

CHALLENGERS' CHATTER

JULY 2016

PRE-OLYMPIC EDITION

BRISBANE



SOUTHSIDE

It was an early morning start as we gathered at Bi-centennial Hall to board the bus for the Brisbane Southside swim meet at the Chandler pool. The "no stops for coffee" announcement received a series of groans but the team showed great fortitude and rallied to face the caffeine-free journey regardless. We picked up some stragglers on the side of the road at Doonan and Eumundi and listened to ABBA during the journey, arriving at the pool right on time. The first question was, "Where can we get some coffee?"

The Chandler pool complex itself is pretty impressive and, looking down from the top of the seating area, we could all imagine ourselves powering up the pool just like the Olympic and Para-Olympic teams did one week earlier. Having been warned that it would be cold inside the indoor pool area we were quite surprised to find that the organisers had turned up the heating so that the temperature was quite pleasant. The swimmers in the 400 metre events went to get ready for their warm-ups while the rest



Team Noosa .. note Greg won a medal AND a raffle prize!

drank their coffee and checked out their entrant packs to see what goodies were inside.

All of our 19 team members performed very well with Noosa swimmers coming 1st, 2nd or 3rd in their age group 78 times. Overall, the following swimmers earned medals in their age groups: Gold – Anne Gripper, Irene Symons, Greg Bott and Rob Jolly; Silver – Dyanna Benny, Viv Merrill, Clinton Stanley and Charley Moore; Bronze – Linda Hogg and Jacky Shields. Anne Gripper and Rob Jolly came first in all of their events. Clinton achieved PB's in the 100 butterfly and 200 freestyle and Anne Besser had a huge PB in the 400 freestyle. Rachael Symons also achieved 2 PB's. The top 3 teams for the day were Southside (1,241 points), Noosa (804 points) and Miami (715 points). It was an excellent team result but perhaps the most pleasing individual result of the day was Charley Moore who gained a silver medal in his first Masters competition.

The team was very grateful to Sue Stanley who did timekeeping all day

and missed out on eating her lunch! Such great support is wonderful and really takes pressure off the swimmers. Thank you, Sue!

The team was also successful in the raffle, with prizes being won by Linda, Studley, Wendy I, Adrian, Anne G, Greg and Rachael. Many of the prizes included alcohol. Studley's prize included some perfume and he was heard to mutter that the perfume might show up in the raffle at our next club breakfast!

On the trip home the BeeGees kept us entertained while we enjoyed some snacks mysteriously provided by Anne Besser. None of the alcohol from the raffle prizes was forthcoming during the trip but Robyn offered to supply straws if the Bailey's was uncorked. Pieter drove the bus with aplomb and delivered us back to Bi-centennial Hall safely. Thanks Pieter.

... Helen & Adrian



Rachael won a great raffle prize!



Charley - first meet, silver medal !!

CONGRATULATIONS TO DIANNE



Since 2009, Noosa Masters swimmer, Dianne McFarlane, has donned the red & yellow cap to actively patrol Coolum Beach as a member of patrol No. 1. At the recent Awards and Presentation evening of Coolum Surf Life Saving Club, Dianne was awarded the PATROLLER OF THE YEAR award for her patrol, a feat that she also achieved back in 2011.

A successful swimmer in her younger days, winning the Australian 800m freestyle event for ladies, Di had a long lapse, having raised her family and is a proud mother of two daughters. Since joining us at Noosa Masters in 2012, she has swum regularly on Thursday and Sunday mornings in our training programs.

Dianne gained her Bronze medallion in 2009, and is a highly respected member in the Surf Life Saving movement, being one of the oldest qualified active patrollers in Queensland.

Well done Di !!

Your fellow Noosa Masters swimmers are really proud of you !

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



AUGUST CLUB BREAKFAST Theme: "Celebrate the Olympics in Rio"

Sunday, 28 August on the pool deck after swimming
Lane #2 will kindly supply the food

... Carola Henderson



COACH'S TIPS

Catch and Pull

Catch and pull through phase of the freestyle stroke is where a swimmer develops between 85/100 percent of their propulsion. key to a great catch and pull is to feel the water during the catch phase.

Problems that occur during the catch normally involve the swimmer pushing downwards on the water or sometimes to the side. Pushing downwards does not create any propulsion, instead it lifts the front end of the body upwards and sinks the legs.

If you suffer from poor body position in the water, by improving your catch mechanics you will create more propulsion and your legs will be higher and therefore less drag.

Catch should be initiated with a tip of wrist, hand and forearm facing backward. Hand doesn't cross the centreline or move outside elbow width during the stroke. Developing a good catch is challenging. However small improvements in your catch technique will have immediate benefit to your speed and efficiency in the water.

Happy swimming. ... Cheers, Jan



MEET CHARLEY MOORE ...



I was born and raised in Chattanooga Tennessee. Much of my adult life was spent in South Louisiana where my 4 sons were raised. They are in their 40s and all are doing AOK.

John, # 3 son, is a Medivac pilot flying out of Sydney. He encouraged me to come back to Australia. I've been to Australia 5 times, and each time I left, I did not want to leave.

At the present time I am staying in Mooloolaba. I plan to locate somewhere within a 30 minute drive from the Aquatic Centre, Noosa Heads.

I just recently signed up as a life member of the RSL Tewantin/Noosa.

As far back as I can remember I've always been active, found playgrounds and been on Sports Teams. Up until the last few years I was never on a swim team. I entered the local Senior Olympics in Chattanooga 4 years ago. I won a few medals. It's still fun to win a medal. I've always loved the water. Swimming is certainly one of the best low impact sports. I want to be active in swimming for the duration.

I've been single for 25 years and I've been retired from teaching and coaching for 7 years.

... Charley Moore out 4 now

SUE ELLIS ... 60 AND STILL SEXY

For all the advances in medicine, there is still no cure for the common birthday!

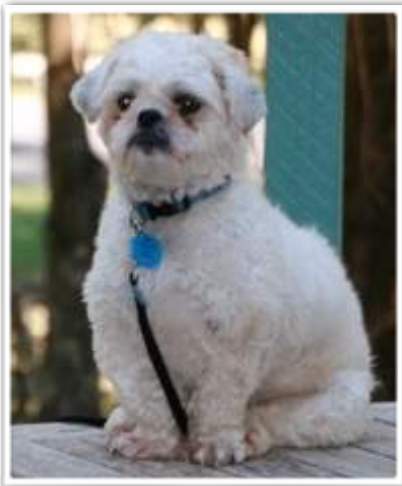
It was great to see Sue's family around her as she celebrated after squad with her Noosa Masters friends. Jane Powell left her sick bed to bake and bring a special gluten-free cake which vanished in a flash - as did the delicious carrot cake from Jaspers. and the twins could hardly wait to blow out the candles and make a wish!

Congratulations, Sue, on turning 20 for the third time ... only 40 more years from celebrating your century!

... Ed.



HELLO, I'M JASPER ...



Hello I'm Jasper - a Shih tzu

Would you like to care for me while my mistress spends time with her sister in Canada next year?

Lillian is going away for four months. I'll miss her, but I'll be ok with you for company!

I'm five years old, castrated, vaccinated, micro-chipped, registered and very healthy.

I'm a very good companion and I'm well behaved, especially when I get lots of exercise!

Please call Lillian Fraser on 0400 798 819. (She's a friend of Jane Powell's.)





The Road to Rio

by Tony Frost

Dorothy chose to follow the yellow brick road to reach her goal in the Wizard of Oz.

Many Aussies have followed the black line to reach their goal of Olympic glory.

The success of many Australian swimmers has been common knowledge to many for over 100 years.

At the second modern Olympics in Paris, 1900, Freddie Lane won two gold medals, the 200 metres freestyle and the 200 metres obstacle event, both in the River Seine,, where the measured distance ended with rope finish.

Fanny Durack was the first female swimmer to win gold at Stockholm 1912 Olympics.

Following the First World War (1914-18) the Olympics resumed at Antwerp in 1920, where Fanny was forced to withdraw, following an attack of appendicitis, two weeks before the team was due to leave on their ship voyage.

Paris was again to host the Olympics in 1924 .A couple of weeks shy of his 17th birthday, a tall, strong and barrel chested Aussie set the swimming world alight. Andrew "Boy" Charlton, a member of the Manly Amateur Swimming Club (same club as Freddie Lane), winning gold in the 800 metres freestyle, 80 metres ahead of second place-getter and 17 seconds inside the previous world record.

Returning to Sydney, Andrew resumed his studies at the Hawkesbury Agricultural College, to follow his dream "to go on the land ", and did - becoming a jackaroo on a Gunnedah property, in north western NSW.

Restricted by limited training, he was still good enough to represent Australia at Olympics, Amsterdam 1928, and Los Angeles 1932.

The first Olympics to be hosted in the Southern Hemisphere, was 1956 in Melbourne.

The start of more golden years for Australia in the sport of swimming:

Some of our swimmers to win OLYMPIC GOLD :

1956 : (Melbourne) : Dawn Fraser, Lorraine Crapp, Murray Rose, John Hendricks and David Thiele.

1960 : (Rome) John Konrads, John Devitt , Murray Rose and Terry Gathercole.

1964: (Tokyo) Kevin Berry and Neville Hayes

1968 : (Mexico) Michael Wenden

1972 : (Munich) Shane Gould , Gail Neal and Brad Cooper

1976: (Seoul) Duncan Armstrong

1980 : (Moscow) Michelle Ford

1984: (Los Angeles) Jon Sieben

1992: (Barcelona) Kieren Perkins

1996 : (Atlanta) Kieren Perkins

2000: (Sydney) Ian Thorpe, Michael Klim, Susie O'Neill and Grant Hackett

2004: (Athens). Jodie Henry and Grant Hackett

2008: (Beijing) Leisel Jones, Stephanie Rice and Alecia Coutts

2012 : (London) Emily Seebohm

All Australians are super pumped with optimism with our Australian swim team ready to test themselves against the world's best.

A team that includes sisters, Cate and Bronte Campbell, sister and brother, Emma and David McKeown, Cameron McEvoy, James Magnesson, Mitch Larkin and Emily Seebohm, surely will have us glued to our television sets!

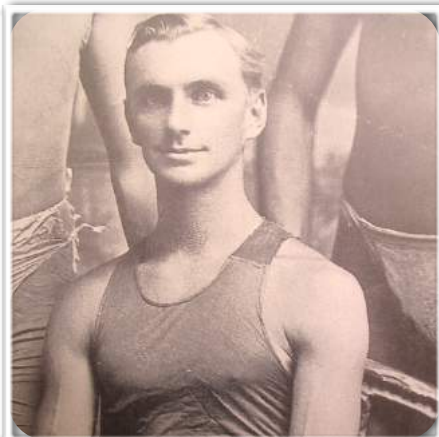
Interestingly, two of the team, Brittany Elmslie and Jake Packard, have happy memories of the Noosa Aquatic Centre. Brittany started with the "learn to swim" program, before graduating to the Noosa Swim Club with Jake. Both have since relocated to Brisbane to follow their swimming dream.

Also in the team, Bronte Barrett, who as a 12 year old in 2000, won the 50 metres "Dash for Cash" at Noosa Swim Club's first swim meet at the Noosa Aquatic Centre, on 16 April, 2000.

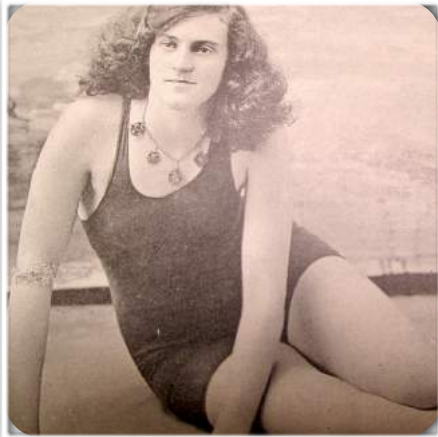
Let's not forget our great Paralympian team which contains some Sunshine Coast swimmers.

The road to Rio will finally start, when the Olympic Games are declared open on 6 August, hosted by Rio de Janeiro, Brazil.

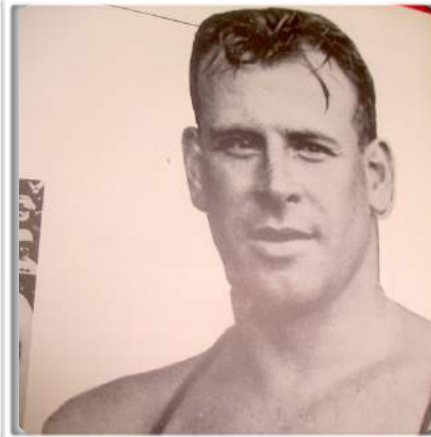
Go, AUSSIE, AUSSIE, AUSSIE!!



Freddie Lane - Australia's first Golden boy



Fanny Durack - Australia's first Golden girl



Andrew "Boy" Charlton - born to win

THE ROAD TO RIO



Top: John Devitt, Dawn Fraser, Lorraine Crapp start of a new swim era 1956

Left: Murray Rose - world record

Right: Kieran Perkins - Gold 1500m Barcelona and Atlanta

Top: Kieran Perkins - Atlanta
L-R Shane Gould - 5 Gold medals at Munich
Suzie O'Neill - Madam Butterfly

Centre: Ilsa and John - The Konrads Kids
Michael Klimm & Ian Thorpe - forever champions

Bottom: Murray Rose, John Hendricks, John Devitt - Gold, Gold, Gold
Ian Thorpe & Grant Hackett - Golden boys

2016 MSQ CALENDAR OF EVENTS

| DATE | L/S C | CLUB | CODE | REGION | SANCTION | VENUE |
|------------------|-------|----------------------|------|----------|----------|------------------------------|
| 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 | | | | | | |

JULY BREAKFAST ...



Anyone visiting the NAC on Sunday morning 24 July, would think they had lost six months of their life!!! Ho! Ho! Ho! Christmas had arrived early as Noosa Masters celebrated "**Christmas in July**".

Tablecloths, decorations, hats, aprons, T-shirts, even the beautiful food willingly supplied by Lane #1 swimmers, all had a Christmas theme. Turkey and cranberry toasted sandwiches, mini Christmas puddings, rum balls, Christmas cake, cherries and watermelon along with other tasty breakfast delights were soon being hungrily demolished by the large group of around 40 who attended the morning swim.



'Santa' had dropped off some presents and these were won by Jim Barnes (bottle of red wine), Bob Morse(chocolates), Tony Frost(chocolates) and Trish Hughes (perfume).

Many thanks to Sandy, Bruce and Mary (Santa's elves) who kindly helped me set up for the breakfast.

We had such a lot of fun putting it all together and no doubt there will be other themed breakfasts from time to time.

.... Carola Henderson



Pool of Thought

Why I get all my best ideas in the water.
contributed by Ian Robinson

[http://www.nytimes.com/2016/07/17/opinion/sunday/pool-neuroscience.html?](http://www.nytimes.com/2016/07/17/opinion/sunday/pool-neuroscience.html?_r=0)
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Thanks a lot, Ian !!

MARLENE & TOM'S SUCCESS AT THE FRENCH NATIONALS



Both nominated for two individual events, plus a relay. Marlene, competing in female 70-74 female backstroke, recorded PB's in both and winning two gold medals :

50m backstroke : 47.33 ,
200m backstroke : 3:54.70

Tom, 80-84 years male :
50m freestyle : 34.32,
50m backstroke 41.44
More gold for both swimmers.



Marlene and Tom Robson made the trek from their home town of Vichy down to Canet, an idyllic Mediterranean coastal town, a stone's throw from the renowned Perpignan, at the foothills of the Pyrenees.

Tom's 50m back is an accredited European record .

Incredible swims by Tom, considering that he was in "taking it easy" mode, awaiting his check up on their return home on 28 June.

Back home:
Great news ...all clear ... his brain is back to normal , what ever that means !

... Tony Frost.

ATTENTION NOOSA MASTERS QUILTERS

Sue Stanley sent this lovely photo of YOUR much-admired quilt proudly on display in their home after her son, and member of Noosa Masters, Clinton won it in your big fund-raising raffle earlier this year.

It couldn't have gone to a more appreciative home!!

No doubt it is set to become a family heirloom in years to come.

Well done, Quilters !!



And thanks must surely go to Karen Martin for her enthusiasm in submitting the following two pages for inclusion in this month's edition of the Chatter. As much as Tony and I do our best to make each edition of the Chatter something to look forward to, we really appreciate the involvement of members in submitting material they think newsworthy or which will benefit or be of interest to other members. It is YOUR newsletter after all. (Wendy)



Anyone can go to Rio. You just need the right swimwear and to break a World Record, here are the rules. Just setting our own goals and PB's is fantastic.



WORLD RECORDS:

- 1 Need to be set in long course (50 meter) or short course (25 meter) swimming pools.
- 2 Can apply to both men and women in the following categories:
 - Freestyle
 - Butterfly
 - Backstroke
 - Individual Medley
 - Breaststroke
 - Relay
- 3 Focus on 50, 100, 200, 400, 800 and 1,500 meter variations.
- 4 Are regarded as more prestigious in the long course category.

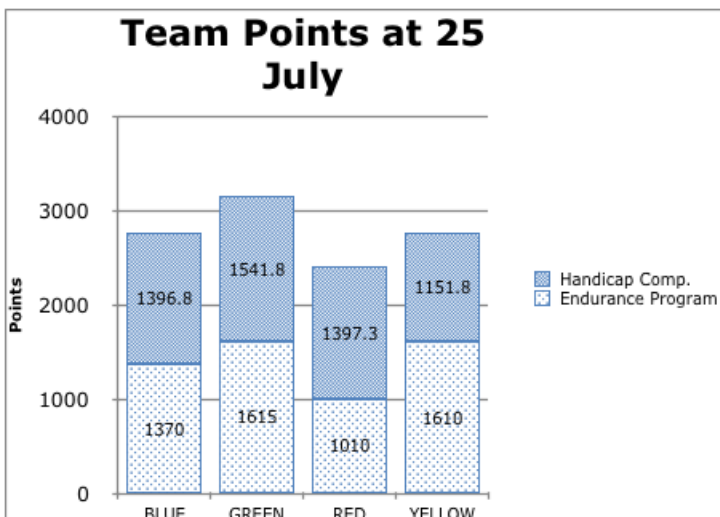
APPROVAL PROCESS

The process of world record approval by FINA involves:

- Submission of paperwork
- Certifying the accuracy of the timing system used
- Certifying the length of the pool
- The swimmer passing a doping test
- Checking that the correct swimwear was used

"When my baby, smiles at me, I go to Rio, Rio de Janeiro, Rio Rio Rio"
Peter Allen

HANDICAP SERIES UPDATE



With no *Handicap Competition* running through the cooler months the *Green Team* (3,157 total points) has scored more points in the *Endurance Program* to increase its lead over the other teams in the Teams Competition.

The *Blue Team* (2,767 points) pipped the *Yellow Team* (2,762 points) in the last month to move into second place, but only by only 5 points, while members of the *Red Team* (2,407 points) will need to increase the number of *Endurance* swimmers if they are to keep up with the others.

... Adrian Wilson



ANDREW CHARLTON 1924.



MELBOURNE 1956. Notice the different starting positions



DAWN FRASER



FASHION RETURNS, SIMILAR TO THE SPEEDO FASTSKIN

RIO OLYMPICS AUGUST 2016

WORLD RECORD HOLDERS

Take a look at these swimming world record holders for different styles and specific categories.

Long Course (Men)

| Style | Name | Country | Time | Date |
|-----------------|-----------------------|---------------|---------|------|
| 100m freestyle | Cesar Gale | Brazil | 46.91 | 2008 |
| 400m freestyle | Paul Biedermann | Germany | 3:40.07 | 2008 |
| 800m freestyle | Sun Yang | China | 7:59.02 | 2012 |
| 100m backstroke | Aaron Peirsol | United States | 52.94 | 2008 |
| 100m backstroke | Cameron van der Burgh | South Africa | 58.40 | 2012 |
| 100m butterfly | Michael Phelps | United States | 49.82 | 2008 |

Long Course (Women)

| Style | Name | Country | Time | Date |
|-----------------|---------------------|---------------|---------|------|
| 100m freestyle | Britta Steffen | Germany | 52.07 | 2008 |
| 400m freestyle | Federica Pellegrini | Italy | 3:58.15 | 2008 |
| 800m freestyle | Katie Ledecky | United States | 8:03.53 | 2013 |
| 100m backstroke | Gemma Spofforth | Great Britain | 58.12 | 2008 |
| 100m backstroke | Rita Melnikyte | Lithuania | 1:04.35 | 2013 |
| 100m butterfly | Dana Vollmer | United States | 55.98 | 2012 |

As the Olympics approach it's a great time to reflect on those past swimmers who have inspired us, who we have learned from and improved upon with speed and technique.

Swimmers of the past had no goggles, caps, earplugs, nose clips, all the things we take for granted to make our swimming easier on our health, especially our eyes. Modern swimwear is colourful, stretchy, easy to wear.

Good luck to our Australian swimmers, following their dreams of an Olympic Medal.

Karen Martin.

Please note: in both male & female records the second 100m backstroke should read 'breastroke'



MICHAEL KLIM'S LOVE AFFAIR WITH NOOSA

Michael's first visit to Noosa goes back to 1997, when training at the Australian Institute of Sport under the tutelage of swim coach, Gennadi Touretski, and fellow swimmers, Alexander Popov (world record holder for 100 metres freestyle) and Matthew Dunn (Australian 200 & 400 metres Medley record holder), visited the Cotton Tree swim centre, for some mid winter training, somewhat warmer than Canberra conditions.

Kindly, the coach and three swimmers, drove up to Noosa after a heavy morning training session, to be shown the proposed site for what is now where the Noosa Aquatic Centre now stands.

The purpose of taking them to meet the Mayor, Bob Abbott, and key council staff, was to push the need for a 50 metre Olympic pool, and not just another 25 metre pool.

Michael's next visit was in 2001, to enjoy his swim training in the pool behind which he had thrown his support. During this visit he interacted on several occasions with young members of the Noosa Swimming Club, at training and social functions.

Several more visits to Noosa, one notably with fellow Olympic champion, Ian Thorpe, both members of the winning 4 x 100 freestyle relay at Sydney Olympics, 2000, where they created waves, churning out 100 metre sets at the Noosa Aquatic Centre, a sight to behold!

Another visit to Noosa by Michael in 2001, where he attended the "Night of Stars", organised by Evonne and Roger Cawley, where SWIMMING was the recipient of funds raised, important to the construction of our 25 metre pool at the NAC.

After retiring from competitive swimming, one of Michael's commercial activities has been to conduct his MILK ocean swims, using NOOSA Main Beach, over the past 3 years.

Following the last MILK swim on Saturday, 30 January, Michael again

extended his generosity and LOVE for NOOSA, sharing a cup of coffee with our own Joyce Faunce, prior to her 95th birthday celebration at the RACV resort.

Thank you Michael, for your support of NOOSA over almost 20 years .

... Tony Frost.



BON VOYAGE ...

Three Noosa Masters swimmers are about to embark on their lifetime bucket list items ...

Di McFarlane is off to Morocco and Spain, whilst Anne Gripper and Dyanna Benny are jetting to Rio for the Olympics, a diversion to Chile for two weeks of cycling, then back to Rio for the Paralympics.

Safe travel to these three lucky ladies.

Please support our sponsors

| | |
|---|---|
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| <p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p> | <p>Jenny Covell's Tewantin Guardian Pharmacy 12 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p> |

ENDURANCE 1000 REPORT

JULY 2016

Overview

Beautiful swimming conditions at the moment. Cool evenings and glorious days which are perfect for endurance swimming. Take advantage of the environment to do some pool swimming with the group to get some points as well as ocean swimming when you get a chance. Early in the morning is sensational.

Winter Goal

We are steadily working our way towards getting 10,000 points over the the three winter months. We need 4000 points in August to achieve it. For those who have yet to complete parts of the program please assist the endurance team.

Quote for the month

'Swimmers should consider the endurance swims as their own private time to concentrate on their technique. For example, don't perceive a one hour breast stroke as being boring. Rather, use it as one hour in your lane to work on your technique.' Geoff Lander

Great performances

Wendy Ivanusec completed three one hour swims in the last month. How good is that?! Bruce Hammond , Jim Barnes and Lynette Clemitson have also put in some great performances.

Endurance interview

Owen Curtis interviewed Irene Symons, one of our endurance swimmers.

How long have you been in the endurance program?

I joined Masters in mid 2013, I was previously in Brisbane Northside Masters.

Why is it important for you to be involved?

For me, its about challenging myself, setting new goals and reaching those goals.

What do you get out of being involved?

I have made a couple of really good friends since joining. I also enjoy enjoy and challenging myself and reaching those goals in swimming.

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

Since joining I find that I challenge myself more, and I am generally more motivated to complete the endurance program and continue to do pbs.

What advice would you give others ?

Give it a go! Start doing the swims your confident with, and with some training it will increase your confidence in completing the program.

How do you feel after you have completed the program and achieved top points?

To achieve top points is always my goal. To know that what I was completing fifteen years ago is still possible. It also motivates me to keep fit and healthy.

How does your involvement influence others.

I have really encouraged Rachael, my daughter, to do the endurance program this year, and she is really enjoying setting new times and making PBs, competing and getting fitter.

Goal for the year

Twenty thousand points.

Video

During the endurance sessions recently, we have completed video footage for swimmers who would like to evaluate their style. If anyone else would like to be filmed please let me know.

Quentin Lee
Acting Coordinator
Endurance 1000 program
Mob 0477 524576
quentinlee1957@gmail.com



AUGUST

| | |
|-----------------|--------------|
| Kerry Blackwell | 2/8 |
| Mick Jones | 4/8 (Big 70) |
| Brian Hoepper | 8/8 |
| Mark Besford | 11/8 |
| Dyanna Benny | 23/8 |
| Elaine Campbell | 24/8 |
| Rob Lucas | 29/8 |
| Rachael Symons | 31/8 |

Eight birthdays for the 8th month - one special one !!

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

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

Editor: Tony Frost

Tel: 0437 024 154