-Nots	200-239	90	2.25	2.8	
Audrey, Nabilla & the Boys	200-239	98	2.45	2.45	Nearest to Nominated distance
Super Seals	200-239	130	3.25	3.375	Age Group winner
Dave & the Chicks	240-279	100	2.5	3.225	Age Group
Three Wines & a Guinness	240-279	100	2.5	2.775	
Belmont Belles	280-319	106	2.65	2.825	Age Group winner
The Vintage Crop	280-319	108	2.7	2.675	

The five age-group winners are shown above. An administrative error (mea culpa) caused “The Vintage Crop” (Bill Woodhouse, Brett Jago, and Helen and Dick Austin (who are new to masters swimming!) to be awarded the 280-319 age-group winner award, but hopefully no permanent harm is done! The Belmont Belles deservedly won!

For the nearest to nominated distance two teams were spot on; “Audrey, Nabilla and the Boys” (Audrey Bullough, Nabilla Antipas (Marg Smithson’s daughter who bravely stood in for an ailing Barry Green), and Barry’s cousin’s son and a grandson), and Dolly 2 (A Belmont team made up of Master-age Jeffery Jaeckel, and youngsters Wesley and Dexter Jaeckel, and Cohen Duff).

The award for most money raised for the charity was incorrectly (an organiser fault again) awarded to “The Forget-Me-Nots” (Margaret Smithson, Aresh Anwar, Sara Cann, Peter Lyster). Well done all donors!

Other Stadium Masters-related teams were “Keep Moving” (Pamela Walter, her son and his partner, and Tania Gregg). “Three Wines and a Guinness” (Carmen Harrison, Pat Hallett, Joy Johnson, and Mark Howard) which is a team with strong connections to Claremont Masters, as was “Dave and the Chicks” (Dave Hodby, Robyn Smith, Linda Clarke, Jil Mogyorosy). “Keep Moving” swam their swim the week before on Saturday 24TH June, as team members were scheduled to be away on the day of the event.

Many thanks to all swimmers who supported this event, either by swimming or donating or both.

It should be (gratefully) remembered that Stuart Gray is responsible for the fish trophies that are awarded each year (with an elastic band on each of them so that they come right back for use the next year).

Other Stadium Masters Swimming Club members came to support the event; Cas Brown, Tania Gregg, Louise Norris, Barb Tate and Phyll Tiller. I hope I haven’t missed someone. Thanks also to all time keepers.

Now for a status report on the money raised (as money is still coming in after the event).

At last count there were 35 donors online with a total of \$4,260 donated. At the moment I have recorded cash donations totalling \$1,260, (and I know there is some more to come). This does not include the donations in the 2 AARF collection cans which will be returned to the charity and the contents added to the total.

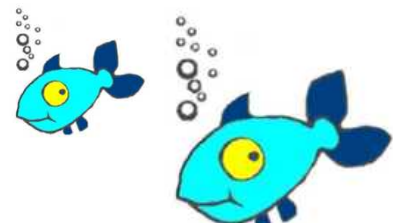
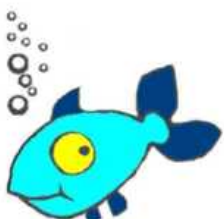


Well done to everyone concerned. Let's hope this donation is instrumental in finding "a cure" for Alzheimers! Do remember to participate next year.

NOTE: (THE TOTAL RAISED NOW IS IN EXCESS OF \$5 800)



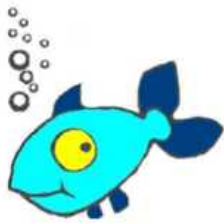
The Forget Me Notes





Three Wines and a Guinness

Barry the event organiser with Carmen, Joy & Jil



GOGGLE SAW

Pamela in the café showing off her State Record certificate for completing 50m Butterfly in 54.07 seconds at the Mandurah ABC CC last November. Well done Pamela



EVENT WRAP UP – RIVERTON ABC CC – SUN 16TH JULY

A small Stadium Masters team of eight swam against representatives of fifteen other clubs in the long course pool. In the end our team came 4th just one point behind Melville! The Austins had a wonderful first competitive competition. There were some other really good swims which augers well for the upcoming Golden Groper Relay Carnival . Note the first place of our relay team. However, a much larger team will be required! Here are the results...

Name	Event	LC/sc	Time	Comparison
Sara Cann	FR50	50	1:19.55	Best since '21
Sara Cann	BR50	50	1:15.80	PAB/ best since '20
Sara Cann	BR100	50	3:00.89	Best since '22
Audrey Bullough	FR50	50	1:09.16	Best since '22
Audrey Bullough	BA50	50	1:25.57	Best since '22
Audrey Bullough	BA200	50	6:23.05	Best since '22
Brett Jago	FR50	50	39.82	Best since '22
Brett Jago	BA100	50	2:00.98	Best since '22
Dick Austin	FR50	50	1:14.14	PB
Dick Austin	BA50	50	1:35.79	PB by 8 sec
Dick Austin	FR100	50	2:50.45	PB by 11 sec
Helen Austin	BA50	50	1:11.15	PB by 5 sec
Helen Austin	BR100	50	2:42.86	PB by 17 sec
Helen Austin	FR200	50	5:15.88	PB by 25 sec
Barry Green	BA200	50	4:34.60	PAB/best since '19/CR

Mixed freestyle relay –

280 – 319 - Brett, Kim, Cas and Barry — 1st



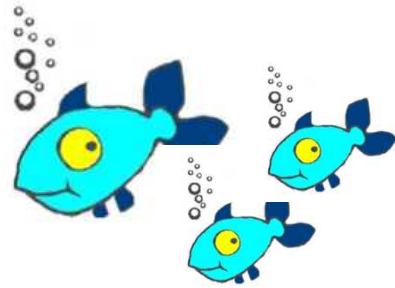
CLUB CAPTAIN'S CORNER

By Pamela

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

Golden Groper relay carnival on Saturday 29th July.

We have good numbers for this carnival on the weekend. Swim hard for Marilyn



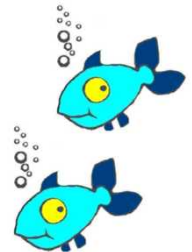
Upcoming Elena Nesci clinics – Saturday sessions only

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

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

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

Next After training supper – Tuesday 5th September Let Marg Smithson smithsonmarg@gmail.com know if you are coming as she will need to book the table.

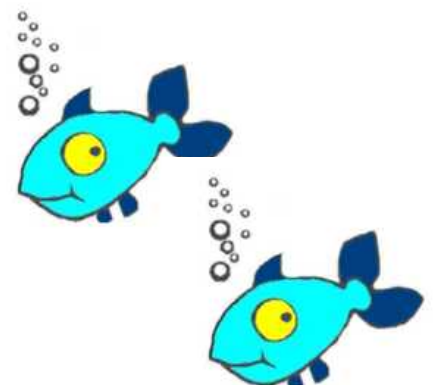


AWARDS

Awards – April Supa Nova and May Super Snapper

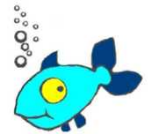


April Supa Nova has been jointly won by Helen and Dick Austin for swimming in their first interclub competition. Well done!



NEW MEMBERS – HELEN & DICK AUSTIN

Introducing two of our new members Helen and Dick Austin...

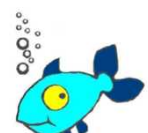


“Dick and I have always been keen beach swimmers, especially since returning from 35 years in Kalgoorlie. A few years ago we started swimming laps at the pool a couple of days a week in the winter months as well to maintain our fitness. Earlier this year (after admiring all the Rotto swimmers churning along the beach while training) Dick suggested that joining a Masters Swim Club might be a good way to improve our swimming a bit and to keep us motivated on the ‘lazy’ days. Stadium Masters ticked all the boxes – over 80s, session times, coaching, comps optional, although the thought of even uncrowded lanes was quite daunting.

It was a great decision. We received a very warm welcome, especially Dick when Audrey realised that he was old enough for the men’s 80 year relay! Everyone has been so friendly and encouraging, and we thoroughly enjoy the swim sessions. They have certainly pushed us out of our comfort zone – competition meet on Sunday anyone??!! “



Coffee after a Wednesday morning session last month – Wednesdays is always our busiest session!



SOCIAL CLUB CORNER

By Marg W

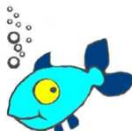
It has been a cold and wet winter for swimming outdoors at 8am! However, a regular group of between 6 and 10 still meet for coffee at the Tee Box after their swim on Monday, with fewer on Wednesday. We celebrated several birthdays in June/July with the traditional cake and/or toasties, most notably June Maher (94), Lillian Hadley (90), Elizabeth Edmondson, and Mary Gray. That's the "fun and friendship" side of Masters swimming! (With fitness as an added bonus)

But it is with sadness that we pass on the news of the sudden and recent death of Brian Somes. He joined the club in 2000 following Marg's enthusiasm, and although he was non competitive - preferring to enjoy social swimming with a group fondly called the "lane one group" - he was very supportive of Marg's competitive successes and her roles on the committee. They were a 'great team' and our sincere condolences go to Marg. and family on their sad loss.

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).



Social members got together for Lillian's 90th and June Maher and Elizabeth's birthdays at Tbox in Claremont recently





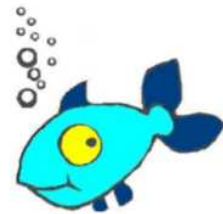
EVENT COMING UP NEXT YEAR: LAKE ARGYLE SWIM

2024 First National Kimberley Lake Argyle Swim

Saturday 4 May 2024

10km or 20km Open Water Swim Solo or

Relay Teams of two or four



By David Hodby

“Anyone who is interested in OWS should put Lake Argyle on their bucket list. The swim is held at the end of the wet season so Kununurra is very green. We spent the first day as tourists walking up Eden Gorge which is a WOW attraction, taking a plane ride over the Bungle Bungles and having a sunset cruise on the lake.

There were over 300 competitors for the swim. There were 20km and 10 km swims for solos, duos and teams with a big party over-looking the lake the night following the swim. Most people camped at the lake but as an alternative you can book the Lake Argyle Resort. There is a need to book early because the swim is usually booked out. All solos and teams need to organise a boat and a kayak. Many of the farmers own boats. Kayaks for the 10km solo swimmers are provided by the organisers. The whole thing was an excellent experience. There are fresh water crocodiles in the lake but they are very timid and they are not an issue. I had a wonderful time and would recommend everyone to try it.”

Registrations for 2024 open 1st November 2023 9am (WA time). Registrations sell out quick. For more information see the website:

<http://www.lakeargyleswim.com>

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 😊

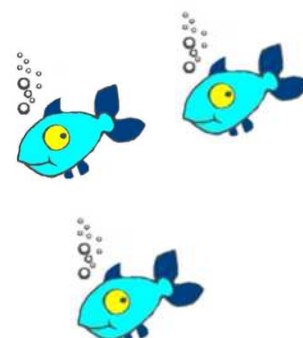
Kind regards,

Elena Nesci
Coaching Co-ordinator Claremont Masters

DIARY ENTRIES

Claremont Groper relays	Sat 29th July
Maida Vale 1500m	Sat 5th Aug
Breaststroke Clinic	Sat 29th Aug
After training dinner	Tues 5th Sept
Butterfly Clinic	Sat 16th Sept
Somerset 1500m	Sun 17th Sept
Pool changes to Long Course	Sun 24th Sept
Bunnings Sausage Sizzle	Sat 14th Oct
Stadium Masters ABC CC	Sun 22nd Oct
Pride Swim Carnival – Claremont pool	Sat 25th Nov

Busy days ahead, put these dates in your diary



Ex-member Ciarà Drumm

Jackie Egan has sent some photos from Ciarà Drumm's wedding last Saturday.

Some of you may remember Ciarà. Ciarà joined the club and swam with Stadium Masters in around 2017 before going back home to Ireland. Whilst here Ciarà worked in the medical profession. Jackie and Ciarà kept in touch and organised to register and meet up for an open water swimming experience in Montenegro recently. It was there on that swimming trip that she met the handsome James. Such a nice happy swimming story.



ACKNOWLEDGEMENTS AND DEADLINE

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

This issue is dedicated to Merilyn Burbidge