



New members shine at Miami meet!

By Helen Malar

Fun night Friday night saw 13 of us finely tuned athletes at Nobbys Beach Surf Club for dinner. Great beachfront views over the ocean. Some of us kept to our one drink before a meet! But others who couldn't contain their thirst had a few extra carbs for energy for the next day's racing.

With only 12 swimmers competing on the day, we picked up six awards. Three 1st places to Stephanie Jones, Shane Walsh and Robert Ashwell. Three 2nd places to Jan Croft, Trev Mathews and Rod Alfredson. Congratulations to two of our newest members Rob and Shane for achieving such great results.

Eight swimmers swam postals only, which added to our points but because of some technical problems, no overall points were given. But, 'thank you' postal swimmers. You are awesome.

Robert Ashwell was in the first event of the day - 200m IM. Fabulous race, looked good in the water, out fast in the fly breathing every 3rd stroke!!! Great swims all day.

Was fun watching Steph and Ross swimming in adjoining lanes in 50m backstroke. Both stroking in unison but Steph just touched out Ross on the finish. (Ross said he wasn't swimming hard!!!). Great swim by Steph in 100m Freestyle in 1.15.17. Less than 1 sec off the 2008 State record, so watch out for Steph at States in Mackay.



NOOSA MASTERS AT MIAMI - SATURDAY 18TH FEBRUARY

New members shine at Miami meet ... continued

Ross the Freestyle sprinter swam the 50m Free in 32.39 and 100m Free in 1.13.03. Great swims. Lots of first places for Jan except for 50m Back which she reckons she hasn't swum for at least 10 years!!! She needs more coaching Bob?

Shane Walsh – improving in every swim. Great 100m Free swim – 1.26.45, taking two seconds off his entry time. Moving up training lanes in leaps and bounds. Now swimming with the big guns!! Rod swimming very close to his entry times (PBs) so shows he has been swimming hard in training.

Great to see Ian Robinson at the meet swimming the 50m, 100m and 200m Breaststroke races. Looking trim, taut and terrific after losing 10 kgs. Ian has been working hard in his swim school in Brisbane and hopes to swim at Barrier Reef Games in Cairns in May. We look forward to seeing him there.

Good swims from Linda swimming very close to her PBs in 50m, 100m and 200m Freestyle races so looking good for States and Nationals coming up.

Trev consistently keeping under 40 seconds for his 50m free. Reckons his liquid carb loading Friday night slowed him down a bit in the 100m and 200m Free.

Helen swam her first ever competitive 100m freestyle in the Women's 4x100m Relay which came in second. Good feeling swimming outside her Breaststroke comfort zone.

Great swims from Adele in her 100m and 200m Backstroke races swimming just outside her PBs and looking very strong in the water. Ian and Adele set off from Miami on their three-month holiday and we are all looking forward to catching up with them at Nationals in Hobart in April.

Good solid swims from Jacky who swam two 200m swims back-to-back. Loves those 200s.

Many thanks to Liz Alfredson for her official duties mostly out in the sun all day.

Thanks also to Ian Tucker who was unable to swim due to a shoulder injury but spent the day timekeeping along with Carmel Walsh. Much appreciated.





On the deck at sunset ...

by Chris Cooper



Viv, Terry, Liz, Jim, Julie, Geoff

It's always so pleasant to get together with swimming mates, and mates of mates, for a catch up.

Even better at sunset, overlooking main beach with bubbles in hand and munching on a tasty snack.

Thirty-five 'sweet old valentines' came along to our evening at the Noosa Heads Surf Club, including quite a few of our newer members - a great opportunity to chat and get to know each other a bit more. The high bars on the western deck of the club are great for informal mingling, so people were able to chat and move about.



Dee, Rod

Dave and his team from the restaurant looked after us extremely well. The area was cordoned off for our exclusive use which we filled admirably.

Platters of bruschetta, fish cakes, calamari, satay, nachos, arancini balls and spinach rolls were handed around until we had could eat no more. Indeed, the nibbles were substantial as promised.



The crowd ... spot Denise waving!

There were several gluten free options on offer and the staff ensured that those members were well catered for - very much appreciated.

Entries into 'The Valentine Draw' ranged from 'all out *resplendent* in red', which earned several chances in the draw, to 'spot the *touch of red*'. Helen and Viv, as the representative committee members, drew out the winners.



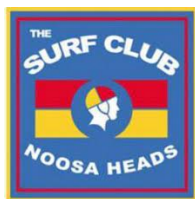
Trev, Chris, Steph, Helen

Dee Mooney received a bottle of bubbles with her red tinged earrings and Geoff Merrill scored the chocolates with his red pinstripe-checked shirt. All a bit of a giggle really.

Thanks again to the restaurant staff for looking after us and thanks to everyone who came along to mix, mingle and munch and acknowledge the support we receive from Noosa Heads Surf Club as a major sponsor of our annual swim meet.



Jacky, Geoff, Robyn, Mark, Geoff



The Noosa Heads Surf Club is a major sponsor of Noosa Masters Swim Club.



Looking forward from mid last year at a very busy competition and social year for us, the committee decided to run a Come and Try Day in February of 2023. The date chosen shoehorned the day between the popular Swim Meets at Miami and Hervey Bay, with the State and Nationals looming just a few short weeks later in March. It was decided to incorporate the Come and Try Day into the normal training schedule on Sunday 26 February.

The usual marketing - a well-timed *Noosa Today* article and some well-placed flyers at the pool – saw five new swimmers (and Kagsey who we haven't seen for a while) arrive on the day. Upon arrival, President Greg's friendly ramblings on the purpose of Masters Swimming settled any nerves, and then it was into the bathers and off to the 25m pool. A short explanation of the training regime was followed by brief observation of the Sunday squad in action in the 50m pool under Wendy N's control. All the while, the Friendship, Fun and Fitness focus of Masters Swimming was emphasised.

Jan - in usual professional style, ably assisted by Viv and Bob (as demonstrator) - took the guests through the routines and exercises that form part of the coaching and learning process. Knowledgeable and gentle instruction was mixed with lots of encouragement. A 45-minute program of freestyle aimed at enthusing the guests to return to join us to learn more and investigate other swim strokes.

The day finished with coffee and muffins and more friendly chat with the majority of our membership in attendance. In all another successful Come and Try Day for our club, and hopefully more interested and friendly members.



Jan Croft and Viv Merrill coaching the 'newbies'.



The social side of 'Come and Try'



Here's the opportunity to swim at the most beautiful time of day ... and gain points in the 2023 Vorgee E1000 Endurance competition. A special time to swim a longer event at a cooler hour.

With swims completed, join clubmates in an informal poolside meal.

BYO some food to share and your favourite drink

Email Jane ('deckie' for the occasion) to let her know you're coming, and what you'd like to swim.

powell.markjane@bigpond.com

... and a bit earlier ...



Viv Merrill, our Club Registrar and also one of our registered QNA Officials, will run a

Timekeepers' Workshop

to assist members as well as their friends and partners to better learn the correct procedures for timekeeping at swim meets.

When? ...

**Friday 3rd March 3pm-3.45 pm
@The NAC**



Jo Matthews plunders Kiwi gold!

It was lovely to return to Wellington NZ early February to catch up with my youngest daughter Rachel and two of my very good friends, Ella who was my deputy and Father Eddie. After spending three days in Wellington I drove to Whanganui, a two-and-a-half-hour drive for the swimming section of the NZ Masters Games. I was extremely lucky as I found Airbnb accommodation just over the road from the pool. It was an indoor pool, where the pool water was unfortunately very hot. Too hot to do PB times, plus there was no electronic timing, or over the top starts, or the fastest swimmers swimming first - all things that I really appreciate in Australia. I did, however, try my hardest and was rewarded with seven gold medals from my seven events.



STOP PRESS!

Entries for the MSQ State Championships 2023 close on
TUESDAY 14th MARCH



COACH'S TIPS

Freestyle tips this month ...



*Happy swimming,
Cheers, Jan.*

Four hand entry mistakes every swimmer should avoid:

1. Crossing over happens when hand enters water in front of your head. Doing this is a complete waste of time and energy since you will have to push water out and away from your body before you are in a position to push water back behind you. This can cause a wiggle in your stroke and leads to shoulder injury. Imagine a line going straight from your head to your toes; remember the fastest way from A to B is a straight line. Doing shoulder width catch up will correct this.
2. Don't enter water too close to your head.
3. Don't enter with your thumb; that causes your shoulder to turn in. Enter finger tips first.
- 4: One last mistake is bending your wrist as your hand hits the water. Your forearm is essentially your paddle. Instead keep the wrist relaxed when you enter the water and focus on turning fingertips down to the bottom of pool as you begin pulling with an early vertical forearm.



Clinton does it again!

Once again, our celebrated member Clinton Stanley has achieved his goal – swimming 70 kilometres in the 28 days of February!

Clinton is a special and much-loved member of Noosa Masters.

In his remarkable swimming career, he set 79 Down Syndrome world records. Not surprisingly, he was inducted into the Sunshine Coast Sporting Hall of Fame. A founding member of Scouts at Nambour, Clinton was awarded the highest Scouts' honour – the Baden-Powell Award. Clinton has been honoured further as Australian of the Year Local Hero in 2012 and as Australian Ambassador in 2015 and 2016.

Clinton has given back to the community in valuable ways. In February 2023, he has swum over 70 timed kilometres, attracting over \$7000 in sponsorships for a favourite charity, the Starlight Foundation. (In 2022, he swam 57.1 kilometres and raised \$5475.) He considers himself lucky to be so fit and healthy and is pleased to raise funds for an organisation that supports sick children.

Clinton sends his thanks to all the Noosa Masters who supported him this year.

Endurance Report February 23

This month Mark & I have been enjoying the fitness gained with our Masters Squad, on Lord Howe Island. It is truly a little bit of Heaven. Swim-trek holiday, anyone?

Meanwhile, back in the real world, 250 Endurance swims have been completed so far this year already! Our new single-entry Completed Swims Book is working well. Your entries are regularly photographed and forwarded to our Endurance Recorder, Denise de Carlo.



Denise can (finally) access the MSA Endurance Portal and enter your swims, from wherever in the world she may be. And you should be able to check & see your progress there too.

We have a new padlock on the Club cupboard. This one should be easier to use. The cupboard needs to be locked when unattended; ensure the steel cable goes around the central post & through the holes in the doors. Same code as before.

Don't forget the Endurance Buddy WhatsApp group, if you want to swim in your own time. Otherwise, see you on Tuesdays!

*Twilight Endurance Swimming on Friday 3/3 @ 4pm too!

Yours Enduringly,
Jane Powell ...



Brian Cairns	16/3
Chris Cooper	13/3
Jan Croft	24/3 (80!)
Denise di Carlo	25/3
Lois Hill	9/3 (80!)
Bruce Hammond	12/3 (65!)
Bob Morse	15/3
Robert Van Paridon	7/3
Adrian Wilson	19/3



**80th Birthday Celebrations
Saturday 18 March
@ Robyn's house!**

Come along to the combined birthday celebrations for Lois, Jan, Tricia, Wendy and Rob.
Saturday 18 March – 11.30am for a midday start
@ Robyn's house – 5 Bartill Court, Noosa Heads
BYO a plate to share, something to drink ... and a chair
RSVP Julie Bott julieandgregbott@bigpond.com

CRIME WAVE HITS THE NAC!



Which hapless QNA member returned to his vehicle recently to find it surrounded by 'police crime scene' tape?

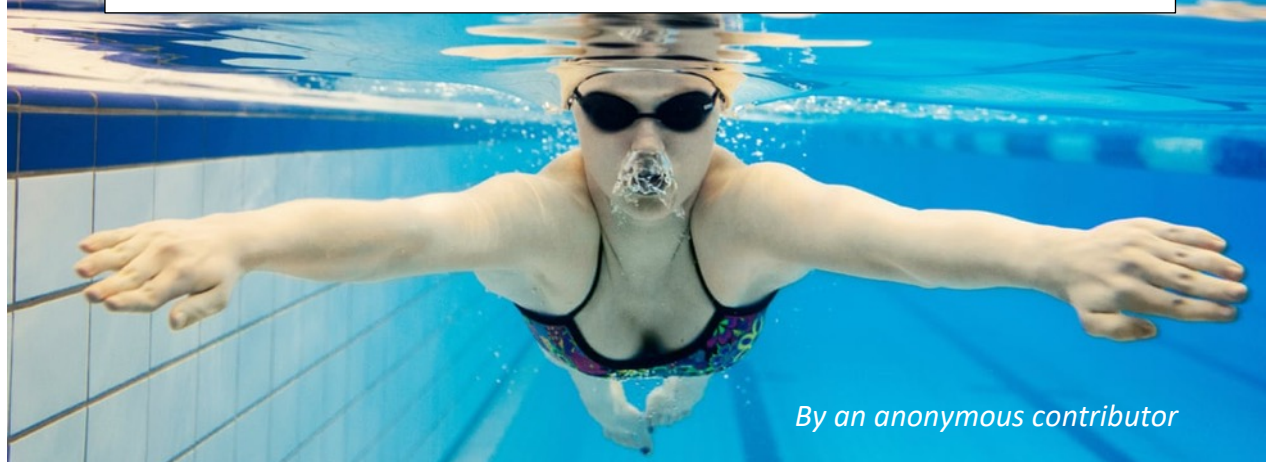


The ominous document taped to the windscreen proclaimed a 'serious breach of grammatical standards' and summoned the owner to an interview at Noosa Police Station. Pleading guilty, he was ordered to recite the following to the duty sergeant:

*'bi' means 'two',
as in 'bicep' and in 'bike'
my Spyder has three wheels,
so it's definitely a 'trike'!*

Lesson learned!!

'... civilised and non- splashing' ... the truth about Breaststroke!



In December's *Chatter* there was a lengthy review of a fascinating book - *Shifting Currents: A world history of swimming*, by US academic Karen Eva Carr.

More recently, the author was interviewed by Philip Adams on his ABC Radio National program *Late Night Live*. In the interview, Carr described two powerful beliefs that emerged from the depths of swimming history.

First, the belief expounded by Plato that 'an uneducated person is defined by the fact that they can't read or swim'. As Carr explained, these are two abilities that 'are hard to learn and impossible to fake'. [Ed: Yes, as coach Jan often remarks!]

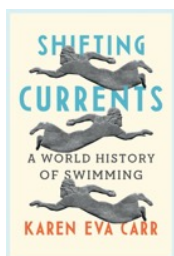
Doubtless, QNA members would reject this belief, immersed as it is in the swirling historical forces of imperialism, class distinction and racism.

Second – and more profound – the belief that Breaststroke is the superior form of swimming. At the height of the Enlightenment, European elites swam only Breaststroke ... in Carr's words, 'to show they were civilised, non-splashing people' who 'swam calmly and scientifically'.

While the first belief above has been consigned to the dustbin of history, the second belief has the resounding ring of an eternal truth. The time is ripe, it seems, for Noosa Masters to review its current programs to see if they can be brought into line with this 'truth'.

In the meantime, all members are encouraged to listen to Philip Adams's very engaging interview, and even to read Carr's book itself to fully appreciate the author's wisdom.

Any freestylers who struggle with any of the big words should seek assistance from one of the club's breaststrokers, readily identified by their calm, civilised, non-splashing demeanour.

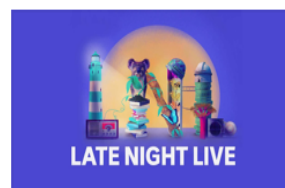


SHIFTING CURRENTS:

<https://press.uchicago.edu/ucp/books/book/distributed/S/bo157942759.html>

LATE NIGHT LIVE:

<https://www.abc.net.au/radionational/programs/latenightlive/swimming-through-time/101983648>



Our valued sponsors



Sunshine Beach



Noosa Branch



Vorgee Queensland



Noosa Junction



Noosa Junction



Department of Sport and Recreation



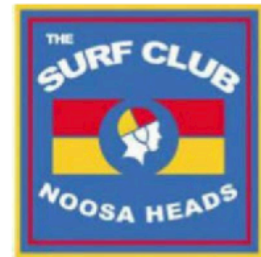
Noosaville



Noosaville



Noosa Junction



Noosa Heads



Noosaville



Noosa Junction



Noosaville



Seasons, Noosa Junction

Editor
Wendy Ivanusec
Tel: 0414 727 302
[on holidays this edition]

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoeppe
Tel: 0421 884 809
[Edited this edition]