

CHALLENGERS' CHATTER

JULY 2015

BRISBANE SOUTHSIDE MASTERS LC MEET



Saturday, 11th July 2015

A small contingent of 10 swimmers and supporters left Noosa at 6.45 am on the morning of the meet. All swimmers were excited to have the opportunity to swim at the Brisbane Aquatic Centre, home of the 1982 Commonwealth Games Swimming Championships and to be able to swim in a world class pool, complete with full electronic timing & display board. For those entering the complex for the first time, it was remarks of "how much bigger the pool looks" and, with seating for 4300, it really was an impressive sight!

Competition was pretty tough, especially in the younger age groups, with 25 clubs competing & 146 competitors. First up were the 400m events with 4 of our swimmers swimming in the freestyle. Great races for all with Jan Croft 1st, Tony Frost, Studley Martin & Clinton Stanley all with 2nd places in their age groups.

Kerry Blackwell & Tricia Hughes were very competitive in the 70 to 74 age group and both had family and friends come along to cheer them on. Kerry Blackwell and Linda Hogg both swam in the 100m Breaststroke for the first time and it was great to see them step outside their comfort zones to challenge themselves in this event.

Seven of our swimmers competed in the 50m Freestyle sprint, Tricia Hughes, Robyn Selby, Kerry Blackwell, Tony Frost, Jan Croft, Linda Hogg & Studley Martin. Studley swam a great time of 35.97 closely followed by Linda Hogg in 39.07. Linda achieved the best placing of 2nd in her age group out of all our swimmers so well done!!

The 50 free sprint is always a very competitive race. The butterfly swimmers were also very impressive with Jan & Helen both placing 1st in the 50 fly, Clinton with a 2nd and then Helen & Clinton backing up in the 100m Fly, both placing 1st in their age groups.

Overall, medals were awarded to Helen Malar-(Gold), Jan Croft-(Silver) & Tony Frost-(Bronze).

We all gathered after the meet for a yummy afternoon tea and, together with one of their sponsors, Jan was invited to present the Bronze medals - also Jessica Schipper (Olympic Gold Medallist) who was there with her two gorgeous children.

Tony Frost won a huge basket of goodies in the raffle and Jan was presented with a great lime green (Brisbane Southside) towel.

Many thanks to our wonderful Lorna Lander who accompanied us on the bus and spent all day time-keeping. We appreciate her as part of our team very much.



Brisbane Southside

cont'd

Also time-keeping for us was our friend Patricia who is now located in Maryborough, previously in Darwin, who also came with us on the bus.

Peter, our bus driver, also helped with time-keeping.

So ...many thanks indeed to Lorna, Patricia and Pete for their very valuable assistance!.

All in all, it was a very successful and fun meet, especially being able to turn around after our swims to see one's name and race time up in lights at the end of the pool!

Next meet is Saturday 22nd August. Brisbane Northside Meet at the Valley Pool in Brisbane.

Entries to Helen or Adrian by Thursday 6th August. Happy Swimming to all.

... Helen Malar



Wendy's 2 Million Metres

from Wendy Twidale



A few statistics and useless information about my 2 million metres award

It has taken me approximately 4 years and 6 months to complete, starting back in June 2010.

It has taken me about 6 months longer to swim the second million compared to the first.

You could say I am a bit OCD (obsessive compulsive) about the whole process.

At the end of the session, you'll usually find me at the end of the pool trying to add up how far I have swam minus bits and pieces at the beginning and ends of the programme.

It's a good method of keeping my rapidly diminishing mental arithmetic skills finely tuned.

Having to add up the sets is a good diversion from the icy winter winds and the odd twinge or two of cramp.

Adding up as I go helps to stop me seeing the black line and explains away the odd collision or two.

Making sure I hit the wall and not another swimmer is essential to be honest about how far I have swam and may help to explain my annoyance if swimmers in front of me don't move to one side once they reach the wall too!

Swimming regularly is a wonderful way for me of staying in the moment and not having to focus on anything else apart from a hot shower and a cuppa at the end of the session.

I am now the proud owner of a Vorgee/MSA shirt, closely resembling our club colours, which has my name + Noosa Masters on it,.

Last, but not least, swimming all those metres - its lots of fun in all sorts of settings, a great way to exercise and a wonderful way to make friends with people of all ages and walks of life.

2015 Forthcoming Swim Meets

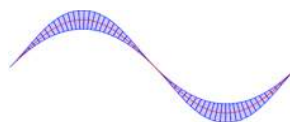
(see Notice Board at pool)

<http://mastersswimmingqld.org.au/Events/Calendar-of-Events>

Give your entry + money in an envelope with your name, which swim meet + how much money enclosed, in an envelope to Club Co-Captains - Adrian Wilson or Helen Malar - alternatively you can email entries to either - franandadrian@gmail.com or hmalar@bigpond.net.au

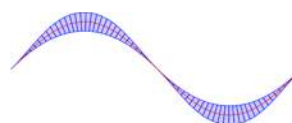
24 Sep - Duck Creek (Lismore)

24 Sep - Duck Creek OWS (Shaws Bay, Ballina).



2015 MSQ Swim Meets

SEPTEMBER						
12	SC	Toowoomba Tadpoles	QTW	South	13/15	Glennie Pool, Toowoomba
OCTOBER						
03	SC	Redlands Bayside	QRB	South	14/15	Ormiston Pool
03 - 05	LC	Australian Masters Games				TBA
10	SC	Maryborough Masters	QMB	Central	15/15	Maryborough Centenary Pool
11	LC	Long Tan Legends	QLT	North	16/15	Long Tan Memorial Pool
24	LC	Caribee Rocky Crocs	QRH	Central	17/15	
25	OWS	Caribee Rocky Crocs	QRH	Central	18/15	TBA
NOVEMBER						
14	SC	Cairns Mudcrabs	QCN	North	19/15	Gordonvale Aquatic Centre
28	LC	Aqualicious	QAL	Sunshine	20/15	Centenary Pool
28	SC	North Mackay Sinkers	QNS	Central	21/15	North Mackay High School
29	OWS	North Mackay Sinkers	QNS	Central	22/15	Pioneer River, Mackay



Coach's Tips



Freestyle

1. High Elbow recovery encourages body roll. Keeping elbow and hands close to the body helps keep feet and hips from swinging wide and creating resistance.
2. Keep the elbow up. Most common mistake is dropping the elbow under the water.
3. Allowing hands to go across centre line under the body causes hips and legs to swing wide and therefore create drag.
4. Keep the feet close together when you kick.

Happy swimming. ...

Cheers, Jan

Rock 'n' Roll at Bicentennial Hall Annexe ...

Saturday, 25 July



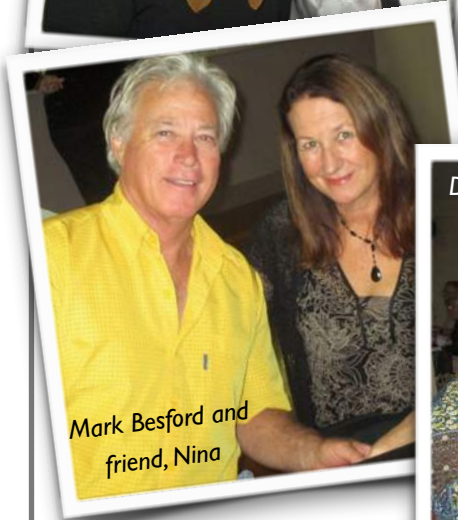
Janice Iwaniak
& Adele
Tucker



Tricia Hughes & Ivan Ivanusec



John & Sue
Havilah



Mark Besford and
friend, Nina



Di McFarlane, Ian & Robin Mitchell and Dee Mooney

A full house, great music, crowded dance floor and sumptuous food : all ingredients for an unforgettable evening.

Organisational wizardry by Sandy Warren and her trusty assistant, Bruce.

The " dirty dozen " did the hard yards, preparing the venue with a theme of black and orange balloons, setting up the chairs and tables, complete with table-numbered vinyl records (thanks to Mary Lester).



A huge thanks to ALL the ladies who provided their slow cookers filled to the brim with delicious dishes !! The talented musicians belted out the many personal requests, as well as some great tunes from the rock 'n' roll era, plus many more.

Lucky door prizes to a few lucky ones, and the best dressed Rock 'n' Rollers ... Female - Carola Henderson, stunning in her hand made outfit and Male - Bruce Warren, resplendent in leather and chain.

A fantastic night had by ALL !!

... Tony Frost



Viv Merrill and friends



Lesley & John Hordyk with
Lois & Richard Hill and
friend

Noosa Masters Rock around the Clock !!

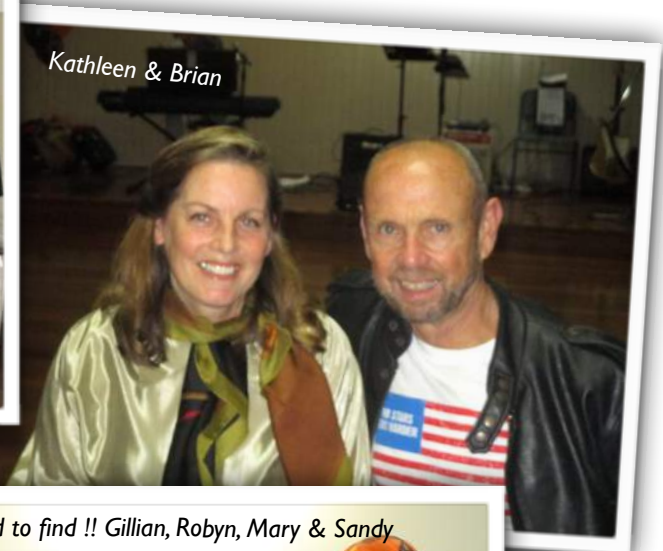
A picture is worth a thousand words



Beautiful Noise , hard at work !!



Kathleen & Brian



Bruce & Sandy



Good help is hard to find !! Gillian, Robyn, Mary & Sandy



Geoff & NOT Viv !



Bruce & Carola



Ian Mitchell & Dee Mooney



How to Combat Muscle Imbalances Caused by Sitting

by Megan Fischer-Colbrie on Oct 1, 2014



Athletes spend a lot of time training. They also spend a surprising amount of time sitting. Regardless of whether you're a professional, masters, or student athlete, you undoubtedly spend quite a few hours sitting—in the classroom, at work, or at home. Many athletes assume that the extensive hours spent training completely counteract this sedentary lifestyle, while in reality, sitting for long periods of time can negatively impact your body and performance regardless of how much or how little you train. Let's discuss how sitting creates imbalances in your body and the exercises you can do to correct them. more

Why Sitting is So Bad for You

Sitting is an independent risk factor for disease. Several studies, including a recent one in the American Journal of Preventative Medicine, have shown that excessive sitting is linked to disease regardless of whether the individual exercises extensively or not. While the exact mechanism is still unclear, it's apparent that sitting affects everyone. In fact, 6 hours per day of sitting begins a series of negative changes in the body. So what does this mean for athletes? Even sitting through a few classes and a couple hours of studying will set you back. Sitting is not only bad for your health in general but it also creates acute problems such as back pain, lack of glute muscle activation, reduced circulation, and stiffness in the hip joint. Let's dive in.

Series of Physiological Changes

In a seated position, the glute muscles are completely turned off and the core muscles are less active than in a standing position. Pressure on the backside of the lower body reduces blood circulation, and the shortened angle of the hip joint allows the hip flexors to tighten. Normally when we sit, especially in front of a computer, we pay less attention to our posture. This leads to neck, lower back, and even shoulder pain. These symptoms can create problems for athletes in training. Lack of glute activation forces the athlete to rely on hip flexors and quadriceps for pelvic stability in all lower body exercises. One side effect of this muscle imbalance can be knee pain from tight IT bands and over-reliance on the quads. Hip flexors are already tight from training because many sport-specific movements and strength exercises require flexion and extension of the hip. Sitting further exacerbates the hip flexor tightness. Lower back pain is also a reflection of poor core activation. Be mindful of pain or muscle tightness in other areas—sitting can cause downstream effects that may not be localized to the hip and back region.

How to Correct Muscle Imbalances

We cannot avoid sitting entirely, such as in class or while studying for long periods of time. However, alternating sitting with standing can greatly reduce your symptoms as an initial step.

In the long run, to optimally correct your muscle imbalances caused by sitting, you will need to activate each muscle group that is turned off and lengthen each muscle that is typically shortened.

A few exercises can get you started on this process. **Monster Walks** are a great way to activate the glutes using a simple elastic band:

Tight hip flexors require simple stretching. The **Pigeon Stretch** is a great general hip opener:

Also, a simple tennis ball or **Foam Roller** under the hip can help you massage the area and loosen up tight muscle tissue:

Implement core stability exercises when you find yourself seated for extended periods. **Front Bridge** is an excellent one, as it engages the core, glutes, back and shoulders:

You must actively concentrate on engaging your core during various movements to protect your back from receiving too much load. Both core and glute strength will contribute greater support to the pelvic region, putting less strain on your lower back.

In general, be dynamic with your activities outside of your training, stretch when you need to, and focus on correcting muscular imbalances using simple stability exercises.

The way of today



June Club Breakfast

Our Committee decided to treat members to a hot mid-Winter breakfast topped up with some tasty sausages remaining after our successful fund-raising sausage sizzle outside Bunnings on the Sunday of the June long weekend - a gesture warmly appreciated by all !!

Thanks committee - what a great idea - let's hope we can do it again next Winter !!



Steph Jones ... Sixty and still Sexy !!

Steph was surprised and delighted, not only to be joined at the pool by her daughter, but by the appearance on the table before her of three magnificent cakes lovingly prepared by some of her friends in Noosa Masters and shared with all those who swam on the day. A great way to celebrate the very special milestone of SIXTY ...it certainly doesn't show, Steph! Just goes to show what swimming can do towards keeping a youthful appearance !!

... Ed



July Club Breakfast

... by Carola Henderson

For those club members who braved the cooler temperatures in and out of the water on Sunday 19 July, they were rewarded with a scrumptious breakfast provided by the swimmers from Lane #0.

The club has been fortunate to have some vouchers provided to us from the 'Aqua Shop' and these are now being raffled each month at our Sunday breakfast.

The two lucky winners this month were Dyanna Benny and Mark Powell.

Many thanks to all who contributed to the delicious breakfast.



2016 Masters Nationals ... Melbourne accommodation

... courtesy of LOIS HILL

Link to Nationals website <http://www.mastersswimmingvic.org.au/Portals/42/Events/2016/NATIONALS/Promo%20brochureNationals2016DL.pdf>

Amended booking Instructions for accommodation at **Aria Serviced Apartments in Southbank** for the National Masters Swimming Championships

Noosa has reserved apartments in the **Aria Serviced Apartments in Southbank** (www.ariaservicedapartments.com.au). Reserved are 5 x standard 1-BR units, and 4 x standard 2-BR/2 bath units for 6 nights from Wed 20/4 to Tue 26/4. To book another type of apartment, or change dates, follow the booking instructions below & request your choice.

Aria costs have increased since we made the arrangements, & the on-line booking system cannot handle the special Noosa price, so we must book either by email (preferred) or by phone.

Costs: as follows, LESS 5% if we book more than 5 apartments.-

Standard 1 BR apart, \$180/night, ie \$1,080 for 6 nights: with QNA Disc = \$1,026

Standard 2 BR /two bath \$315/night, ie \$1,890 for 6 nights: with QNA Disc = \$1,795.50.

All rooms can be a king bed, or 2 single beds configuration

How to Book: Email to alarna@ariaservicedapartments.com.au or reservations@ariaservicedapartments.com.au stating you are part of the Noosa Masters Swim group (Quick ref 'Noosa swim') and they will complete your booking directly with you. or phone Aria, quoting ' Noosa Swim' . They operate 24 hours on 1300 365 713 free-call.

Deposit Required: The first night is required as a deposit for each booking.

Card Payments: Credit cards incur a 1.5% surcharge with American Express a 3.5% surcharge. Payment can be made by direct deposit to avoid these charges .

Aria Cancellation policy: "for bookings made directly with us is 72 hours' notice or more for a full refund. Cancellation with less than 72 hours' notice means the deposit is not refunded. Credit card fees are not refundable if bookings are cancelled."

Finally, after you make a booking, could you please email us the details – apartment booked, and names of club members sharing the apartment & if you have changed the dates. This way we can keep track of how many apartments are left and add/alter our reservations.

To share an apartment, speak to Helen or Adrian- they will know if there are others wanting share partners!

Redlands Bayside Worldwide Postal Swim Meet ...

Event date: 15/07/2015 - 15/09/2015

MEET INFORMATION

QRB is hosting a postal swim, which has also been sanctioned by MSA.

The swim has been sanctioned by MSQ: 23/15

As with all all postal swims, they are classified as time trials and therefore are not eligible for records.

The swims relevant to Endurance 1000 swims are able to be recorded as such, but the date has to be the same as the one in which the swim was recorded and it must comply with Endurance 1000 rules.

DATES

15 July - 15 September 2015

ENTRY FEE

AU \$10.00

MEET FILES

[QRB Postal Swim Program](#)

[QRB Postal Swim Entry Form](#)





2015 Postal Swims

(see Notice Board at Pool or just ask Adrian or Helen)

<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>

VIKINGS TUGGERANONG MASTERS

Date: July 1 - August 31, 2015

Three swims, each in a different stroke: 400m, 800m, 1500m

[2015 Flyer and Entry Form](#)

HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of:

2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)



Sunday 09 August 2015

Wayne Goldsmith Education Day at Noosa Aquatic Centre

All Day – Several sessions and workshops

Program of day's activities has been circulated

This is for the benefit of all members, so do make an effort to attend at least for part of the day.

Please block out time in your diaries.

The
Breakfast
Club

Sunday-30 Aug (not the 4th Sun, because Brisbane Northside is Sat 22/8)

Lane #1 catering.

... Carola Henderson (5485 0190)



The club is most grateful to The Aqua Shop for sponsoring our monthly breakfasts by donating \$25 Vouchers, 2 of which will be won at each Breakfast for the remainder of this year.

Thanks Aqua Shop !!

Wayne Goldsmith's Coaching Clinic

REMINDER - Sunday 9 August

Through funds received from our club's volunteer efforts (USM and Bunnings BBQ), the club has been fortunate to secure the services of Wayne Goldsmith and his wife Helen Morris, both highly respected by the swimming fraternity in Australia and overseas.

The day will cover techniques for better swimming performance and nutrition, commencing 7.30am sharp and concluding around 4pm. The only cost for members attending will be a contribution of \$5-\$10 as a contribution towards morning tea, lunch and afternoon tea.

ABOUT WAYNE AND HELEN

With over 60 years collective experience coaching, working and competing in the sport, Wayne Goldsmith and Helen Morris know swimming.

Wayne and Helen: a formidable, experienced, professional coaching team

They have been married for sixteen years and in that time have cemented themselves as a strong, dynamic, energetic swimming coaching and program leadership team.

The Goldsmiths live on the Gold Coast and have four children Xenavee 15, Alex 12, Hayden 9 and Dean 5.

Wayne Goldsmith



Wayne has been at the forefront of swimming performance for the past 22 years.

He was instrumental in developing the systems and programs which led to Australia's outstanding swimming performances at the Sydney 2000 Olympic Games. Wayne is a winner of the Outstanding Contribution to Swimming in Australia Award and is a world recognised coach, writer, speaker and thought-leader in swimming. He has been an invited guest speaker at the American Swimming Coaches Convention on four occasions and a speaker at the Australian Swimming Coaches and Teachers Association Convention on more than 20 occasions.

Wayne led the Australian Triathlon team at the 2004 Athens Olympic Games and has worked with some of Australia's most respected athletes, coaches and teams in several sports including; the Wallabies, the Sydney Roosters, the Brisbane Lions and Tennis Australia / Australian Open Tennis as well as the All Blacks, British Swimming, USA Swimming and many other sporting organisations internationally.

Helen Morris



Helen has numerous Australian Age and Open swimming championship titles to her name. She won two medals for Australia at the 1990 Commonwealth Games in Auckland (a silver medal for 200 butterfly and a bronze medal for 200 breaststroke). Helen was a winner of the Australian Sports Medal and has been swimming coaching for the past 18 years. Later this year, Helen will be presenting as an invited guest speaker at the World Swimming Coaches Convention in Cleveland USA.

Helen still swims for health and fitness and is a secondary school teacher on the Gold Coast with post graduate qualifications in psychology with a special interest in teaching and coaching difficult and challenging children to help them realise their potential.



Rob Jolly and the farmer's wife !!

A photo of Rob displaying all his swimming glory !!

This photo was taken when Rob and Gerard so very kindly and generously had our farmer friends over for dinner. The four of them clicked and firm friendships were made - how small and lovely the world can be!

Cheers, Mary Lester

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>Funky Trunks Noosa Juniorz Noosa Heads Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads http://www.funkytrunks.com</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>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</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>

ENDURANCE 1000 REPORT

JULY 2015



SHE JOINED - SHE TRAINED - SHE CONQUERED

Eight months after joining Noosa Masters Swimming Club **Tricia Hughes** has gone from thinking a 50m swim was definitely harder than climbing Mt. Everest in nothing but a pair of gum boots and an umbrella, to recently swimming 60mins non-stop and achieving top points. Great effort, Tricia!!

WELCOME BACK

Dyanna Benny who, in typical Benny laid back style, dived back into the pool after a few non-swimming months to do six Endurance swims in a row all with top point results.

All agreed that it is great to have the ever smiling DB back on deck. Everyone was also very happy to see **Brian Hoeppe**r back swimming as fast and smooth as ever. Brian has the wonderful knack of instilling in each of us the enthusiasm to just get on the blocks, dive, swim, and come up smiling. Thanks for the enthusiasm Brian. Great to see you back!

CURRENT POINTS

The points at time of writing are:

Total = 10559

Male = 5642

Female = 4917.

The pool is now a 25m configuration and a lovely temperature so see you all on deck SOON.

Mary Lester
Endurance 1000 Program
Co-ordinator
Mob. 0401 828 371

Tues: 7.30 – 9am
Sat: 2pm start

marylester52@bigpond.com

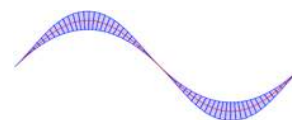


Birthdays
of the
Month

AUGUST

Kerry Blackwell	2/8
Mick Jones	4/8
Brian Hoeppe	8/8
MARK BESFORD	11/8 (Big 60)
Dyanna Benny	23/8
Elaine Campbell	24/8
Rob Lucas	29/8
Rachel Symons	31/8

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



**We should never complain
about the cold again ...**

recent Melbourne Marlins training session
... the coach looks really COLD !!

photo supplied by Lois Hill

SOCIAL EVENTS

Breakfast - Sun. 30 August
Lane #1 catering

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Tony Frost

Tel: 0437 024 154