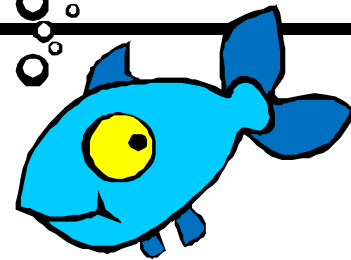


# SNAPPETS



Stadium Masters Swimming Club Inc

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

September 2023



## SECRETARY

**BY BARRY GREEN –**  
(Mark is currently travelling)

Hi all,

Many of our members have been on holidays in Australia and overseas in August and September (one of the reasons I am writing this is that President Mark and Captain/Vice President Pamela are in India!).



Here is an update. At the end of July, the club competed in the State Gropers Relay gala and the results will be given elsewhere in this Snappets. Well done to those who took part!

After successful freestyle and backstroke clinics, there was a breaststroke clinic (26/8) and a fly clinic (16/9). These clinics were held on Saturday mornings so that our Tuesday evening group members can attend and were well attended. Elena Nesci, the coach, was, as usual, inspirational and swimmers (and coaches) all profited from her guidance.

The coaching staff has filled in for absences and with the return of Anne Edmondson is managing to cover all the training sessions. The indoor pool at HBF was restored to 50 m in September, but weekday sessions remained indoors to get our swimmers used to the pool where we will compete in the Act Belong Commit Club Challenge (ABCCC) which the club hosts on 22/10. Peter Lyster is again (many thanks) the Meet Director and is looking for people to help run the event. In October all sessions will be outdoors (so remember rashies and sun cream).

Throughout the year there have been suppers at the Wembley Hotel after training on some Tuesday nights. All members are welcome and there are two of these for the rest of this year (10/10 and 7/11). Come and socialise.

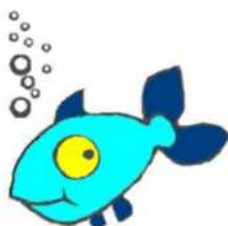
Captain Pamela has provided swimmers with certificates for their 2022 State and National top 10 placings (wow!). The performances of our competition swimmers are impressive.

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



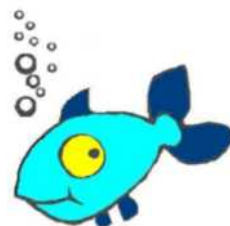
On referendum day (14/10) we will be holding a sausage sizzle (organised again by President Mark (many thanks)) to raise funds for the club. This will be held outside Bunnings, Subiaco, and more volunteers are needed to assist. Tell your friends to come and buy!

Now that Spring/Summer is upon us, the attendance at training sessions will, I hope, continue to climb. See you at the pool!



### IN THIS ISSUE:

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## EVENT WRAP UP – CLAREMONT MASTERS GROPER RELAY – SATURDAY 29 JULY

There was plenty of enthusiasm amongst all participants and Stadium Masters entered a good team in terms of swimmers. We came 7<sup>th</sup> out of a total of 14 teams. There were plenty of disqualifications on the day but none from us. Most of our teams swam faster than the time Pamela had nominated. Results are as follows:

Name	Age	Event	Time	Comparison
Samantha Schilperoort	33	FR25	14.83	inaugural/CR
Samantha Schilperoort		BA 25	18.68	inaugural/CR
Kim Simpson	55	BA25	23.87	PB
Barb Tate	58	BA25	21.32	PB - 11/100 outside CR
Debra Wagstaff	61	FR25	17.54	PAB
Debra Wagstaff		FR50	39.28	inaugural
Peter Scott	62	BA25	22.53	PB/CR
Peter Scott		BA50	49.77	inaugural /CR
Brett Jago		FR50	39.76	best since '21
Jil Mogyorosy	69	FR50	51.87	best since '21
Jil Mogyorosy		BA25	25.77	PB
Cas Brown		FR25	27.62	Best since '21
Cas Brown	78	FR50	59.91	Best since '21
Phyll Tiller	75	BA25	27.94	PAB .08 outside CR
Phyll Tiller		BA50	59.74	PAB – 1 sec outside CR
Phyll Tiller		FR25	24.40	PAB

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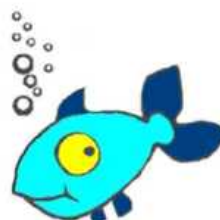
Note: Individual results – The first swimmer is the only swimmer who can get a legal time because they start on “GO.”

4 x 25m Freestyle Men:

Age Group – 240+ - Brett Jago, Peter Scott, Bill Woodhouse and Dudley Lowe - 1:06.15/CR



David Hodby, second claim member, sporting our Stadium Masters Swim cap at the recent Claremont Masters Golden Groper relay. Peter L kindly gave it to him, pale blue is your colour David!



Team placings:

Place	Team		Points
1	Claremont Master	Claremont Master	864
2	Beatty Park Mast	Beatty Park Mast	690
3	Rockingham Maste	Rockingham Maste	428
4	Bold Park Master	Bold Park Master	396
5	Cockburn Masters	Cockburn Masters	324
6	Mandurah Masters	Mandurah Masters	294
7	Stadium Masters	Stadium Masters	282
8	Fremantle Master	Fremantle Master	176
9	Inglewood Master	Inglewood Master	138
10	Perth City Swim	Perth City Swim	132
11	Superfins WA Mas	Superfins WA Mas	122
12	Armadale Masters	Armadale Masters	112
13	Belmont Masters	Belmont Masters	68
14	Riverton Masters	Riverton Masters	8

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## EVENT WRAP UP – BREASTSTROKE CLINIC – SATURDAY 26<sup>th</sup> August

Breaststroke is the least efficient stroke so we need to do everything we can to improve hydro-dynamics!

1. Minimize drag and resistance
2. Maximize propulsion – kick is 70%
3. Fast arms/soft hands
4. Lift and flow

### Components

1. Kick
2. Scull
3. Sweep
4. Glide Drills - the aim is to separate and practice the components.

### Drills

#### **Kick**

Legs - bending your knees - heels to bottom, not knees to chest to minimise drag.

1. Wall kick – to practice - arms resting horizontally on the pool deck. While ensuring you keep your hips against the wall, lift heels towards your bottom then kick and bring ankles together.
2. Back kick – on your back

Arms by side Keeping thigh to knees parallel with the bottom of the pool and surface of the water. Heels to bottom Kick around like 2 curved brackets rather than a diamond. Bring ankles together. Head looking straight up and hips high.

Front kick with lift – Can hold a pull buoy or kickboard with low profile or just arms out in front. Towards the end of the kick tighten the glutes and lift so heels come to the surface.

### Drills

**Scull** - arms in front.

- a. Keep hands soft especially at the beginning of the scull to maximise efficiency. Lift head as hands scull out. Thumbs down. Drop head and look to bottom of the pool while hands scull in.
- b. To fasten the arm action - 3 sculls increasing the speed of each scull. Breathe and scull then lower head and do two more fast sculls then kick. Repeat.

**Sweep** – using a pull buoy just above the knees.

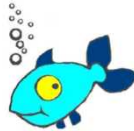
Hands inside the elbows and elbows higher than hands. Soft hands at the start of the arm stroke, open armpits, sweep the arms around to meet at the chest below the chin. Accelerate through the sweep then arms straight forward to the glide.

**Glide** - During the glide your whole body should be flat on the surface of the water for greatest efficiency. Heels, bottom, shoulders and head should all be flat at the surface of the water. – Known as the canoe position.

Whole stroke - Often practice separating the components of the stroke

Soft hands, lift head while hands scull out, drop head as hands scull in, with heels towards your bottom, feet out, kick and glide. As the kick is performed tighten the glutes. Pretend that you are holding a \$100.00 note between the cheeks. This will cause the heels to lift to the surface.

**scull, sweep, kick, glide**



## TOP TEN CERTIFICATES WERE GIVING EVERYONE LOTS OF SMILES!

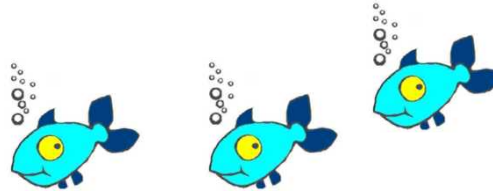


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## CLUB CAPTAIN'S CORNER

By Pamela

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



### Club swim

As usual there will be a club swim in preparation for the interclub. It will be held on Saturday 7<sup>th</sup> Oct. Warm up is at 1.00pm with start of events 1.30pm. There is a sign-up sheet in the cage. Write your name and events on the sign up sheet or let Barry know.

**Next After training supper – Tuesday 10<sup>th</sup> October** Let Marg Smithson [smithsonmarg@gmail.com](mailto:smithsonmarg@gmail.com) know if you are coming as she will need to book the table.

**Stadium Masters ABC CC** – Sunday 22<sup>nd</sup> October

Please, we need everyone to get online and register for our own hosted swim. Link is below and details are as follows:

TIME: Pool opens at 8.00am. Warm up from 8.00am to 8.45am. Meet starts at 9.00am.

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: <http://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|42>

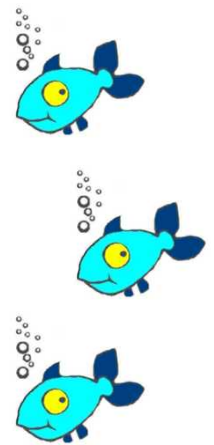
*We will also need items for the raffle baskets and these can be brought along and placed in the cage. We will be hosting the luncheon afterwards at the Hockey Club across the carpark. Bill will be organising sandwiches but we will also need fruit / cake / slices to supplement. Start thinking about how you can help out....*

### The new swimming caps are now available.

They are \$12.00, are seamless and should stay on better than the previous ones. They have our club logo printed on them so they are pretty flash. Let Sue W know if you want one. Organise with her when you will both be at training so she can bring one along for you. [susannewoodward@gmail.com](mailto:susannewoodward@gmail.com) It would be lovely to see lots of our swimmers wearing them at our ABCCC. Thanks Sue W for organising these caps, they look terrific.

### Our fund-raising sausage sizzle

This will be held outside Bunnings Home Base Subiaco on Saturday 14<sup>th</sup> October. Let Mark know if you can help on the day, what job you are happy doing and what time slot you would prefer. [2mhpmark1@gmail.com](mailto:2mhpmark1@gmail.com) This is our main fundraiser and all funds raised assists us in paying for our lane hire.



Pamela recently held a very successful solo exhibition at Tresillian in Nedlands. Many members attended the opening night. Barry decided to purchase this painting of Pamela's, called Western Rosellas and donate it to PLC in memory of his beautiful late wife Helen (Novakov, 1961). Barry and Pamela kindly presented it to Cate Begbie, principal of Helen's former school, Presbyterian Ladies College over a morning tea.



#### **OCTOBER**

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

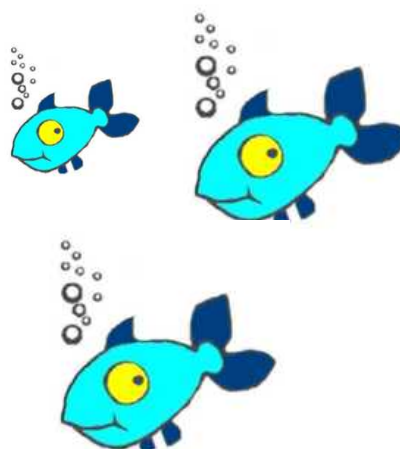
#### **NOVEMBER**

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



## GOGGLE SAW

An instagram post a while back, by John XXIII College for Teresa, acknowledging her new state record in the 800m butterfly long course, which she cracked by 9 minutes. Well done Teresa!



Anne sporting her new Coaches shirt, very smart!





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## VORGEE MILLION METRES PROGRAM

At a Friday session mid September, Pamela finished her 10 million metres in the Vorgee million metres program. Everyone joined in to help her swim the last 50 metres. Congratulations Pamela!



Other club members 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!



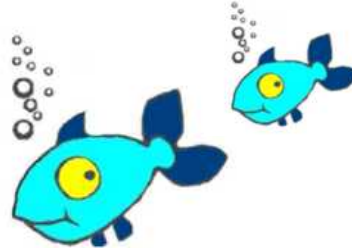
While searching for native flowers  
in bush near Mt Barker town.  
I spied something quite out of place  
lying on the ground.

There among the leaf litter  
hiding in some native grass.  
Something black with a sweaty face  
was blinking up like glass.

Lo and behold a stopwatch  
the same as those we use.  
With moisture in its dial  
and not a digit to confuse.

A journey home then months in rice  
to try and absorb the dew  
then a new Energizer battery  
to make it as good as new.

Now in amongst the others  
it happily sits with pride.  
What a journey it has taken  
to get back to its tribe.



## DIARY ENTRIES – WHAT’S COMING UP...

### DIARY ENTRIES

<b>Swim supper</b>	<b>Tues 10<sup>th</sup> Oct</b>
<b>Bunnings Sausage Sizzle</b>	<b>Sat 14<sup>th</sup> Oct</b>
<b>Stadium Masters ABC CC</b>	<b>Sun 22<sup>nd</sup> Oct</b>
<b>Pride Swim Carnival – Claremont pool</b>	<b>Sat 25<sup>th</sup> Nov</b>

## 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

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

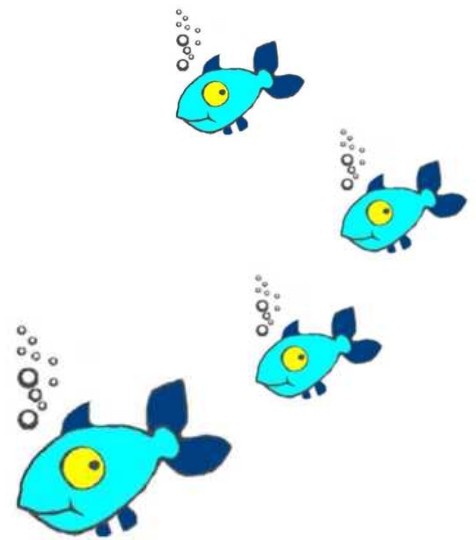
<http://www.lakeargyleswim.com>

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Travel pictures and memories from some of our members:



*An 11th Century swimming pool (step well), in Rajasthan, seen by Mark and Helen on their travels through India*



*Barry spotted up close and personal with a whale shark on his recent trip to Exmouth with his son's family from San Francisco. He also spotted whales, turtles and dolphins on the beautiful Ningaloo Reef*

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## The Cycling Adventures of The Elbe River of Two Masters Swimmers

by Phyll Tiller

Tania and I (Phyll) spent 27 days on touring cycles. We started in the Krkonose mountains from the Source of the Elbe/Labe River in the Czech Republic (Czechia), 400m away from the Polish border and ended in Hamburg, 1089.5 kilometres away. We carried all our own gear in panniers. It was a truly great adventure.

Well actually, we started in Switzerland by train but that another story.



The contrasts from Day One to the final evening spent on the 20th floor in a recommended Cocktail Bar toasting each other over the City of Hamburg were totally unexpected.

Day One, cycling 24.5 kilometres up to the source of the Elbe at 1340 meters ... Up...Up At 1233 meters following the Elbe River on forest trails and over ski fields. A ski chair lift took our cycles up 2 kilometres. After another 5kms of uphill mountain agony we then parked and locked our cycles on a log and walked to the source which was 1km up and 1 km back. The 24 kilometre return to Vrchlabi, where our accommodation was at the bottom of the mountain, was all downhill thankfully - the evening and weather was closing in on us. 18 kilometres of it was through wonderful natural forest, past villages and farms on a beautiful trail tour – we arrived exhausted.

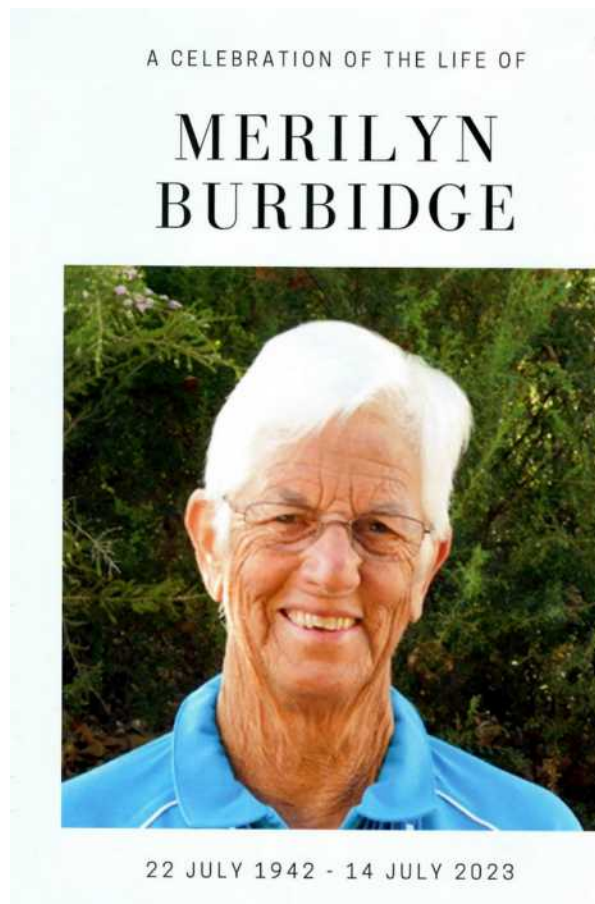
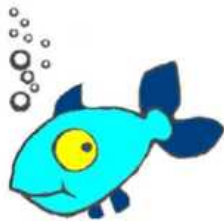
We had our Ciccerone Elbe Cycle Route Guide that Tania followed perfectly; I was the Number two and watched the signs along the trails as I had cycled many of the Rivers in Europe. To give each other a break we often changed the lead. We were so very lucky we never had a flat tyre, bike trouble or injuries to deal with.

We had intended to camp but found Czechia didn't have anything worth visiting so ended up posting our camping gear back to my family in Switzerland. With generally much success we booked accommodation in pensions or hotels each day before departure.

It took us 15 days to cycle from the Source in Czechia to cross the border beside the Elbe River at Hrensko into Germany. Many cyclists travelling to Prague had stopped to celebrate their journey taking photos. They were intrigued we were on touring bikes and not e-bikes and we had travelled from the source, not Prague. At this stage we had been on a Truly Unexpected Adventure. Up a mountain, through a week of a heat wave and humidity, a week of drizzly rain, of mountain bike terrain country, narrow dirt trails, concrete slab trails, grass trails, sandy trails, rocks, tarmac and roads. We met and made friends. Now into Germany and by now we were getting cycle fit and had quite a routine each day. We were truly enjoying the surprises each day gave us from the architecture to the terrain; villages and the people and the cities we passed though. From a parade of colourful cars that ended up driving into the water to the long avenues of fruit trees laden with apples, plums and pears there to be picked. Sunflower fields galore. To the architecture of the old villages and the rebuilding after the wars in the famous cities. We

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experienced mostly well-surfaced, dedicated cycle tracks and rode atop many flood dykes once in Germany. It was a great experience. And yes, we would do it all again!



The club members, former members and some of their partners, responded beautifully at the celebration of life on Thursday 3<sup>rd</sup> August, 2023. Over 20 attended with six ex-Presidents in attendance. Most were wearing our colours! I learned a lot about Merilyn that I did not know. I know she was born in Merredin, and was a Prefect and head girl at Perth Modern School. She did a BSc at UWA. Her favourite sport was tennis and she turned to swimming only when tennis elbow got the better of her!

What a great person and a wonderful club member. She will be sorely missed

Barry

### **ACKNOWLEDGEMENTS AND DEADLINE**

Thanks to Barry G, Pamela W, Sue W and Peter L for their contributions both written and photographic, to this issue. **Next issue will be out end NOV 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)**