

CHALLENGERS' CHATTER

DECEMBER 2015

CELEBRATING JOYCE FAUNCE

Joyce turns 95 on January 10, 2016 and your club is planning a celebration in her honour late that month.

Joyce, born 10 January, 1920, just a some fourteen months after peace was declared from the end of World War I . Living in Leicester in central England, Joyce as a teenager showed amazing swimming ability with little training. With her fellow swimmers , their coach would say : "What would you like to do today ? " This quite often turned out to be not much, certainly no structured program or drills. Joyce's freestyle lead her to be selected in the national team which represented England at the 1938 Empire Games hosted by Sydney, swimming in the newly constructed North Sydney Olympic Pool, adjacent to famous Harbour Bridge. Unfortunately for Joyce, the six week ship voyage to Australia , left her not in peak fitness.

Returning home Joyce was focused on representing England in the 1940 Olympic Games, training hard and in 1939 , travelling to Berlin, won the European Championships. Returning home the Fleet Street newspapers had headlines : " Our Joyce smashes the Germans ". Three weeks later War was declared and Joyce's Olympic dreams were dashed.

Despite the atrocities that WW2 brought, life continued for Joyce, marriage and two daughters Heather and Vivian. 1957 the family migrated to Australia, settling in

Sydney's western suburbs, where their daughters did their schooling.

In the late nineties Joyce moved to Noosa, enjoying life at Weyba Downs on the shores of Lake Weyba. Joyce, along with hundreds of other locals, attended the official opening of the Noosa Aquatic Centre, and was inspired like many others " to take the plunge ."

2014 Pan Pacs
Joyce wins Gold !



For Joyce, this was over 60 years since she had a proper swim. On hearing that the Masters swimmers were planning to relocate from Tewantin to the new 50 metre olympic pool at Noosa, a rush of blood said " I would like to do that . " With a motto of Fun, Friendship & Fun ", it was the perfect medicine that Joyce wanted.

Quickly, Joyce left no doubt that we had a fluid stroking member in our Club, soon setting national records, through the 80-84, 85-89 & 90-94 age groups.

After a shaky start to the Noosa Masters Swim Club, Joyce put her hand up to be Secretary, a position that she held for several seasons. With a sharp mind and memory, Joyce was a steadfast Secretary for our Club , guiding it to become the Club that it is today.

In 2000, Joyce was given the honour of being part of the Olympic Torch Relay (together with fellow Club members, Joe Gilbert & Tony Frost).

In 2003, Joyce (together with Joe Gilbert) were the first members to be awarded Life Membership of our Club.

Truly, Joyce is a " special person " within our Club, an absolute inspiration to all who have known her.

... Tony Frost
19 December, 2015.

2014 Pan Pacs team!
Joyce (2nd from left)
always such a proud
Noosa team member.
Swimming keeps her
fit ... and young!

Noosa Masters Riverside Christmas Gathering

Sunday, 6th December :Again this year we celebrated the last get together for the year on the shores of the Noosa River opposite Como Resort. The evening was balmy and the mood was jovial and friendly.

Kilos of sausages left over from our Bunnings BBQ fundraiser (thanks, Bruce Warren) were sizzled and the odd steak found its way onto the BBQ. Friendly spirits in the form of wine and beer flowed freely. Impressive eye glasses were all the rage as was the occasional Santa Hat.

It was special to have a visit from Joyce who with her daughter Heather made the journey from Brisbane northern suburbs to be with us to celebrate. Linda and Bob took the opportunity to raise the subject of celebrations in the new year for Joyce's' 95 birthday, to be the subject of another communique.

It was also a farewell to Ian and Adele before they left for the "land of the long white cloud" and a welcome back to Noosa for Tom and Marlene, long time friends from France.

... Bob Morse



Coach's Tips

A few basic tips.

Swim tall stay long on the water, swim like you are 7 foot tall. You can swim longer than your height by streamlining on your side.

Stroke count ... train yourself to cover more distance with each stroke.

Emphasise shoulders when you swim, don't only lift arms, lift and rotate the shoulders which will increase the size of each stroke.

We have carnivals each month between January and May. If you are planning to swim the state or nationals, try and swim 3/4 times a week to increase your fitness levels., not just doing more squads

If you do aerobics on a Tuesday , do a decent warm up swim your aerobics and add on another 400/500 metres and you have 2 km. Add an ocean swim. - it all translates to being fitter. We will not improve by doing one or two squads a week, that is barely enough to maintain fitness.

Happy swimming. ... Cheers, Jan





For the third time in a week, **Michael Andrew** of Indie Swimming has lowered the 15-16 national age group record in the boys' 100 yard breaststroke.

Andrew first broke **Carsten Vissering's** 100 breast mark last weekend at Speedo Winter Junior Championships **with a time of 52.50 in prelims.**

Later that day he **lowered it to 52.21 in finals.**

Now, exactly a week later at the Oklahoma Elite Pro-Am, Andrew has done it again.!

After a lifetime third-best 52.56 in prelims, Andrew crushed his previous personal best, and the national age group record along with it, with a stunning 51.75 in finals, thus becoming the first 16-and-under to dip under the 52-second mark for the 100 yard breaststroke. He is now tied for 11th on the all-time list.

Emily Seebohm Sets New Australian All-Corners Record At Queensland Championship

Emily does it again !!

World & Olympic Champion, Emily trained at Noosa recently and continues to dominate ladies backstroking. She has come a long way since competing as a 10 year old at Noosa's first swim carnival held at the NAC on 16 April 2000



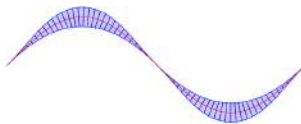
Australian backstroke power **Emily Seebohm** concluded her outstanding 2015 with a new Australian and Queensland All-Corners record in her 100-meter backstroke at the Queensland State Championship last night. Australian All-Corners records are the fastest times swam by any athlete in Australia.

Seebohm's 58.70 is the fastest time ever swum by a female in Australia. Seebohm began the race with a 29.00 split, and burst home in an impressive 29.70. Her victory follows a silver medal at the World Championships in Kazan earlier this year. She already holds the Australian record with her 58.23 from her swim in London in 2012. **Maddi Wilson** finished second in 59.09, while **Minna Atherton** took third in 59.69. Atherton also broke the All-Corners record for 15-year olds.

The men's champion **Mitch Larkin** nearly nabbed Aaron Piersol's long-standing 100-meter back Australian All-Corners record with his 53.04, missing Piersol's 52.98 from the 2007 FINA World Championships in Melbourne.

Cate Campbell topped the 100-meter free in a quick 52.84, followed by **Emma McKeon** (53.93) and **Brittany Elmslie** (54.37).

Brittany has certainly come a long way since learning to swim in the Noosa Aquatic Centre's LEARN to SWIM program , graduating to the Noosa Swimming Club and representing her school, Good Shepherd Lutheran College , Noosaville, before relocating to Brisbane on completion of her schooling, Brittany went on to represent Australia at the 2012 Olympic Games.



She had her photo taken with the Bondi Vet when volunteering down at Main Beach for USM events

... and now, when Olympian Emily Seebohm and Brittany Elmslie, together with three other junior champion swimmers, trained at 'our pool' recently, this 'Media Tart' simply could not resist another photo opportunity !!

Who are we talking about ?

... in case you didn't recognise her in the photo - none other than Tricia Hughes, or course.

On ya Trish, we're all just jealous !



“SPORTSMANSHIP” AND “GAMESMANSHIP”

... the essence of Masters Swimming!

Extracts from an email exchange between Brett Fischer (River City Rapids) and Brian Hoeppe (Noosa Masters) Dec.2015

From: Brett Fischer

Subject: River City Rapids swim meet

Hi Brian

Hope everything is going well with you and you're planning a great Xmas and New Year. I've been told by the Rapids club to remind you to bring back the trophy you won last year at our meet and to enjoy it while you've still got it for the next few weeks.

I don't think Noosa will get to take it away next year as it's got a nice spot in the Rapids trophy cabinet ready to go.

Regards, Brett

From: Brian Hoeppe

Subject: Re: River City Rapids swim meet

Hi Brett

Good to hear from you. I hope all's well with you and your family ... and your swimming. ... I'm no longer club captain up here, but am copying this email to our captains with your message about the trophy, and your dastardly challenge to Noosa supremacy.

We'd actually got wind of your RC trophy plans, and have a strategy well in place – we've arranged for all the members of Miami and Northside to register as Noosa second claim, and they'll all be swimming for Noosa at River City. At current count, we have 72 swimmers in the Noosa team, including six relay teams aiming to break national and world records.

Five Olympic coaches have volunteered their time to our 'keeping the trophy' campaign. We all go into a residential training camp at Twin Waters for the week before the meet, and Matt Moran will be preparing our meals. On the last day, inspirational tattoos will be applied to everyone. But still ... have a go, if you're game! We won't bother bringing the trophy back.

Cheers, Brian

From: Brett Fischer

Subject: Re: Re: River City Rapids - swim meet

Wow Brian you sound nervous – I assume you heard we won the Aqualicious meet with ease!

In all your prep don't forget to taper and pack your floaties & cheerleaders. We've got lifeguards on deck if they get too excited and break a hip. I understand your attraction to our trophy but all good things must come to an end.

BTW – I've cc'd our committee in on this email as they are new to Masters swimming and the competitive nature of some clubs. And please have dignity when you have to hand over the trophy.
Brett

From: Brian Hoeppe

Subject: Get serious!

Hi Brett

I'm pained to think that you are failing to understand the seriousness/gravity of the situation.

FYI ... to put you further 'in the picture' ... Here's a photo of our 280-320 age group relay team for the 6x25m freestyle, limbering up before squad. They're so huge that one of them couldn't fit into the photo!!!

Don't say we didn't warn you.

We're thinking of melting down the trophy and making knuckle dusters.

Brian



From: Brett Fischer

Subject: Re: Be serious!

I like your new club togs Brian. Hope you're all not too dottery and don't put them on back to front. We'll see you down here and bring as many swimmers as you can.

Cheers, Brett

From: Brian Hoeppe

Subject: Time for truce

Hi Brett

I think this is getting out of hand!

Time to restore our usual friendly relationship.

So, in the generous and comradely spirit of Masters Swimming, we're offering to help out with your meet. In particular, we're offering the services of a recent Noosa recruit, Debbie – a gentle-spirited and warm-hearted young woman with solid experience as a 'marshall' at Masters swim meets. See photo at right

If convenient, it would help greatly if you could send a list of River City entrants, preferably with a photo, and details of which events and lanes they'll be swimming in. That will help Debbie on the day as she warmly singles out our cherished friends in the River City team for special treatment in the marshalling tent.

Don't bother thanking us. This comes second nature to us.
Warmest wishes, Brian



From: Brett Fischer

Subject: Re: Time for a truce?

Gees mate that's no truce but I must say she has nice legs. Will catch you next month (& don't forget the trophy!)

Have a good Xmas.

Cheers, Brett

From: Brian Hoeppe

Subject: Re: Time for a truce?

Hi Brett

As they say, 'Truce is in the eye of the beholder'. But I think we have it. I'll keep reminding the captains about the trophy.

Warmest wishes to you and your family for Christmas., Brian

2016 MSQ CALENDAR OF EVENTS

tear out this page for handy reference

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
JANUARY						
16	SC	River City Rapids	QRC	South	01/16	Somerville House, South Brisbane
FEBRUARY						
13	LC	Atherton	QAT	North	02/16	Atherton Pool
20	LC	Hervey Bay	QHB	Central	03/16	Hervey Bay Aquatic Centre
27	LC	Mareeba Masters	QMA	North	04/16	Mareeba Memorial Pool
March						
11 - 13	LC	MSQ State Championships			05/16	Miami Olympic Pool, Gold Coast
April						
2	SC	North Mackay Sinkers	QNS	Central	06/16	North Mackay State HS
9	SC	Albany Creek	QAC	Sunshine	07/16	Albany Creek Leisure Centre
16	SC	Whitsunday Warriors	QWY	North	08/16	Cannonvale Pool
21 - 24	LC	National Championships				Melbourne, Victoria
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						



SUNDAY, 3 JAN. 2016 - *The club's next Bunnings Sausage Sizzle. (Bruce Warren)*

AUSTRALIA DAY - TUESDAY, 26 JAN, 2016

I think we can say that Australia day will again this year be celebrated early in the day probably at the Noosa Woods at the end of Hastings with a BBQ breakfast and a swim of Laguna Bay. There is planned "two up" and perhaps some old Australian songs and bush poetry.

VALENTINES DAY - SUNDAY, 14 FEB, 2016

Will be at a venue to be announced and, given that it is on a Sunday, will probably be for lunch. Again, we are interested in feed back and potential numbers so members are asked to respond to Bob Morse by email wmandbm@bigpond.net.au

The first breakfast for 2016 will be Sunday 28 February. Lane #1 will be providing the food.

(Carola Henderson)

20TH ANNIVERSARY OF N.O.P.A.

December 6 this year marked a milestone in the history of Noosa's 50 metre olympic pool. For too many years the local residents and visitors were denied something that every other major coastal town from Coffs Harbour to Cairns had, that is a 50 metre olympic pool. Since the early seventies, several local groups attempted to convince Noosa Council that there was a need for such a recreational facility. Caloundra, Maroochydore and Nambour all had 50 metre pools, but alas poor old Noosa residents were deprived, many having to travel to the nearest at Cotton Tree, each time involving three hours after travel and swim time.

By 1991 a 25 metre pool was constructed within the grounds of the Tewantin State School. The arrangement for these school pools was that funding was derived from the Queensland Education Department, the local Council and the local community each contributing one third. Being controlled by the school, the public had very limited access, out of school hours and then only six lanes of 1.8 metres wide, three of which were regularly booked for squad training. That is very limited water space for the public to enjoy.

In late 1995, Noosa council was considering a recommendation submitted by a council officer (Manager of the Noosa Leisure Centre) to construct a 25 metre indoor pool in the Wallace Estate at the cost of \$3.5 million.

On hearing this, the community reacted, believing that this did not represent good value for money, and that for less dollars, a 50 metre olympic pool, providing a minimum of four times more water space could be built.

A public meeting was held in the assembly hall of the Good Shepherd Lutheran School, Noosaville, on 6 December, 1995. From over 150 interested people who attended this meeting, a committee was elected, representing a cross section of the local community. Known as the Noosa Olympic Pool Association (Inc),

members elected at this public meeting : Tony Frost, President (Sunshine Beach SLSC) , Sandra Hudson, Secretary (Sunshine Coast Masters Swimming) , Joe Gilbert , Treasurer (Sunshine Coast Masters Swimming), Lex Bell (Tewantin Swim Club), Dave Chapman (Sunshine Beach State School), June Colley (Seniors & Ageing), Janet Gemmell (Sunshine Coast Masters Swimming), Patrick Lynch (Tewantin Swim Club) & Peter Marconi (Noosa District State High School) .

The battle had just begun. Noosa Council responded with : "You have an ocean to swim in ". They were far out of their depth! The only Councillor prepared to sit down and listen to our case was Bob Abbott.

Several activities were prepared to keep the public aware of the need for a 50 metre Olympic Pool: a swim-a-thon conducted at the Tewantin 25 metre pool on Sunday, 3 March, 1996, with proceeds to be handed to the Queensland swimmers selected to represent Australia at the 1996 Paralympics in Atlanta, USA. Three of these selected swimmers swam in the swim-a-thon : Brendan Burkett, Paul Gockel and Alastair Smales. A young 14 year old who also participated was Mareeka Jonkers from Woombye, who went on to represent her country at the Sydney 2000 Paralympics. Gold medalist, Brendan, captained the Paralympic team in Sydney. Today, Professor Burkett, a biomechanical scientist and Faculty Head at Sunshine Coast University. He was a great supporter of a push for a 50 metre olympic pool at Noosa.

A cheque for \$1,475.00 was handed over on 24 May to Brendan and Jeff Hardy.

Architectural drawings and photographs of a basic 50 metre olympic pool at the recently completed Rockhampton Grammar School demonstrated to NOPA what could be constructed for \$1 million, substantially less than \$3.5 million.

Over the coming months there was relentless media support for the cause, print and television, culminating in a Public Presentation at the Villa Hotel, Noosaville, early March, 1997, presenting NOPA's case for a 50 metre olympic pool. Speakers : Benny Pike (the media), Lyn Bollen (Surf Life Saving) , 12 year old Carly Bell (Tewantin Swimming Club) and Tony Frost (NOPA). The audience was shown a video produced of students from Sunshine Beach State Primary School travelling by bus to a 15 metre pool at a Tewantin Caravan Park, no showers, and returning to school on a hot summers day. Today, students from the 3 nearby schools walk to the NAC for regular swim activities, for all 4 school terms.

Following the Public Presentation, the CEO of Council, called in NOPA to discuss their calling for Public Expressions of Interest to Finance, Design, Construct and Operate an Aquatic Centre on council land in the Girraween Estate. With a preferred tender selected by Council, in April, 1997, and the 2000 Olympics looming, a National Standard Sport Facilities Program was announced, with \$ 20 million allocated to Queensland.

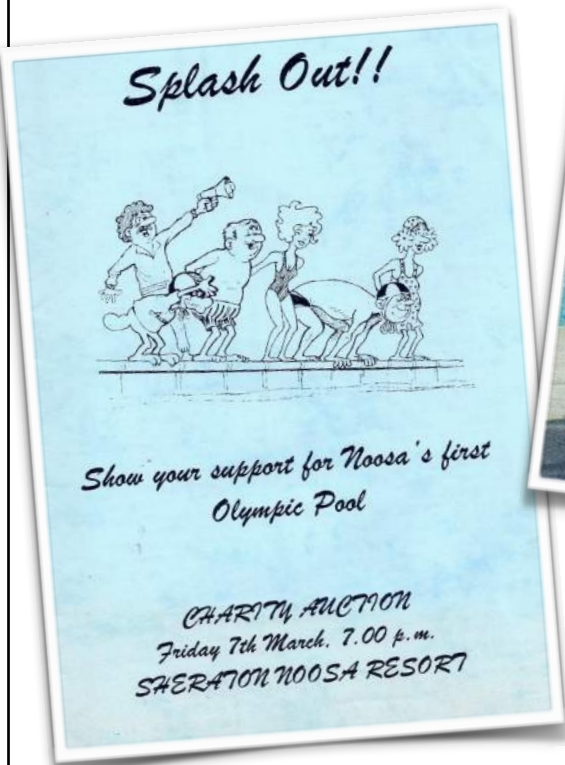
Noosa Council, with a change of mind, applied and was successful with a \$1.12 million grant towards the 50 metre olympic pool, thus financing, designing , constructing & operating the aquatic centre themselves.

On 1 May, 1999, witnessed by hundreds of enthusiastic locals. the Noosa Aquatic Centre was officially opened by Premier Peter Beattie.

The NOPA committee elected in 1995 recently celebrated 20 years with a birthday cake at the Noosa Aquatic Centre, having achieved their goal : A 50 metre OLYMPIC POOL for NOOSA.

... Tony Frost
19 December, 2015.

20TH ANNIVERSARY OF N.O.P.A.



20th Anniversary

Early days



Noosa opens new aquatic centre with a splash



INTRODUCING ... SAM PENNY

I started swimming 18mths ago as rehab for a bad back which I have suffered since a teenager. Prior to this, as a kid, I was a cyclist and a swimmer. I never thought I could enjoy swimming again but I absolutely love it. It is my big passion now. I love how consistency in training delivers results and gives feedback on how you are progressing. I can't however do swimming for the sake of fitness. I have to race ... starting with Pan Pacs last year and am now aiming for State and Nationals Masters Swimming in the new year.

Having only joined Masters swimming this year with Barbarians, it was at Bundaberg meet where I saw all the Noosa crew enjoying their wine post-meet. That's my style! Hence the transfer to Noosa.

When I'm not swimming I own a hair salon (of course) in Buderim which is also where I live. My hair salon is called Universal.

Between my partner and I, we have 4 kids all 7 and under. Life is always busy but never too busy to not swim. I'm looking forward to getting along to some squad swimming and drinking wine and sharing stories.

(Ed. note: We need more Sam's in the Club !!)



INFORMATION	
The River City Rapids swim meet has traditionally been the first meet of the year. This is a very popular event and a great start to 2016. It's a fun sprint meet in a 25m pool at a great venue in Brisbane.	
MEET FEE	CLOSING DATE
Swim Fee: \$25 per athlete	Friday 8 January 2016.
MEET FILES	
We encourage members to nominate via Meet Entry from the MSQ Forum.	
River City Rapids Program Individual Nomination Form TM File	



30 years of the Alice Springs Masters Games - it's going to be a big birthday bash!

Countdown to the 2016 Alice Springs Masters Games has begun. From 8-15 October 2016, Alice Springs will once again come alive to celebrate the 30 year anniversary of this iconic event. With less than a year to go, the Games team is busily planning a fitting celebration to mark three decades of the longest running Masters Games in the world.

The Games are proudly delivered by the Northern Territory Government and have been held every two years in Alice Springs since 1986. Next year promises to be a fitting celebration for those travelling to the Red Centre for this extra special birthday celebration.

Games Patron Dawn Fraser and Honorary Ambassador Daryl Somers joined the 2016 Sports Coordinators, Sponsors and Officials to launch the 2016 Online Registration System marking 'One Year to Go' until the 30th anniversary of this icon event in the heart of Australia.

The 2016 Games will be a fantastic reunion for all who have been part of what is known as the Friendly Games – so tell your friends, get the gang back together and make a pledge to be in Alice Springs from the 8-15 October 2016.

New participants are always welcome. You only need to be 25 to enter some sports and with more than 30 sports to take part in, there's something for everyone.

To register go to www.alicespringsmastersgames.com.au or call 1800 658 951.

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Real Insurance c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>
<p>USM Events - Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p>Officeworks 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p>Eyeline Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p>Funky Trunks Noosa Juniorz Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads http://www.funkytrunks.com</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>RACV Noosa Resort 94 Noosa Drive, Noosa Heads (07) 5341 6300 www.racv.com.au/Noosa.Holiday</p>	<p>Scooter Style 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>Dan Murphy's 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p>Bunnings Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Jenny Covell's Tewantin Guardian Pharmacy 112 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>	



Birthdays of the Month

JANUARY

Fergus Bell	4/I
Di McFarlane	7/I
Joyce Faunce	10/I
Jacky Shields	22/I
Terry Mortimer	24/I
Jess Tye	25/I
Carola Henderson	28/I

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



ENDURANCE 1000 REPORT

DECEMBER 2015

This is the time of the year when our thoughts often go to our very close family and friends, to spending quality time with them and sharing meals and conversation. Interestingly, our wider circle of friends include the members of NMC, including those who participate in the Endurance Program.

It is important to thank the dedicated members of our Club who have provided the vision and the energy that allow our members to participate in the Endurance Program and these include Mary Lester whose attention to detail has resulted in load sharing of the responsibilities within the program. It has brought Tricia Hughes, Grant Scotcher, Jane Powell into the management team, along with Marcia Kim, and a competent team of time keepers. Mary's planning has also resulted in more self management amongst the swimmers and this initiative has provided more opportunities for us to complete as many of the swims as we can at a time that is convenient to us.

It has supported the efforts of the our members who have 'danced every dance' throughout the year, completing all of the freestyle and form distances and times, and who have accumulated maximum points for the club. It has allowed our stronger swimming members to complete 3000 metres or more in the hour swim, while providing increased convenience for members who might be time poor. Mary's initiative and energy has increased the size of our 'family and friends'. This places NMSC in an excellent position for completing record points scores during 2016 ...Bring it on!

Owen Curtis
Endurance 1000 Program Co-ordinator
Mob. 0447 654 663
owen@selfmanagementsolutions.com.au
Tues: 7.30 – 9am
Sat: 2pm start

GOING OUT WITH A BANG !!

Brian Hoepper shows us "How to end your E-year on a high note

On Tuesday, 22 December, Brian set a new (unofficial) **NATIONAL RECORD** for the 45min Breaststroke with a distance of 2175 metres ...

Then, on Thursday, 24 December he went a step further, setting another (unofficial) **NATIONAL RECORD** for the 60min Breaststroke with a distance of 2,900m ... **CONGRATULATIONS BRIAN !!**

SOCIAL EVENTS

New Year BBQ- BYO meat & a drink - Sun.10 Jan. from 12.30pm @ Ivan & Wendy's home - 19 Lilly Pilly Place, Noosaville. Park out the back under the trees on Council Reserve, Eumundi Rd. Turn in at 1st telegraph pole past Goodchap roundabout

Diary Dates

SUNDAY, 3 JAN. 2016

Club's next Bunnings Sausage Sizzle.

TUE, 26 JAN - AUSTRALIA DAY

Challengers

Chatter

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