

# CHALLENGERS' CHATTER

AUGUST 2016

POST-OLYMPIC EDITION

## BRISBANE



## NORTHSIDE

On Saturday 20<sup>th</sup> August a small contingent of Noosa Masters swimmers headed off to the Valley Pool for the Brisbane Northside swim meet. Geoff and Lorna Lander were early birds, leaving at 6am to ensure Geoff had plenty of time to warm up for his 800m backstroke. Jacky Shields decided that she needed a little more beauty sleep so volunteered to drive with Linda Hogg as Navigator and Charlie Moore running interference on the back seat. Everything was going to schedule until the Navigator took a wrong turn. It was actually the right turn but it all went a little pear shaped. We won't say anymore except that we arrived at 9.40am and a little stressed. Linda leapt into her togs and jumped in to warm up, being in the first short event.

Jacky tracked down Geoff and Greg Bott who were waiting at the start end of the pool. When asked how his 800 backstroke went, Geoff replied "I haven't swum it yet". At this point Linda gave up on her warm up as it was obvious that the IM wasn't going to happen any time soon.

Greg, who was also waiting to do an 800 backstroke, mentioned that Jan Croft had not turned up for her 1500m freestyle swim. After picking myself up off the pool deck, a few phone calls were made and Jan was tracked down outside Maroochydore heading for home. She had succumbed to a flu bug.

The short events finally kicked off at 11.30am and the program ran smoothly after that.



have offended us as we all moved off.

Needless to say we all swam beautifully with Geoff providing some coaching along the way.

The day turned out to be warm and sunny with a light northerly breeze, a far cry from the cold and wet we encountered last time the club visited the Valley pool.



After initially sitting in the stands, the Noosa Masters contingent spotted a far better option poolside. Geoff and Lorna had set up earlier beside the marshalling area and the rest of us joined them there. The area had just been refurbished with brand new artificial turf underfoot, a cover above and deck chairs for reclining on.

Much more pleasant than sitting on concrete although the Yeronga Yabbies were concerned they may

Due to computer glitches there were no presentations after the event however results were distributed the next day. Geoff won Gold in his age group and Jacky, Greg and Linda all winning bronze. We educated Charlie on the way home that if he wanted a medal he needed to do more than three swims!

... Cheers, Linda Hogg



## EUROPEAN MASTERS GAMES ...

### LONDON - MAY 2016

#### How NOT to run a Meet

It will be organised differently - by the Hungarians under supervision of FINA. But, would the money be better spent flying to meets around Australia? I would have more fun. But, of course, it isn't just about the fun but about testing oneself against some of the best in the world. I think that I will wait until the qualifying times come out and I know if both 400 and 800 are going to be swum according to time and/or with Forget about friendship and fun. More fury and frustration. This should have been a great meet - Europe coming together in the London Olympic pool. Fabulous building with soaring structure and inspirational main pool. Go and swim there if you are in London though check availability on the website first. But, it was hopeless as a venue for roughly 10,000 masters swimmers in five days and the organisers didn't grasp the nature of their problems before they had made some diabolical errors.

Originally there were to be fewer swimmers, but pressure to increase the number of entries meant that the organisers trebled their workload in the same space of time. The Europeans (run by LEN) are usually swum in age groups like the FINA Worlds - but the increased entries and some pretty lax qualifying times meant 800 free and 400 free were seeded according to time. In addition they were to be swum two

to a lane. Sad for those (me!) for whom these are their best events - the chance to compete directly with the best in your age group is a great opportunity to pull off personal bests. And, as it turned out, I had the bad luck to be competing in the outside lane. I had a close relationship with the wall and steps of the main pool for 800 free and I can tell you the water there is like mud. In the warm up pool for the 400 at least there was a buffer lane rope between me and the wall, but the pool itself was in cave-like surroundings with no atmosphere - and no audience. And, to add insult to injury, I was stung by a wasp just before I swam the 400.

Why were we competing in the warm up pool? Good question - because it meant there were no warm up or warm down facilities. Gaps between events and within the longer events were what we got for a warm up. 10-15 minutes if you had managed to get into the venue - more about that later. And with no warm down facilities, imagine the lactic acid after a tough event. Just as well we were limited to three events (reduced from five originally). I thought of finding another pool nearby to warm down, but when swimming at 8pm at night, that is impossible. On my day off after two of my events, I did find another pool to do some "long, smooth" swimming but by then my competitive spirit had gone walkabout and I just wanted to go home.

A positive was that it didn't rain because we had to queue outside the building until people started leaving from earlier events.

No one knew what was happening, least of all the security staff who were controlling us. Panic spread quickly, especially via Facebook and Twitter, and people felt compelled to arrive earlier and earlier. Rumours that people were missing their warm up and their events flew around. There were 97 DNS in the men's 50 breast which fuelled the flame of anxiety. One girl went berserk before her 50 breast, just shouting and screaming that all she wanted to do was swim. She was taken away by security staff and we all felt thoroughly unnerved. On average, I waited an hour or two to get into the building before each swim and then queued to get into the warm up for another hour or two. By the end of the second day I thought I had shin splints in my lower legs and was feeling really sorry for myself. I did meet some nice girls from Sweden, Netherlands, Israel and a few mates from UK. No discrimination on the basis of age. Jane Asher, at 85, had to queue as well. The pushiest went to the front until the organisers briefed the Security staff about low-numbered heats needing to go in first. I remember looking at the accreditation card when I collected it and thinking it was worse than useless. It had just a lousy picture of me (could have been anyone and indeed some people had pictures with half their head missing!). And, the days on which you were swimming. No age, no events, no heats - so no way of refining the sorting process.

No food was available, no entertainment from buskers, no shelter from sun and wind.





# EUROPEAN MASTERS GAMES ...

## LONDON - MAY 2016

There was free water. We were grateful but then some swimmers just chucked empty bottles all around outside and inside of the venue. I was shocked. Once inside it did not improve. Unisex nearly everywhere with changing in small cubicles. No cubicles left for most of us so unisex changing in public. Into your fast suit! There was no way of being discrete. Nowhere to sit down. Lucky that I practise standing on one leg. And, don't want to go to the loo, by the way. No lockers - all taken and kept for five days despite requests not to. So you had to hump your bag with you - by my third day, I was taking the barest minimum to get by.

Those dear, little warm ups! No controls - diving in on top of you. Swimming anticlockwise of course though sometimes some people would go clockwise. Debatable whether it was better to miss a water warm up and avoid a broken back or a head on crash. Then quickly off to the call room, especially if your heat was immediately after the only warm up session you were allowed to do. No information about which heat was being swum or being

called so you had to queue again by the call room. One was freezing cold (main pool) the other was boiling hot (warm up pool better known as pool two). But, once called, you were in the hands of the best of British technical officials - efficient, kind, quietly humorous. I don't often feel like hugging technical officials! And the final act of the day was quick - unisex showering took a minute - only crazy, rich people would shampoo their hair in their racing suit.

I wish that I had not bothered. Two of my best friends withdrew - they were the smart ones. Will I go to FINA worlds in Budapest next year? It will be organised differently - by the Hungarians under supervision of FINA. But, would the money be better spent flying to meets around Australia? I would have more fun. But, of course, it isn't just about the fun but about testing oneself against some of the best in the world. I think that I will wait until the qualifying times come out and I know if both 400 and 800 are going to be swum according to time and/or with two to a lane.

My tips/lessons from this experience: jet lag can be a problem - my sleeping pattern had not settled down in the 6 sleeps before competing. The English rugby team recently had 10/11 sleeps before they played the Wallabies. Flying business class might help! And, smooth running of the events with no other issues such as queuing. It is not good to stay with friends and relations who are not competing - you need to focus. Choose an apartment/hotel with a swimming pool so you have a back up place to warm up/down. If there is a choice of events for you, opt for ones early in the morning. You are fresher and there are fewer chances for delays. Maybe do an unimportant event first but don't pad out your schedule with an event that will just wear you out and not make you feel good. Confidence is all you need when you've done the training. I got that from a talk by Katie Ledecky's coach. I wish it were that simple!

... Rosa Montague

*Rosa swam as a British passport holder and member of her first masters swim club, Spencer Swim Team of London.*

## 2016 MSQ CALENDAR OF EVENTS

| DATE             | L/S C | CLUB                 | CODE | REGION   | SANCTION | VENUE                        |
|------------------|-------|----------------------|------|----------|----------|------------------------------|
| <b>AUGUST</b>    |       |                      |      |          |          |                              |
| 20               | SC    | Brisbane Northside   | QBN  | Sunshine | 15/16    | The Valley Pool, Brisbane    |
| <b>SEPTEMBER</b> |       |                      |      |          |          |                              |
| 3                | SC    | Toowoomba Tadpoles   | QTW  | South    | 16/16    | Glennie Pool                 |
| 17               | SC    | Redlands Bayside     | QRB  | South    | 17/16    | Ormiston Pool                |
| <b>OCTOBER</b>   |       |                      |      |          |          |                              |
| 8                | SC    | Maryborough Masters  | QMB  | Central  | 18/16    | Maryborough Centenary P      |
| 22               | LC    | Sunshine Coast       | QSC  | Sunshine | 19/16    | Kawana Waters Pool           |
| <b>NOVEMBER</b>  |       |                      |      |          |          |                              |
| 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        |
| <b>DECEMBER</b>  |       |                      |      |          |          |                              |
|                  |       |                      |      |          |          |                              |

# ANNE & DYANNA - RIO REPORT



"Ola" from Ipanema - where the serious business of sport meets carnivale!

It's amazing to think that the Opening Ceremony was a week ago tonight. We love the atmosphere here and have enjoyed finding our way around the city on the metro, train, and rapid bus network.

Right from the start we were hot on the medal trail for Australia. Our first venture out into the venues was to the converted F1 Grand Prix street circuit to see the Men's Archery team win the first Australian medal of the Games. The venue conversion was not quite finished, so clambering over builders rubble gave Dyanna's hip a good cross country work out.

Then it was on to the Women's Rugby 7s final. After a fast and free-flowing game it was (sort of) disappointing that only one of us could sing our national anthem at the end....

The next day took us out to the Equestrian venue to see Day 3 of the Team and Individual Eventing. We tried not to be sorry that we ended with a bronze medal when both the team and Chris Burton had gone into the final show jumping round in first place. After all, this is the Olympics and when you've got the nerves of both rider and horse to contend with, and all those loose rails which can be knocked off so easily, anything can happen.

We've also joined in with the excitement of the crowd and learned about "parries" at the Men's Individual Foil Fencing and about "Time of Flight" scores at the Women's Trampoline. Our afternoon and night at the Beach Volleyball on Copacabana Beach was a joyful, raucous shouting experience where we learned the special audience participation dances for "Monster blocks" and "Super Strikes".

The 10pm local start time for the swimming has been great for us - we have been managing to get in from wherever we were to see the live coverage on TV. What a great turnaround for Australian swimming in team culture and performance from the dark days of London four years ago. For other sports, the AOC's excellent app and the NZOC's website have been keeping us up to date with how the Aussies and Kiwis are going in all their events.

Tomorrow we've got two sessions of track cycling where we'll hopefully see another two Aussie gold medals in the Women's Keirin and Women's Individual pursuit.

We hope you are all enjoying these great Games from your lounge rooms, bedrooms, staff rooms or garages.

... Bye for now. Anne and Dyanna

## COACH'S TIPS



*The reason for doing certain drills is to improve swim technique.*

### **Polo or Head Up drill**

Great drill to help swimmers improve rhythm of the stroke, especially effective for removing dead spots from stroke timing, it is almost impossible to swim head up with a long pause in the stroke.

#### *Key to the drill .*

Swim at sprint pace to focus on fast stroke rate  
Perform it with chin on water and maybe with fins.

### **Band and pull buoy.**

Simple way to focus on the rhythm of your stroke.

The combination of lack of kick and extra drag created by the band forces you to keep the tempo high otherwise the legs will sink down low in the water..

Happy swimming. ... Cheers, Jan



# GENESIS AQUATICS SHORT COURSE SWIM MEET

**Saturday, 30 July 2016**

The Noosa team of 14 swimmers headed off to Bray Park in Brisbane in the 'very squeezey' mini bus, picking up Charlie in Eumundi then Anne & Dyanna at the Ettamoogah Pub. Being ahead of schedule we were able to stop for coffee at the BP where we 'fuelled up' for our swims ahead.

It was a beautiful sunny day & with only 83 competitors it was one race after another, sometimes not even time for a swim down between races.



*Team Noosa + medals ! ..*



With no relays the meet was over in two & a half hours, results were finalised within 10 minutes & we were on our way home by 4pm after presentations & a yummy sausage sizzle. Great driving & music by Pieter & we were back in Noosa by 5.45pm.

Another fabulous day of Friendship, Fun & Fitness for our Noosa Masters Swimmers.

*... Helen Malar*

Overall result was Noosa 1<sup>st</sup> with 587 points, Genesis 2<sup>nd</sup> with 457 points & Albany Creek 3<sup>rd</sup> with 431 points. Gold medals were awarded to Jan Croft, Jim Barnes, Helen Malar, Greg Bott & Bob Morse. Silver medals were awarded to Kerry Blackwell, Anne Gripper & Adrian Wilson. Bronze medal awarded to Linda Hogg. Other swimmers contributing to our outstanding point score for only 14 swimmers were Wendy Ivanusec, Dyanna Benny, Charlie Moore, Robyn Selby & Pieter Santifort.

Well done to all our Noosa swimmers. A big thank you to Tricia Hughes who spent all day timekeeping as well as cheering on all our swimmers.



# 9 WEEKS ,, 4 COUNTRIES – TUCKER TRAVELS

Leaving Australia in late May we headed off on an adventure. What a great 9 weeks we had. First stop France. After a direct flight to Paris (stopover Singapore) we hopped on a train for Vichy to spend 10 days with Tom and Marlene. After what should have been a 3 hour train trip we arrived 5 hours later. Due to the flooding in France our train was diverted. We did not understand a word they were announcing so just sat there and enjoyed the ride. Had a great 10 days with Tom and Marlene.

Helps not having any competition in your age (speaking for myself here).



After 52 locks we managed to make it to Dinan. Quite the experts by then. Had a lot of laughs and funny experiences, great wine, cheese, bread etc.

The most memorable day was when it didn't stop raining all day we plodded along dressed up to the nines with raincoats, plastic ponchos, umbrellas but made it to the next port of call for that day. The following day, due to the excessive amount of rain, we were stranded until the locks receded to make it under the bridges.

Farewell meal with Tom & Marlene - what fun we had! ..



One of the highlights was competing in the Vichy Swim Meet. The weather was terrible very cold but we both managed to come home with a few medals.

Ian receiving Bronze Medal 200 Free ..



Tom and Marlene were wonderful to us showing us around their part of the world. We did have a few nice sunny days on a tour around Dordogne Region very picturesque.

After Vichy we headed back to Paris (via a couple of days in Lyon) for a few days – what a mad experience there, again rain and very cool, we decided to do a night bike tour of Paris. Due to the Euro 2016 Football Cup being on in France, weather and strike protests, it was a very memorable experience – I have never heard SO many sirens or seen such a police presence in my life!

We thoroughly enjoyed following the Euro 2016 Football with the locals in pubs and bars – all throughout France and Ireland.

From Paris we headed down south again to a place called Messac to start on canal boat cruise (le Boat). We met up with friends from Sydney. The four of us had a quick lesson on how to drive the boat and rules etc then off we headed.

Just made it through !!



After the le Boat we headed over to Dijon where we commenced our 5 day bicycle tour (self-guided) I think that was one of the nicest parts of France probably had something to do with the fact we had sunshine. Was quite hard parts of

the ride 5km steep climbs (for 2 days of the ride). But saw some amazing scenery and riding through the vineyards was beautiful. Then off to Ireland ...

cycling alongside le Boat





*Kylemore Abbey, Galway, Ireland*



Again the weather wasn't great but we managed to have a good time. Spending 2 weeks in a hire car we headed from Dublin to Belfast then drove the "Wild Atlantic Way" and I mean it was wild!! Unfortunately, we only had 2 days of sunshine. Actually fogged in for 3 days couldn't see a thing.

Loved the Irish people very hospitable and friendly. Acquired a taste for "Irish Coffees" yummy. But I have to say I am very happy my ancestors left all those years ago and headed to New Zealand thank you !!!!!

From Ireland we had a couple of days in Essex in the UK with family which we really enjoyed relaxing and doing not allot.

From London on another plane this time to San Francisco to spend 10 days with our daughter Amy and her partner Pip. Very happy to relax and spend some time with them both. San Francisco is a lovely city, unfortunately again, the weather wasn't that great.

San Francisco has a micro climate and they say the worst time to visit is in July (note to self do some research re weather conditions before we head off on another overseas holiday).

One minute it is sunny and the next fog rolls in (that bloody fog followed us all around the world).



*Visiting Amy in San Francisco*

After 9 weeks of living out of a suitcase, planes, trains, boats, bikes, buses and hire cars I have to say was VERY happy to be getting home to one of the most beautiful places in the world "NOOSA". I suppose we have to travel to realise what a great place we live.

Now it is back into the pool and trying to drop those kilos we put on. But what a wonderful experience we had and feel so blessed to have been able to be able to do it.

*... Adele Tucker*



## FROM JOLLYWORLD ...

Hi All,

Over the last few weeks I've swum up the west coast of the US and Canada with many masters swim clubs and I am now back in Seattle after the IGLA event in Edmonton. Heading by train to Portland today for the US Masters Championships. I recently visited Eulah on Vancouver Island and had a great time, we will be meeting up again in Portland.

Edmonton was enjoyable as I met old friends and made many new ones. The competition went well for me and I won some medals and even set an IGLA record and personal best in the 100m medley.

Now the big one the USMS Championships, only 67 in my age group!

Live streaming and results link:-

<http://www.usms.org/comp/lcnats16/>

*... Cheers, Rob*



## MICK - 70 AND STILL SEXY OR SO HE WOULD HAVE YOU BELIEVE !!

Mick Jones could not have been more surprised when he turned up after swimming for his usual coffee with the mob only to find Helen Malar had baked a big, beautiful and gluten free birthday cake . especially for him !! You could've knocked Mick's eyes off with sticks!! There was the usual stirring rendition of Happy Birthday and Freeza before we all hoed in and demolished Helen's piece of art. A special birthday for a special bloke. We hope you celebrate many more with us Mick!

... Ed

*In Mick's own words ...*

Could you please pass on my thanks to members for their thoughtful birthday wishes today. It is especially pleasing to me, as a relatively new novice, to be surrounded by supportive and nice people from the Coaches as well as the members. The cake from Helen was special !

*Thanks again, Mick*

# ANNUAL GENERAL MEETING

**SAVE THE DATE : 16 October 2016**

at 9.30am in the Crèche at the NAC  
NOMINATIONS TO BE RECEIVED  
2 WEEKS PRIOR

# STOP PRESS

**GUESS WHO'S LEAVING !!**

Rachael Symons is leaving on Tuesday 30/8  
to work on Groote Island !!

How exciting ... best wishes from all your Masters mates!



**SEPTEMBER CLUB BREAKFAST**

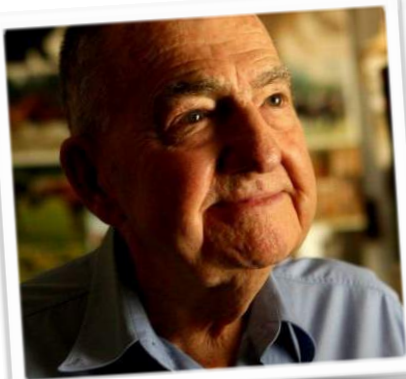
Sunday, 25 September on the pool deck after swimming  
Lane #3 & 4 will kindly supply the food

... Carola Henderson

## DO YOU NEED A HOUSE-SITTER?

Rod & Karen Barton (UK) are well known to Noosa Masters and they are planning to visit us again mid-October for a month or so and would be delighted to look after your home if you are planning to be away at all during that time. They can be contacted on: [karenandrod@hotmail.com](mailto:karenandrod@hotmail.com)





# THANKS FORBES CARLILE

## Australia's oldest Olympian Forbes Carlile dies at 95

Forbes Carlile, Australia's oldest Olympian, passed away shortly after his 95th birthday, and ironically only days before the opening of the Rio Olympics. Forbes was Australia's first post World War swim coach at the 1948 Olympics (London) before going on to compete in the modern pentathlon at the following Olympics in Helsinki 1952. In keeping with his Olympic tradition, he was Australia's head swim coach at Melbourne 1956 and Rome 1960

Born in St.Kilda, at 2 months old his family relocated to Sydney's Harbourside suburb of Mosman. He was an unwilling student in his swimming lessons at Balmoral rock pool.

But swimming soon became his hobby and favourite sport. Not long before he became an all round sportsman, winning school colours in four sports and at University of Sydney won Blues in rugby and swimming, and was NSW Backstroke champion.

Forbes studied at Sydney Uni., graduating as a Master of Science, he became a lecturer in physiology, where he first met Professor Frank Cotton.

In the 1944-45 season, Forbes joined Palm Beach Surf Life Saving Club, the last beach on Sydney's northern beaches and at the ocean opening of the Hawkesbury River. The Palm Beach Surf Club was unique in that many of members were movers and shakers in the social and financial areas of Sydney. Also joining the Club was his friend and colleague, Frank Cotton.

Carlile had a keen interest in swimming and had secured a coaching role with the New South Wales Amateur Swimming Association.

He was an advocate of "scientific" coaching methods as a means to improving the standard of Australian swimming. Australian coaches did not approach swimming "scientifically."

Discussions about the future of Australian swimming with his fellow surf club members, led to the emergence of a new swimming club which utilised "up-to-the-minute" training techniques.

In February, 1946, Carlile approached the Management Committee of the Surf Club with his plan. Believing the idea to be good one, the Club agreed to sponsor the formation of the Palm Beach Amateur Swimming Club, which was founded in March, 1946.

It was announced that the aim of the new Club was to "help young Australian swimmers attain Olympic swimming standard" concentrating on boys of "good natural ability aged 10 to 20 years old." Forbes' friend and colleague, Professor F.S. Cotton, was appointed "Scientific Advisor" of the swimming club.

As expected, the training of the Club's swimmers relied on "scientific training methods. They pioneered the use in Australia of calisthenic winter exercises, interval training, heart rate control, pace clocks and hot baths. To assist this, the Surf Club donated 150 pounds. (equivalent to approximately \$20,000 in 2016).

With the Palm Beach tidal rock pool, not offering ideal conditions, Forbes would quite regularly use the North Sydney Olympic pool for training his Palm Beach Swim Club members. North Sydney was ideal: 50 metres in length and heated courtesy of the North Shore Gas Company.

During the 1948 Olympics, Forbes thought of training for Olympic selection himself, challenging himself to become Australia's first representative in Modern Pentathlon.

Not an easy feat. He knew that he could swim and run OK, but there were 3 other disciplines unknown to him: horse riding, fencing and pistol shooting. What followed was 18 months of exhausting training and logistical nightmares across the five sports.

The first problem encountered was acquiring a pistol license under strict NSW gun laws. Then with no riding experience he found a suitable horse, for about 20 pounds, in Wagga Wagga (south west NSW), transported it to Sydney and proceeded to ride it through the city streets and over the harbour bridge one Saturday night. To help his running, he trained for a marathon and in his one only race, the Australian Marathon Championship, he finished 10th, BUT in the process nearly killed himself.

An hour after the race, he collapsed with severe dehydration and later was diagnosed with acute kidney failure, spending six weeks in hospital. He counts every day since 23rd September, 1950, as a bonus.

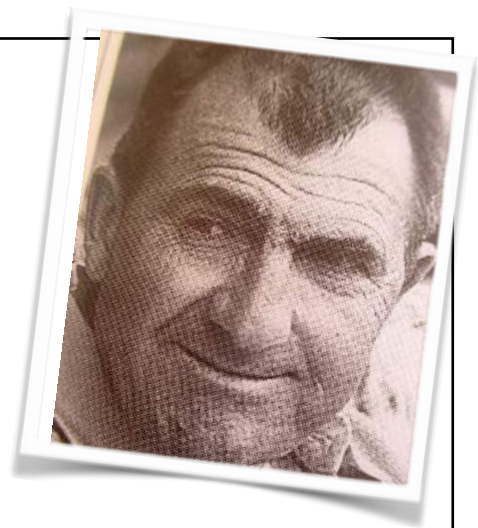
Once he'd recovered, he continued his Pentathlon training, finishing equal second at an Australian Championship - with a duelling sword.



Ocean tidal pool at Palm Beach - where Forbes formed Palm Beach Amateur Swimming Club in 1946



# THANKS FORBES CARLILE



He was selected for the Olympics and after training for a month with the American team at West Point Military Academy, he was off to Helsinki, as the only civilian competitor, finishing 25 th out of 51 competitors.

Returning home to Australia after the Olympics, Forbes looked around for a suitable pool to resume his swim coaching, finding the Drummoyne baths on Sydney's Parramatta River. Not the most ideal, but the best available for him at the time. No heating and dependant harbour saltwater, that was closed on weekends for flushing and refilling, then examined for signs of dead fish, jelly blubber, rubbish and even dead rats!

But when the pumps got stuck, it wasn't uncommon for a sign to be posted on the front door reading : POOL CLOSED UNTIL LATER. DEAD DOG STUCK IN PUMP.

From Drummoyne to Ryde 50 metre Olympic pool, and 25 metre pools at Pymble, Narrabeen, Killarney Heights, Castle Cove, Norwest and Cheerybrook, has enabled thousands of young Australians, the " CARLILE SYSTEM ", has employed more than 320 swim teachers, teaching more than 16,000 children weekly.

Many of these have progressed, with over 50 CARLILE SWIM CLUB members representing Australian in either OLYMPIC, COMMONWEALTH or WORLDS.

Probably the better known of his Olympic swimmers were : Shane Gould, Karen Moras and Jenny Turrall, all being world record holders. Shane at on stage held all world freestyle records between 100 and 1500 metres, and at the 1972 Munich Olympics, won 3 gold, 1 silver and 1 bronze medal.

## THE CARLILE SWIMMING PHILOSOPHY:

Our aim is not produce a champion, but to create an atmosphere where champions are inevitable. However swimming is a means to an end ... To build self confidence, self discipline, integrity and courage for life.

## THANKS FORBES, and URSULA FOR ALL YOU HAVE OFFERED TO SWIMMING.

Sources : Beach Beyond, a history of Palm Beach Surf Club, 1921-1996  
Lanes of Gold, 100 years of the NSW Amateur Swimming Association  
Forbes Carlile on Swimming (1963)  
Forbes Carlile 75 years in Swimming Dinner. At ASCTA Conference, 2007.

... Tony Frost.  
18 August, 2016

Footnote : Noosa Masters swimmer, Bruce Warren, has the good fortune to have been coached by Forbes Carlile at Drummoyne, 1957 to 1961, and on his coaching staff at Pymble, from 1970 -74.



*Palm Beach Amateur Swimming Club members, in their first year, 1946. Middle row, centre, Prof. Frank Cotton and right, Forbes Carlile*

Professor Frank Cotton worked alongside Forbes at Drummoyne until his untimely death in 1955.

In 1956, Forbes met a young university student, Ursula Allen, who had never learnt to swim, so when it became a degree requirement for Physical Education, it was decided by her parents that she would learn from Forbes Carlile. It wasn't long before they became inseparable and married in 1958. A remarkable and successful partnership endured.



*Forbes and Ursula making a Heartometer test on pupil, Terry Gathercole, who set three World breastroke records.*



# ENDURANCE 1000 REPORT

AUGUST 2016



## Overview

Superb conditions to swim with winter being a total non event this year. If you enjoy ocean swimming, the sea temperature is still hovering around 20.5 at Noosa beach, which means slightly chilly to get into but you quickly warm up

The pool environment is absolutely beautiful. Sitting in a chair timing for endurance swimming is so relaxing and enjoyable with the cooler mornings. The swimming is great as well ... Just enjoy it!

## Jane Powell's Wednesday mid morning Endurance swim.

Approximately 13 swimmers turned up for this swim. It was so good to break the mould a little, swim at a different time and see some different swimmers taking part. Thanks to Jane and Mark for provoking us to try something different - it really worked. We had a barbeque after the session which was so relaxing and enjoyable. It was also a good chance to talk to members that you don't get a chance normally to connect with. Thanks to all who helped out.

## Quote for the month

"Swimming is a confusing sport, because sometimes you do it for fun and sometimes you do it not to die" –

Alexandr Popov

## Great performances

**Charlie Moore** did his first endurance swim in 13 years, a 1500 freestyle. He looked so relaxed and comfortable doing it, I think he surprised himself. He also did a good time.

**Adele Tucker** dug deep to do a 45 min breaststroke. Not her favourite genre, but hung tough to finish it off.

## Endurance interview

The following is an interview done with Wendy Ivanusec, one of the clubs long standing members. Wendy completed three one hour swims last month.

**When did you first move to Noosa and join the Masters? Do you enjoy living in Noosa.**

Moved to Noosa in 1998 and LOVE living here in paradise. In 1999 I met Joyce Faunce when she was volunteering at the Marina and she encouraged me to join Masters. That first day, after not swimming for 50 years, I thought I was eighteen again. "Swim 50 metres" the coach said. I dived in enthusiastically but was shattered to find it was a real struggle to make the end of the pool.

**How long have you been swimming endurance program?**

If my memory serves me right I have been involved in the endurance programme since about 2004 and will always remember my first attempt at a timed 400m freestyle swim. So nervous. Bob McCausland said "Don't forget if you get puffed you can always roll over onto your back for a while - it is FREE-style". Good advice, I needed to do just that or could not have completed that first swim!!

**Why is it important for you to be involved?**

I've kept participating in the endurance because as time has gone by I've come to really enjoy the longer swims as I have never been able to move anything fast enough to be a good sprinter. The endurance programme is a great way of keeping tabs on whether you are actually improving or starting to slide backwards a bit. Also It's a real buzz to do a good swim and achieve top points for the Club.

**What do you get out of being involved?**

The fact that everyone who turns up on the day is keen to achieve something is a very positive vibe.

Taking turns timing and encouraging a good swim is very rewarding and you share in the disappointment when a swimmer JUST misses top points or their delight in achieving top points for their swim.

**How does being involved in the endurance program influence your approach to swimming?**

For many of us, another very important aspect of the endurance swims is that it provides the opportunity to concentrate on the corrections we need to make to our technique which have been imparted to us by our coaches during squad, uninterrupted by having to be aware of where any other swimmers might be in the lane.

**What advice would you give others ?**

I would really encourage everyone to become involved with the endurance programme. As you add your times to the programme sheet month after month and actually see how you are improving it's a great incentive to just KEEP SWIMMING which is a wonderful form of exercise which can be taken well into one's older age.

**What was your greatest moment swimming endurance ?**

Never having done butterfly before joining Masters, I managed to do a 400m Butterfly ONCE. I'm grateful that I can still do Individual Medley swims, but am not sure if I'll ever be able to emulate that feat again.

**How does your involvement influence others.**

Perhaps the fact that I'm not a really good or strong swimmer and am now in my seventies encourages others to 'have a go' .. you know, "Golly, if SHE can do it, surely I can!!". I hope so anyway.

## Video

The video camera is still available if anyone would like it to evaluate their technique. One concept is to evaluate yourself at the beginning and end of an endurance swim or just see yourself move through the water.

**Just enjoy it!**

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# Welcome Home Sunshine Coast Rio Olympians

by Sue Stanley



Our Sunshine Coast heroes



Jake Packard, Clinton + Brittany Elmslie

On behalf of the Sunshine Coast Sports Federation I had the pleasure of being the Event Organiser for the Welcome Home Cocktail Party for the Sunshine Coast Rio Olympians. The evening was held at the Maroochy RSL with many people there to welcome our wonderful athletes.

Special Guests were OAM Olympian Julie McDonald, the Queensland Olympic Club President, Sunshine Coast Mayor Mark Jamieson and 81 year old Bill McCabe who happens to have represented Australia at the 1956 Olympics for Water Polo.

... continued on back page



Alana Boyd + Benny Pike



Cate Campbell's lift



Clinton + Archer Ryan Tyack



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# Welcome Home Sunshine Coast Rio Olympians - cont'd

by Sue Stanley



## SEPTEMBER

|                 |      |
|-----------------|------|
| Greg Baldock    | 1/9  |
| Studley Martin  | 3/9  |
| Irene Symons    | 14/9 |
| Rosa Montague   | 15/9 |
| Dyanna Benny    | 23/8 |
| Mary Lester     | 22/9 |
| Ian Mitchell    | 23/9 |
| Bob McCausland  | 25/9 |
| Val Bedding     | 26/9 |
| Gillian Bensted | 26/9 |
| Rachael Symons  | 29/9 |



We had an amazing number of athletes representing Australia in Rio from the Sunshine Coast with 11 athletes and 3 coaches.

Alana Boyd – Athletics, Alyssa Bull and Alyce Burnett – Kayak, Larissa Crummer – Football, Brittany Elmslie, Chelsea Gubecka, Taylor McKeown, Jake Packard, Leah Neale – Swimming, Jodie Kenny – Hockey, Ryan Tyack – Archery, Chris Mooney and Michael Sage (Coach) – Swimming, Ian Baker-Finch (official)

All of the Olympians and Officials received a special plaque presented to them from Mayor Mark Jamieson. Noosa

Master swimmer Clinton was in his element! meeting and having his photo taken with many of the athletes. He was so happy to see his Noosa Swim Club mates Brittany and Jake and

Congratulate them on their great swims

and medals. I now look forward to organising the return of the Paralympians from Rio on the 23<sup>rd</sup> September.

**Editor's note:**

Guest of honour, Bill McCabe, member of Australia's water polo team and legend AFL player for North Melbourne, has been a long time resident of Sunshine Beach since the early eighties, and one of the original supporters of the push for a 50 metre Olympic pool. His LETTER to the EDITOR, Noosa News, 19 December, 1995, finished with : My point is - We can't play water polo in a 25 metre pool!



Clinton + Alyce Burnett (kayak)



Coach Chris Mooney and Jake Packard

## CALENDAR

- 
**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](#)

### Challengers Chatter

PO Box 21, Noosaville 4566

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