

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JANUARY 2023



Sunday, 15 January saw a record number of Noosa Masters gather for the annual New Year BBQ bash 'outback' at the Ivanusec's. Snapshot at right shows about half of those present.

... Ed



NOOSA MASTERS. SIZZLING. SUNDAY !!

Noosa Masters Swimmers started the 2023 Social Calendar with a wonderful BBQ hosted by our gregarious, bighearted member, Wendy Ivanusec and her equally chatty and generous husband Ivan. The event was held in the park land behind their home in Noosaville on the 2nd Sunday in Jan, which proved to be a very balmy and temperate day.

Shared starters, numerous salads and delicious desserts proved to be the perfect accompaniment to the BBQ items and drinks brought along by all who attended. The atmosphere was very jovial and as always, this social event proved a delightful way to catch up not only with our teammates but also with the many plus one's who accompanied them.

Our club tents, which proved invaluable for the shade they provided, were quickly erected by a team of willing workers prior to the event and

of course were packed away at the end of the day as the sun set over a very pleasant club gathering.

Over the next five months, your social committee will be sending invitations with lots of details, to all members, asking them and their family and friends to the following events:

Valentines Celebration at the Noosa Surf Club on Wednesday 15th February commencing at 5.00 pm.

80th Big Bash Celebration on Saturday 18th March at 11.30 am at Robyn Selby's home. This event will celebrate the 80th birthdays of our five club members all born in 1943, Lois Hill 9/3, Jan Croft 24/3, Wendy Ivanusec 18/4, Rob Lucas 29/8 and Trish Chalmers 30/10.

Barefoot Bowls afternoon commencing at 4.30 pm and followed by dinner at 6.00 pm at the Tewantin Bowls Club on Wednesday 4th April.

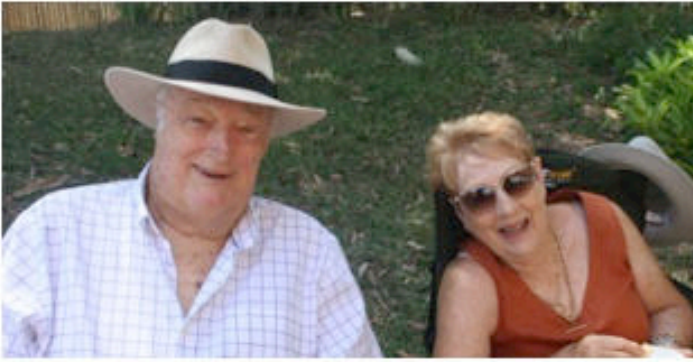
The Barnes Garage Musical Evening is scheduled for Saturday 6th May commencing at 6.00 pm where our musically talented members and some of their family members will present items for all to enjoy.

And finally, we will also be hosting three Friday Night Twilight Endurance Swim Sessions commencing at 4.00 pm and concluding with a shared supper prior to the pool closing at 7.00 pm. The dates for these Twilight swims in 1st half of the year are 3rd March, 19th May and 7th July.

So mark these dates in your calendar and come along to one, some or all of these wonderful social events and of course if you'd like to join the social committee or contribute ideas for functions in the 2nd half of the year please don't hesitate to contact Julie Bott, your QNA social coordinator

New Year 2023 ... *"In the back paddock"*

... and a happy time was had by all



New Year 2023 ... "In the back paddock"

... and a happy time was had by all



New Year 2023 ... "In the back paddock"

... and a happy time was had by all



JAN CROFT ? ... “ the name rings a bell! ”

by Brian Hoeppe



LEGEND
Respect



If Jan Croft's trophy cabinet isn't already groaning under the weight of countless prizes, it certainly will be with this latest addition. As seen here, the trophy is a superb replica brass 'final lap bell', engraved with 'Rick Meier-Windes Award' and Jan's name.

The trophy has a unique place in international Masters Swimming. Its origins can be traced to a US hotel room in Minneapolis in 1992 – host city for the US Masters Swimming (USMS) convention - when champion distance swimmer Rick Windes launched a campaign to have 'sexual orientation' added as a non-discrimination clause in the USMS constitution. (Not without controversy ... posters advertising a meeting in Rick's room were repeatedly torn down by anonymous opponents!)

Fast forward to today, when the International Gay and Lesbian Aquatics Association (IGLA) is a large, highly regarded global organisation and the annual IGLA Games attract thousands of competitors, supporters and spectators to a major city each year.

After 1992, Rick had been a major player in the advancement of 'gay' swim competition at all levels from local club to world stage. He received numerous awards, including the inaugural IGLA Distinguished Service Award. Sadly, in 2004, Rick finally succumbed to AIDS-related illnesses. In his honour, the Rick Meier-Windes Award was created; it's acknowledged as the highest individual award given at the IGLA Championships.

Signalling Rick's own record in long-distance events, the award is presented to the highest combined points achieved at the Championships by a swimmer in the 400m, 800m and 1500m freestyle events. It's awarded in two categories, female and male.

It was at the 2020 IGLA Games in Melbourne that the names of Jan Croft and Rick Meier-Windes became indelibly linked. Jan won her age group (75-79) in all three distance events – 1500m (27:54.38), 800m (14:32.11) and 400m (7:08.48). For good measure, Jan added victories in the 100m (1:35.40) and 200M (3:26.82)! And, by the way, the 200, 400, 800 and 1500 were all LGLA records!!

Jan's award is historic. Never before has the trophy been won by an Australian competitor, male or female. The winners' list since 2004 is indeed global – men and women from clubs around the world, triumphing at IGLA Championships held in fourteen cities across seven nations on three continents.

Congratulations Jan!

Postscript: This story was two years in the making! A combination of lockdowns, administrative process and a comic 'post office delivery' mix-up meant Jan didn't receive her 'bell' until January 2023!

<https://www.visitnoosa.com.au/events/noosa-summer-swim>

NOOSA SUMMER SWIM : 18-19 FEBRUARY

The Noosa Summer Swim celebrates its 10th birthday in 2023 with festival events all weekend and a super Sunday of ocean swims. It's a bucket-list event for any keen ocean swimmer, with a festival atmosphere that only Noosa Main Beach can deliver!

Ocean swims range from the 300m Junior Giants to the big one, the Noosa 5.0. As always, there will be a huge range of abilities on the start line, from first-timers to seasoned swimmers and current Australian representatives.

A 5.0km marathon ocean swim is a multi-lap course around the sheltered waters of Laguna Bay, contested by some of Australia's best marathon and open-water swimmers.

This 3.0km open-water lap course suits swimmers looking to take a step up from the usual one and two kilometre swims. The Noosa 2.0km is the most popular event on the program.

The course takes you out and back from Noosa Main Beach towards the Noosa National Park. For those taking on their first long course event, there is an option to start with friends and other weekend warriors in the Mates Wave.

1.0km swim - The calm, sheltered waters of Noosa are excellent for all abilities, so this short course is an ideal stepping stone for longer distances, or to conquer your first open water event.

The Junior Giants 300M event is a great opportunity for kids aged 8 – 16 years to compete with other swimmers their own age. Family and friends are encouraged to take part to share the experience and swim the course alongside the kids.

AUGUST 2023

The FINA World Masters Championships Japan 2023 tours are currently being finalised for MSQ. Plans are coming together well, and will provide some excellent options for looking after MSQ swimmers during the competition, and for exploring Japan after the event. Tours are quite flexible, so will be able to be modified to suit individual needs. More details will follow shortly,



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
FEBRUARY							
18	LC	Miami Masters Meet	QMM	South	Q1/23	Yes	Miami Aquatic Centre
MARCH							
5	SC	UQ Masters SC Preparation Meet	QUQ	Sunshine	Q2/23	Yes	Stuartholme School Pool, Toowong
11	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q3/23	Yes	Hervey Bay Aquatic Centre
30 Mar-1 April	LC	MSQ State Championships - Pool	MSQ	Central	Q4/23	Yes	Mackay Aquatic & Recreation Complex
APRIL							
2	OWS	MSQ State Championships - OWS	MSQ	Central	Q5/23	n/a	Pioneer River, Balnagowan
18-22	LC	MSA National Championships	MSA	TAS		Yes	Hobart Aquatic Centre
MAY							
25-27	LC	Great Barrier Reef Masters Games	MSQ	North	Q6/23	Yes	Tobruk Memorial Pool, Cairns
JUNE							
17	SC	Brisbane Southside Masters Meet	QSM	South	Q7/23	Yes	Brisbane Aquatic Centre, Chandler
JULY							
8	LC	River City Masters FINA Worlds Prep Meet	QRC	South	Q8/22	Yes	Valley Pool, Fortitude Valley
22-23	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q10/22	Yes	Burpengary Regional Aquatic Centre
AUGUST							
5-11	LC	Fina Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/22	Yes	Valley Pool, Fortitude Valley
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

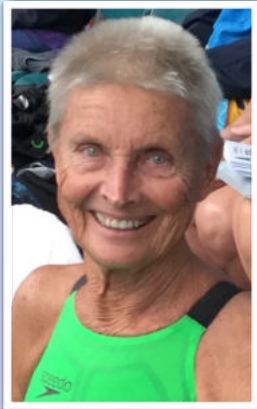
Legend:

MSQ Swim Meets

MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

COACH'S TIPS



Several things will happen when you develop a good body roll technique. Breathing will become easier. You will barely have to turn your head at all to breathe.

Your stroke length increases. You take fewer strokes per lap.

Your arm recovery over the water feels much easier. When you enter the water at the front of the stroke, you feel you are entering and arrowing straight down the pool.

Kicking drills on your side are excellent for developing a body rotation.

To learn to rotate, practise kicking on your side with fins on, one arm out the front. Try to get yourself completely on your side. Shoulders and hips should be vertical unless you are turning your head to breathe. Look down at the bottom of the pool.

Almost all swimmers who breathe on one side have poor body rotation on the other side. Learn to breathe on the other side.

**... Happy swimming,
Cheers, Jan**



**YOU ARE THE
CHAMPION**

2022 Pan Pacs Record !!

Stephanie Jones has done it again
200m FREE
NATIONAL RECORD!!
Congratulations from all of your
Noosa Masters mates !!



Birthdays of the Month

February 2023 ...

Julie Tierney	01/2
Rob Jolly	8/2
Greg Bott	24/2

At your age you need glasses ... and plenty of them !!

Viv Merrill celebrated her 75th birthday with her Noosa Masters buddies at the NAC on Sunday, 22 January - coincidentally Chinese New Year !!

Sooo ...one could say this was a very auspicious occasion for both reasons!





Carola Henderson celebrated her 70th birthday at the NAC on Thursday 26 January, surrounded by her good friends - the Noosa Masters.

She did this in eloquent style, launching forth into a entertaining poem on the fun ageing can bring. This quite involved dissertation proved once and for all that Carola's mind is as sharp as a tack ... almost as good as our old friend Bob McCausland who could always be relied upon to entertain with a witty verse.

The applause which followed brought the house down!

... Ed

Being twenty in the seventies was much more fun than being seventy in the twenties.



Wendy Ivanusec & Karen Martin had fun acknowledging Australia Day!

... and to make us all jealous, Karen Martin just HAD to show off her towel from the 2023 Australian Open



Six of the best with Terry Parker

- Q1. Where do you originate from?**
Maroubra, Sydney.
Moved to Noosa Heads in 2017
- Q2. What do you like to do to relax or chill out?**
Chilling out time ... playing my Ukulele or guitar, sunset paddles on my kayak or SUP on Weyba Creek or around Noosa Sound.
- Q3. Where are your favourite Local places to eat?**
Yacht, Bang Bang
- Q4. Share any great local experiences that you have enjoyed?**
Great local experiences, uke at the Marina on Mondays, Sunset cruise on the Noosa Queen ... (good idea for our club!), chilling with the "Sandflys" by the river on Thursday mornings, Friday night music on the Green at the Boathouse
- Q5. Name 3 of your favourite places to visit, or things to Do locally?**
Fav things ... surfing the Noosa Bar on my kayak (racing ski), checking out the wildlife in Weyba Creek (outside the tourist season). Concerts at "The J" are fun too. Swimming out to Boiling Pot on a clear, calm day
- Q6. What do you love about living here?**
Why Noosa? Beautiful weather, relaxed and friendly people and, of course, amenity to the river and ocean.

ENDURANCE 1000 REPORT

January 2023 – by Jane Powell



ENDURANCE REPORT JANUARY 2023

With the rumour that once again Noosa Masters have won the national Endurance swimming competition, the year kicked off to a great start.

Each Tuesday Endurance session has seen upwards of 20 swims completed in the program, and the camaraderie on the pool deck is a pleasure to behold.

The rumour has now been confirmed - we won again in 2022!

Well done team!

Some changes have been implemented going forward:-

*New faces are involved in management of the Endurance program.

Denise de Carlo and Terry Carter will be beavering in the background, ensuring everything runs smoothly, from availability of spare stationery, to data entry on the Masters Swimming Australia website: our Recorders.

"Swimmers are encouraged to take more responsibility for their own log books/record keeping. (Your individual black folders)

"There is a single book in which to record swims completed at any time.

*Don't forget the Endurance Buddy WhatsApp group ... if you have some spare time, reach out on it please!

* A dedicated Recorder will not be required on the pool deck, but will enter data in a timely manner from a place suitable to her.

* Of course, writing up the swims you do, and Deckie liaison is critical to this arrangement working.

At all times the focus of Endurance swimming will be on 'Fun, Fellowship and Fitness' ... safety, respect, mutual encouragement and support go hand-in-hand with our mantra.

It is a big month! Five Tuesdays, and a fifth Sunday ... come along and swim Endurance.

... Jane Powell



Top 10 Swimming Stars Nationally 2022

FEMALE

50 – 54	LiQun Hussey	Equal 1 st
55 – 59	Denise DeCarlo	Equal 1 st
60 – 64	Jane Powell	Equal 1 st
65 – 69	Jo Matthews	Equal 1 st
75 – 79	Lynette Clemitson	4 th
	Wendy Ivanusec	7 th

MALE

55 – 59	Studley Martin	5 th
	John Simonidis	9 th
60 - 64	Bruce Hammond	8 th
65 – 69	Mark Powell	Equal 1 st
	Ian Tucker	Equal 1 st
	Jim Barnes	6 th
70 – 74	Rod Alfredson	10 th
75 – 79	Brian Hoeppe	Equal 1 st
80 – 84	Tony Frost	10 th
85 – 89	John Havilah	4 th
90 – 94	Bob McCausland	1 st

Our beloved Bob McCausland finished 1st in his age group. His legacy lives on. What an inspiration for all of us!

The following 7 swimmers completed the full program with top points:

Denise DeCarlo
Brian Hoeppe
LiQun Hussey
Jo Matthews
Jane Powell
Mark Powell
Ian Tucker

The following 7 swimmers completed 3000m (or more!) during their 60-minute swim

Robert Ashwell
Denise DeCarlo
Jo Matthews
Jane Powell
Mark Powell
Jacky Shields
Ian Tucker

... Jane

Our valued sponsors



Sunshine Beach



Noosa Branch



Vorgee Queensland



Noosa Junction



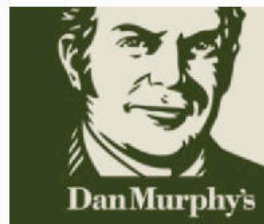
Noosa Junction



Department of Sport
and Recreation



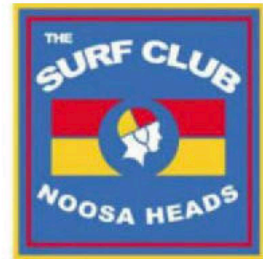
Noosaville



Noosaville



Noosa Junction



Noosa Heads



Noosaville



Noosa Junction



Noosaville



Seasons, Noosa Junction

In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809