

CHALLENGERS' CHATTER

APRIL 2016

NATIONAL L.C. CHAMPIONSHIPS

MELBOURNE AQUATIC CENTRE, ALBERT PARK, 21-24 APRIL, 2016

Noosa Masters Swimming Club was represented by: Jan Croft, Lois Hill, Linda Hogg, Stephanie Jones, Viv Merrill, Robyn Selby, Jacky Shields, Adele Tucker, Greg Bott, Rob Jolly, Bob Morse and Ian Tucker. Unfortunately Studley Martin was a late withdrawal due to illness.

Also attending were Wendy & Ivan Ivanusec, Geoff & Lorna Lander and Jeff Shields, Geoff and Lorna time keeping throughout the carnival.

Day 1

Day 1 at the Melbourne Sports & Aquatic Centre began with Greg Bott swimming the 400 IM. A tough race but well swum. This was followed by the Opening Ceremony which was quite spectacular with dancers, Peter Allen songs, Driza-bones and club representatives all walking around the pool deck displaying club names. Helen Malar proudly held the the "Noosa Masters" sign up high to the shouts of "Noosa Noosa" from the grandstand.

Medals for the day went to Jan Croft - Gold in the 100m Free. Steph Jones - Gold in the 100m Free. Lois Hill - Silver in the 50 Back. Bob Morse - Silver in the

50 Back. Bronze medals to our relay swimmers Bob Morse, Lois Hill, Rob Jolly & Jan Croft in the 280 - 319 age group. Congratulations to all swimmers!

Day 2

Day 2 at the pool started with 800m Free. Jan & Steph both won Gold medals in their age groups. Jacky & Viv swam great races to place 9th & 10th respectively in their age groups and our only male swimmer, Ian Tucker, placed 4th swimming yet another PB. Nine of our swimmers raced in the 50m Free. Best placed were Jan & Steph with 5th but most swam PB's. Bob Morse won a Bronze Medal in 200 Back, with Greg Bott placing 4th & Adele Tucker 5th.

Great to see Shane Gould swim the 50 Free and also Daniel Blackborrow win his 200 Back final by almost 30m! Daniel is a local Tewantin boy and was a member of Noosa Masters for a season (competing in 20-24 yrs) before relocating to Melbourne to join coach, Ian Pope, with whom he remains. Daniel set several national records whilst competing for us.

Due to a few hiccups late in the day, relays were postponed until the next morning so all relay swimmers had to be up early next day!



Pool Complex



Adele, Helen, Viv, Lois



Julie & Greg Bott, Ian Tucker



Rob, Bob + medals

NATIONALS CONT'D

Day 3

The Mixed Medley Relay started the day off with our 280-319 age group team winning the Bronze Medal. Bob Morse - Back, Rob Jolly - Breast, Jan Croft - Fly and Super fish - Lois Hill bringing them home with a blistering free in 38.83 (4.5 seconds faster than her individual 50 free).

Jan & Steph won Gold medals (again) in the 400 Free.

Fantastic swimming by these two girls!

Rob Jolly won Silver in the 200 Breast in a great time.

We saw great competitive swimming in the 50 Fly with Jan, Linda and Viv in the same heat. Jan won Silver in a very fast time of 48.81 looking fabulous in her new lime green and black fast suit closely followed by Linda swimming a PB of 49.48. Steph to win Bronze in her age group in the 50 Fly.

Bob Morse won Silver in his favourite 100 Back with Adele swimming yet another PB in her favourite back event.

Final event of the day was the Womens Medley Relay with the girls in 280-319 Age Group winning a Silver Medal. Lois - Back, Viv- Breast, Jan - Fly and a very excited Robyn Selby bringing them home with the Free. Great team work girls!

A very big day of racing by all 13 Noosa swimmers with lots of PB's.



Robyn, Helen + medals



Jan+Ian accept National E1000 Trophy



Golden Girls



Dining out



NATIONALS CONT'D

Day 4

Highlights for today ... after Jan's amazing times in her new suit, Steph and Helen were not to be outdone. they managed to purchase the demo suits that the Olympic swimmers will be wearing in Rio! Results to be revealed tomorrow. The women's relay won Silver and then it was wine time.

Ian, Adele and Linda had a lovely walk around St Kilda. This included cake, coffee, wine and chips. All bases covered.

Final day of swimming. First up was 200 free with Steph Jones winning Gold in a very fast time of 2.40.73 and Jan Croft swimming her best time in 3 years ... 3.12.15 to take the

Results Summary

Steph Jones 4 gold, 1 bronze.

Jan Croft 3 gold, 4 silver.

Bob Morse 2 silver, 1 bronze.

Lois Hill 1 silver, 2 x 4th

Rob Jolly 1 silver, 1 x 4th

Helen Malar 1 bronze, 3 x 4th

Ian Tucker 1 x 4th

Greg Bott 1 x 4th

Viv Merrill 1 x 8th

Robyn Selby 1 x 12th

Adele Tucker 1 x 5th

Jacky Shields 1 x 8th

Linda Hogg 1 x 10th.

Silver medal - missing the gold by just .06 sec.

Lois Hill swam a very fast 200 free in her new 'suit' only to be disqualified for wearing her watch which unfortunately, being shiny and silver, glistened all the way up and down the pool. Great 200's also swum by Viv, Jacky, Greg and Ian.

The 50m breast was next with Helen Malar collecting the Bronze in a very fast time of 45.83 and a PB. Linda Hogg swam a PB - great racing from Linda in a very competitive age group!

Relays

280-319 yrs - Mixed 4 x 50m Free
Bob Morse, Lois Hill, Rob Jolly, Jan Croft BRONZE

280-319 yrs Mixed 4 x 50m Medley
Bob Morse, Rob Jolly, Jan Croft, Lois Hill BRONZE

280-319 yrs Women 4 x 50m Free
Viv Merrill, Robyn Selby, Lois Hill, Jan Croft SILVER

280-319 yrs 4 x 50m Medley
Lois Hill, Viv Merrill, Jan Croft, Robyn Selby SILVER

Placings

Noosa women 11th on 263 points
Noosa men 26th on 128 points

725 competitors and 123 clubs

Well done to all the Noosa swimmers who continue to keep the Noosa flag flying !!

... Helen Malar
Touring Team Captain

Helen & Jan were the only two Noosa swimmers to contest the 100m Fly with Jan taking out Silver and Helen placing 4th.

Final individual event was 200 IM with our only 2 competitors, Jan Croft and Greg Bott. Jan won Silver and Greg swam a great race to place 7th.

Last relay was the Womens 4 x 50m Free. The fabulous four - Viv Merrill (swam a very fast first leg), Robyn Selby, Lois Hill and Jan Croft won the Silver Medal. Well done girls!



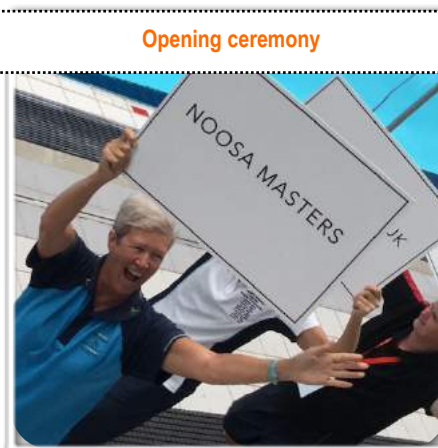
Geoff & Lorna



I'm waiting for the dog paddle race !!



Opening ceremony



ALBANY CREEK SWIM MEET

Saturday, 9 April 2016

Twenty-five swimmers from Noosa Masters Swimming Club (ages ranging from 39 to 87) competed, contributing to the record number of competitors - 230 (ages ranging from 24 to 98 !!) from as far north as Townsville, south to Grafton and west to Toowoomba.

The Noosa swimmers and supporters travelled to Albany Creek and back in a bus supplied by Barry and Caroline Giles, owners of Hinter-Coast Transport.

Barry and Caroline very generously donate a bus and driver each year in honour of our past President, Pat Mooney, who passed away from cancer in 2013. Thank you so much, Barry and Caroline, this is deeply appreciated.

With 1215 points, Noosa Masters wrested the large clubs' trophy from host club Albany Creek by the narrowest of margins, 12 points, Miami Masters followed in third place with 983 points.

Twelve age group medals were awarded to our swimmers ... Gold to Steph Jones (60-64), Gold to Geoff Lander



*Some of our successful Noosa Masters team who made the trip to the Albany Creek Swim Meet
L to R : Joe Gilbert, Wendy Ivanusec, Kerry Blackwell, Helen Malar, Adele Tucker, Linda Hogg, Stephanie Jones (obscured), Lois Hill, Jan Croft (coach), Bruce Warren, Bob Morse, Barry Lloyd*

from Twin Towns Club dive from the blocks (unassisted) and swim a great 25m freestyle. It was also great to watch Noosa swimmer, Ian Robinson, sprinting in his favourite 25m events - you are a great inspiration to us, Ian!

Noosa swimmers achieved 42 firsts, 35 seconds, 18 thirds, 12 fourths and a few 5th, 6th and 7th places. A wonderful achievement as a team with all swimmers placing at least once in the top 3.

The results show the depth and strength in our Club and reflects great commitment to

swimming by our members as well as top class coaching by Jan, Bob, Bruce, Mark and Viv.

Great swimming by Kerry Blackwell who swam PB's in all of her races. Well done Kerry !! Also great racing by Clinton Stanley and Pieter Santifort who travelled to the swim meet after their Pacific Island Cruise ship docked in Brisbane that very morning. We look forward to hearing some of the highlights of their cruise.



(80-84), Silver to Julia Dunstall (35-39), Silver to Helen Malar (60-64), Silver to Jan Croft (70-74), Silver to Ian Tucker (60-64), Silver to Bob Morse (65-69), Silver to Joe Gilbert (85-89) Bronze to Jana Clancy (30-34), Bronze to Clinton Stanley (40-44), Bronze to Ian Robinson (50-54), Bronze to Rob Jolly (65-69).

Fourteen (14) Queensland State Records and three (3) National Records were set during the meet and it was great to see some very fast racing in the 18-24 years age groups in particular, as well as watching a very fit George Coronos (98 y.o.)



ALBANY CREEK CONT'D

We had a few mishaps with Brian, Helen and Julia slipping on the blocks at their starts. Brian's was the most spectacular falling sideways into the pool, but kept on swimming in a daze thinking "What's next?". Gillian missed her favourite race of the day - 50m free. I think she was chatting ... and Gilly loves a chat! Joe managed to injure his leg while jumping into the pool to start and had to be patched up by the Ambos while Ian filled in the paperwork (as a good President does). Robyn dragged herself out of her sick bed in the morning to catch the bus, but decided not to go as she had a nasty

virus and we all insisted she spend the day in bed so we could all enjoy her housewarming party the next day. Good decision, Robyn, but we missed you!!

A BIG "Thank You" to our Timekeepers, Lorna, Mary and Janice who spent the whole day on the clocks, so very much appreciated by all our swimmers. Tricia was the "Keeper of the Programme" due to the programme being supplied with only odd numbers on both sides of the pages. Eventually even numbers were provided but they too were printed on both sides of the paper!!

Tricia was kept busy sorting out events and heats.

Thanks Tricia for that and also for Timekeeping.

After the Meet, we all enjoyed the BBQ and Medal presentations before returning on the bus with Mary handing out the chocolates and chips ... Thank you Mary - you are a Lifesaver!

Another wonderful day of swimming for fitness, fun and friendship - a great Meet put on by Albany Creek and some very tired folk on the bus trip home - it was a bit of a surprise to find it was just dark when we arrived back in Noosa.

*... Helen Malar
Club Co-Captain*



BIGGEST MORNING TEA

Thursday, 26 May at Noosa Aquatic Centre

18 months ago whilst enjoying one of our regular craft sessions we decided to put our talents together and make a quilt and donate it to a charity.

With the expert guidance of Dee Mooney off we went on our journey to put this quilt together. Along the way we had lots of fun, learning a new technique, over cups of coffee/tea.

Finally, we finished earlier this year and decided we would raffle it off at our upcoming **Cancer Council Big Morning Tea**. The **Morning Tea** will be held at the **NAC** on **Thursday 26th May 2016**, after squad.

Please come along and support this worthy cause, as no doubt we have all been touched one way or another with Cancer.

I would appreciate some help with catering on the day so if you could bring a little something to contribute, it would be greatly appreciated.

... Adele Tucker

Tel: 5412 2980 or 0417069229



You'll be Sari if you miss it !!

Bruce & Sandy Warren are hosting their annual themed party on **Saturday 4th June**. This is one of the highlights of our social calendar.

As usual, everyone will be asked to contribute a dish - but Sandy will be in touch much closer to the date with more details. So, for now, just be sure to diarise the date !!



Old 45 RPM record collection : this is a keeper, it lists the song and the label from each

Top Ten 45-rpm record for every month.

You can actually click on and play the song!

<http://www.45rpmdb.com/Top10.html>

SIMPLIFIED GUIDE TO SWIMMERS RULE CHANGES 2014

There are a number of rule changes that came into effect in Masters Swimming Australia on 1 January 2014. The full rules are at www.mastersswimming.org.au - see Swimming Rules October 2013.

From 1 January 2014 you may be disqualified unless you conform with these changes.

Swimmers wanting to attempt FINA World records please see FINA Masters rule SW 5.3M

Do not wear any removable jewellery especially watches. Medic alert bracelets are ok. [SW10.8M]

Do not wear any adhesive taping without asking the Meet Referee's approval. It will help you if you have a letter from your doctor or physiotherapist. [SW10.8M]

When the same distance is listed in a program for a Freestyle event and a form stroke event, you may swim any stroke in the Freestyle event but your time will only be recorded as Freestyle, ie, if there is a 200m Butterfly event and you swim Butterfly in the 200m Freestyle your time will not be recorded on the Results Portal as Butterfly for Top 10 or records, only as a Freestyle time.

Where, say, the only 400m event is a 400m Freestyle you may mark your entry to swim any of the three form strokes, or the Individual Medley, so arrangements can be made to record your swim. [SW 10.17M]

At the start of your race you must be ready to swim. When the referee blows the long whistle you must step onto the front of the starting platform or enter the water. If you delay the start, eg, if you step into position and then put on a cap or goggles, you may be disqualified. [SW4.6M]

In Backstroke you cannot be completely submerged at the finish of your race. Some part of your body, e.g. a foot must be visible above the surface of the water. [SW 6.3]

When starting your turn in Backstroke, if you roll over to do a tumble turn you must do an immediate arm stroke, ie, you cannot glide then stroke. [SW 6.4] Double arm backstrokers must also touch the wall with some part of the body (or they may grab the top of the wall). If they roll onto the breast to turn they must not glide.

In both Breaststroke and Butterfly, when touching the end wall to turn or finish your hands must touch at the same time and they must be separated. They cannot be overlapping or touching one another. [SW 7.6 and SW 8.4]

In both Breaststroke and Butterfly, when turning you may use any action between the touch (see previous) and pushing off on the breast [SW7.2 and SW8.1], ie, you may do a tumble turn provided your hands touch the wall at the same time, and you leave the wall on your breast.

If you swim Butterfly events doing a breaststroke kick you must comply with the following rules.

1. You must take only one breaststroke kick underwater prior to your first arm pull [SW8.3M]. You can take as many butterfly kicks as you wish, provided your head breaks the surface by the 15m mark.
2. You must take only one breaststroke kick per butterfly arm stroke in all events except the 400m and 800m Butterfly; this means one kick per stroke in the 400m and 800m Individual Medleys. You can take a single breaststroke kick before each turn or at the finish without doing an arm stroke [SW8.3.1M].
3. In the 400m and 800m Butterfly events you can take two breaststroke kicks to each Butterfly arm stroke and you can take two kicks before each turn or at the finish without doing an arm stroke [SW 8.3.2M].

... Gary Stutsel 26 November 2013

Ed: These are the current rules to the best of my knowledge

Coach's Tips

Key to swimming faster is to relax.

Maintain good body position by looking at the bottom of pool, not the toes in front of you

Let it go ... don't clench your jaw, open your mouth under water as you exhale.

Swimming with an open mouth uses less energy and can help you soften your breathing.

Relax the back and shoulders.

Loosen up the wrist.

Kick

For an effective kick - point your feet inwards and think floppy feet. Tap big toes.



Happy swimming ... Cheers, Jan



VALE ...

CHRISTIAN THIESS

How right they were, with Christian eventually defecting while coach of the Romanian three-day eventing team at the Munich Olympics in 1972 and later making his way to this country of opportunity.

Christian was a world-class equestrian coach and former champion international eventer



To Noosa Masters Swimming Club carnival competitors, the "man in a dressing gown" was an icon since our participation, starting year 2000.

Christian Thies represented the Hervey Bay Humpbacks, then more recently joined the Barbarians. Difficult times over the past few years forced Christian to train in the ocean waters of Hervey Bay.

For many years his pool performances have never been doubted, setting many national records, especially in breaststroke and butterfly.

"I still swim because I love it," he said. "I also want to prove to people that you can still become a champion when you are my age (78)." "Hopefully I can inspire other people my age to do the same."

Typically, these comments reflect the attitude of a driven man.

His life journey began in Romania, a country situated on the western shores of the Black Sea, and under the Communist regime.

Having been selected to represent Romania in swimming at the 1956 Olympic Games in Melbourne, Australia, officials soon became nervous of his beliefs, denying him permission to board the plane, fearing that Christian would seek asylum status in Australia.

Over the past few years, Christian was often seen at swim meets, chatting with members of Noosa Masters Swimming Club.

On Tuesday, 8 March, Christian's life came to a sudden end whilst riding his bicycle in Hervey Bay, training for triathlons in which he had planned to compete.

From his Noosa friends : thanks for sharing happy days, in and out of the pool ... rest in peace.

... Tony Frost, Ed.



*Maryborough 2014
Christian's link with Noosa*

2016 MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
MAY						
14	LC	Noosa Masters	QNA	Sunshine	09/16	Noosa Aquatic Centre
21	LC	Rats of Tobruk	QRT	North	10/16	Tobruk Pool, Townsville
JUNE						
11	SC	Rum City	QBB	Central	11/16	Bundaberg Swim Academy
15 June - 14 Aug	Postal L & SC	Redlands Bayside	QRB	South	12/16	
JULY						
9	LC	Brisbane Southside	QSM	South	13/16	Brisbane Aquatic Centre
30	SC	Genesis Aquatic	QGA	Sunshine	14/16	Genesis College
AUGUST						
20	SC	Brisbane Northside	QBN	Sunshine	15/16	The Valley Pool, Brisbane
SEPTEMBER						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
17	SC	Redlands Bayside	QRB	South	17/16	Ormiston Pool
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Waters Pool
NOVEMBER						
4 - 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
DECEMBER						

17 APRIL - CLUB BREAKFAST

The club Sunday breakfast was held a little earlier than usual during April to farewell 14 of our members who are off to the Nationals in Melbourne - it was a good chance for everyone to wish them all well a few days before they left.

Lane 3 excelled themselves with a delicious spread which was quickly demolished by hungry members who had just swum in the last of our much enjoyed Handicap

tournaments before the winter months are upon us.

The club raffles were won by Carola and Adele (amid cries of "Rigged!!" - as they organise the raffles!!) One bottle of wine has already been consumed by ... (I wonder who?)

Also, it was wonderful to see Joyce Faunce and her daughter Heather join us for breakfast. Such a long drive from Brisbane but we are always pleased to see them at our breakfasts.

Wendy Ivanusec surprised us all with a scrumptious cake to help celebrate her birthday. Thank you, Wendy and best wishes from us all!

A new PA system was used at the handicap tournament as well as at the breakfast and this seems to have overcome the difficulties we have been having in hearing club announcements.

Overall, a really pleasant morning of swimming, food and lots of laughs before our team gets into the serious business of swimming at the Nationals.

... Carola Henderson



CARNIVAL RAFFLE REMINDER

Don't forget to get your raffle and hamper donations to Adele Tucker a.s.a.p. - our carnival is only a few weeks away now !!

HANDICAP COMP. ROUND 3



Round 3 of the Handicap Competition was held on 17 April 2016.

The round commenced with the first trial of our new PA system which we now own thanks mainly to the efforts of Wendy I. It proved to be a very useful item on the day for the Handicap Competition, as well as for announcements at the Club breakfast. In future, members should be able to hear all the updates and news announced at our post-squad coffee sessions.

There were 29 swimmers entered for Round 3 but 3 withdrew on the day. That left a couple of heats with only one swimmer, who then had to perform a "demonstration" swim. Some "dodgy" handicapping meant some swimmers had to wait on their blocks for a long time.

The longer events in the round caused a bit of concern for some swimmers but our representatives at the upcoming Nationals all appreciated the opportunity to have another go at some longer distances.

An astonishing 41 PB's were recorded in the round, 20 of which were awarded the maximum of 5 bonus points. Maybe we were too generous when we adjusted PB's at the start of the year.

The weather was kind and the event was enjoyed by all.

that bad training habits really do show up under pressure! In fact, there were so many rule breaches that the organisers gave up trying to keep track of them all. The Yellow Team showed great sporting spirit by completing the event despite being left behind and was awarded a bonus 100 points by the organisers.

The top point scorers for the round were Ian Tucker (97.4 points out of a possible 100), Ian Mitchell (90.3 points) and Dee Mooney (86.7 points). Joe Gilbert and Jess Tye made up the top 5.

That left Ian Tucker leading on the *Leader Board* with Tricia Hughes, Adele Tucker, Linda Hogg, and Jana Clancy following closely.



The novelty relay was indeed a novelty, with some underhand tactics used. One team thought that the pool buoy should be positioned between the teeth rather than between the legs.

Another team thought that pulling along the lane rope was quite OK when using the kick board, proving



Only 2 men are included in the top 10 on the *Leader Board* (Brian Hoepper is the other one).

In the Team contest, Green Team scored the most points for the round (617 points), followed by the Red Team (567 points), the

Blue Team (417 points) and Yellow Team (386 points).



Handicap Comp. Round 3 cont'd

This means that, overall, the Green Team is leading the *Handicap Competition* on 1,541.8 points.

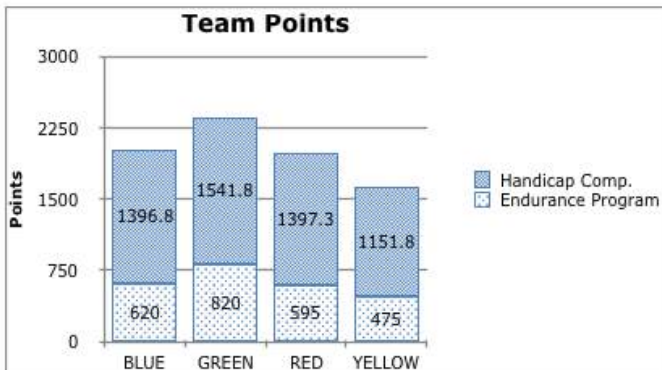
The Red Team on 1,397.3 points and the Blue Team on 1,396.8 points are neck and neck, being separated by only a half of one point.

The Yellow Team is about 250 points behind.

We will now have a break in the Handicap Competition during the cooler months with Round 4 scheduled for October.

Thanks, as always, go to all helpers, particularly our starter, Mark, who kept things rolling, and Owen, who tried to keep the timekeepers in line. And, of course, the timekeepers themselves.

... *Adrian Wilson*
for the organisers



Green in Front

The Green Team is currently leading the Team Competition being in front in both the Handicap Competition and the Endurance Program. Less than half a point separates the Blue and Red Teams in the Handicap Comp but the Blue Team has a slight advantage in the Endurance Program. Yellow Team is flagging in both categories. Combined points are :Green: 2362, Blue: 2017, Red: 1992 and Yellow: 1627.

Twilight Swim



On April Fools' Day some Masters' Swimmers gathered on the pool deck as the sun went down, to swim and time each other for Endurance Program points.

A common goal this time was to complete postal swims for our

upcoming Carnival, as well as enjoy the pool in the cool of the evening for some exercise and a delicious meal together.

The last Twilight Swim for the summer will be on April 29th so please mark the date on your calendars and come along, 4-6pm.

Again, 800m & 1500m swims can count as Postals for the Noosa Meet two weeks later, and all points earned go toward the Club's effort to retain our national First Place ranking.

... *Jane Powell*

Endurance 1000 Report



Noosa Masters athletes performed extremely well at the Nationals conducted in Melbourne last week.

We are indeed fortunate to have amongst these elite performers Jan Croft - our Head Coach who provided much of the content for this report, one that encourages us to focus some of our energy on Endurance swimming.

Some Masters swimmers are frighteningly short on endurance swimming.

This means they do not have a solid base of swimming and this especially so for people who are either commencing swimming as an older adult although it is equally valid for swimmers returning from many years out of the water.

It is through the long slow laps that swimmers learn or re-learn the finer points of their stroke, co-ordinating head turn and breathing, relaxing in the water, and streamlining through it.

It is also through a planned approach to endurance swimming that one is able to build an aerobic base - a base of fitness that allows you to relax in the swim, to deliver the energy to the working muscles effectively and to

remove the waste products of swimming - and to do so efficiently that you can actually keep on keeping on!

Have a plan for the winter months. Try to do 2 or 3 aerobic swim sessions each week. With an appropriate warm up and a cool down, plus a couple of aerobic swims, you have a good quality extra session - one that you will benefit from in technique, endurance and fitness.

As the swim stroke becomes more economical and you can manage the energy demands better, you will be able to swim at such a pace that you can pay attention to improving the skills involved in moving through the water. These skills include streamlining off walls, improving the actual tumble turns and better and more efficient technique, which could well include bilateral breathing.

This means that you will be using less energy while swimming faster and for longer distances - you will be in the process of becoming 'fit for swimming'.

Noosa's Trifecta !!

Jan and Ian accepting the National Endurance Trophy for the 3rd consecutive year.
An outstanding effort by all 63 participants & our Endurance Co-ordinators -
Bruce, Jane, Marcia, Mary, Owen and Tricia.



This improved fitness level allows you to increase the amount of swimming you can do, increasing the volume of your training program. And, unlike running, where there is the impact component to consider, you will be able to recover from large volumes of swim training quickly because of the non-weight bearing nature of swimming.

Cheers, and thanks to Jan!
... and congrats to our reps in the Nationals, they did us proud !!

Owen Curtis
E1000 Program Co-ordinator
Mob. 0447 654 663

Flash Mob at Aromas

A few members were enjoying coffee at Aromas on Easter Saturday when they were surprised by an "impromptu" concert. The flash mob was, in fact, the Noosa Chorale and they were promoting the Noosa Long Weekend. If you click on the link and look closely you might spot some familiar faces.

<https://www.youtube.com/watch?v=2gI7XHdYoQ>

Please support our sponsors

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<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Jenny Covell's Tewantin Guardian Pharmacy 12 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>

CLUB DITTY

Joe's written a ditty for the club ...

The Noosa Team

The Noosa team is happy, the Noosa team is free
 The Noosa team is merry when they are on the spree
 They never, never, ever quarrel, they never, ever disagree
 The password of the Noosa team is "Come and have a drink with me"

The Noosa team is happy because they are so fit,
 The Noosa team is merry when they are on a trip
 They never, never, ever quarrel, they never ever disagree
 The password of the Noosa team is "Come and have a drink with me".
 Noosa, Noosa - Noosaaa a a !!!

Ed ... and it was premiered when we all sang it merrily and enthusiastically in the bus on the way back from Albany Creek in 2011



MAY

Adele Tucker	12/5
Rod Alfredson	15/5
Barry Lloyd	21/5
Karen Martin	23/5
Jim Barnes	27/5
Grant Scotcher	31/5

**BIRTHDAYS ARE GOOD FOR YOU ...
 THE MORE YOU HAVE ...
 THE LONGER YOU LIVE !!**

FINA WORLD RANKINGS

The 2015 World FINA rankings came out a few weeks ago.

Three from our club made Top 10

Eulah Varty	# 8 in 800, 1500 free and 100 fly
	# 9 in 200 IM
	# 5 in 400 IM
Jan Croft	# 5 in 400 IM
	# 6 in 100 fly
	# 7 in 400 free
Steph Jones	# 9 in 200 free
	#10 in 400 free

Thanks Jan for researching this important information !!



THERE WILL BE NO CLUB BREAKFAST IN MAY
 primarily because of our Club's Swim Meet
 but also so many other 'things'

... Carola Henderson



Calendar

	asctaCONVENTION 2016 4 May - 11 May more details
	2016 Alice Springs Masters Games 8 Oct - 15 Oct more details
	2016 Pan Pacific Masters Games 5 Nov - 13 Nov more details
	2017 FINA World Masters Championships 1 Jan more details
	2017 World Out Games 26 May - 4 Jun more details

SOCIAL EVENTS

Tuesday 3 May
 @ Rosies Restaurant

Saturday, 4th June
BOLLYWOOD
 at Bruce & Sandy Warrens

Diary Dates

Sat. 14/5 - QNA Swim Meet

28 & 29/5 - Ironman (volunteers)

Thu 26/5 - Biggest Morning Tea at
 NAC, Noosa Masters Quilt Raffle

Challengers Chatter

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