

CHALLENGERS' CHATTER

JUNE 2015

RUM CITY MASTERS MEET, BUNDABERG



Saturday, 13th June 2015

Swimmers attending the Rum City Short Course meet in Bundaberg were Kerry Blackwell, Tricia Hughes, Wendy Ivanusec, Helen Malar, Jacky Shields, Ian & Adele Tucker, Jim Barnes and Brian Hoeppe. Also along was Viv Merrill as part of the team of MSQ Officials.

We set out in four cars around 7am Saturday morning. Brian had decided we would all need to stop at Sexie Coffee just past the Maryborough turnoff, so Helen estimated we should meet up around 9 - 9.30. Amazingly, we all arrived within 5 minutes of each other and enjoyed our usual "caffeine fix" before a swim meet.

As the meet wasn't due to start until midday, we checked into our motel which was only about 5 minutes by car from the pool.

All of our competitors swam exceptionally well, placing 1st, 2nd or 3rd in most of their races.

It was Kerry's first competition swim. She placed 1st in her 25m Freestyle in a very fast time of 23.97 seconds and 1st in her 50m Freestyle in 55.52 seconds ... so look out girls in that age group, you definitely have new competition ... well done Kerry!!

Also, Jim Barnes was having his first competition swim in over 10 years. He started out with a blistering and extremely well executed 25m Butterfly to win in 19.34 seconds.

Age group medal winners were -Silver to Brian and Wendy, Bronze to Jim, Helen and Tricia. Ian Tucker won \$25 cash after competing in a randomly selected handicap race ... so well done to Ian!!

Our team amassed a total of 456 points to place third overall behind Hervey Bay & Rum City who had far more swimmers, so a great effort by all swimmers.

The meet finished with Rum City supplying a Chicken Roast dinner in a box with plenty of wine on hand as well. Kerry won a bottle of red which she generously shared around before we headed back to the motel where the staff had laid out a large table and chairs, complete with white tablecloth in front of our units. Here the fun really began!!





Bundaberg ... continued

Fuelled with nibbles and lubricated by another 8 bottles of wine, the laughter and stories flowed easily!!! Bottles just kept appearing out of one motel room after another!

Sunday morning we had a bit of a sleep in, then headed into town for a big brekkie before heading home to Noosa around midday (but some just *had* to make a quick detour via the Rum Distillery stocking up on goodies esp. those not available in stores).

The team definitely lived up to the Masters Motto of Fun, Fitness & Friendship. It was a great weekend with everyone enjoying the short sprints of a short course meet as well as enjoying lots of laughs along the way.

... Helen Malar



2015 Forthcoming Swim Meets

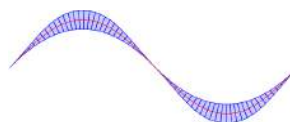
(see Notice Board at pool)

<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 - franandrian@gmail.com or hmalar@bigpond.net.au

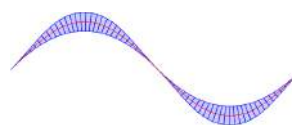
24 Sep - Duck Creek (Lismore)

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



2015 MSQ Swim Meets

JULY						
11	LC	Brisbane Southside	QSM	South	11/15	Brisbane Aquatic Centre
AUGUST						
05 - 16	LC	World Masters Championships				Kazan, Russia
22	SC	Brisbane Northside	QBN	Sunshine	12/15	The Valley Pool, Brisbane
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



Swimming with rhythm and being relaxed.

Key to fast swimming is to be relaxed. Rhythmic swimmers often have a high stroke rate and the upper body sits higher in the water which makes the legs sit slightly lower in the water.

Strong swimmers = slow stroke rate, very efficient, strong in the gym.

Rhythmic swimmers = high stroke rate, not overly efficient, weak in the gym

The most important factor is to swim with rhythm and to RELAX.

Not everyone has a standard 4/6 beat kick.

Lots of open water swimmers and triathletes use a two beat or crossover kick which works very well and does not exhaust them.

Happy swimming...

Cheers, Jan

Travelogue 9 - Victoria to W.A.

from Sally & Lyn



As we headed north, we investigated Wyperfeld National Park where we tried to take a short cut and got bogged in very soft sand. After hours of lowering the tyre pressure, lightening our load and digging sand out from underneath the vehicle, Lyn finally gunned us out. It was now dark and the track not very clear however we could see the lights of a road in the distance and headed across

Once again, through their stories, we were reminded of the hardship of these people trying to make a living from the dry land.

We were dancing at the Country Music Festival at Swan Reach SA when we got a call from Lyn's family to join them at a birthday party in Adelaide.

We were soon out of the city and following the Murray north again to Waikerie then up to one of our favourite places, Glupot Reserve run by Birdlife Australia. On our first trip there in December 2013, even though we were enjoying the birdlife, we were driven out by 40°+ heat. It gets its name from the type of clay there which, when mixed with water turns to a glue like substance and guess what? Yes, the water came bucketing down and we had to get out quickly. We were happy for the wildlife and surrounding properties but once again our visit was cut short. This led, however, to us witnessing an interesting phenomenon only seen in rain deprived parts immediately after a shower. The wildlife rush to the tracks in the road which act as temporary water troughs for very short while before it sinks in. (Photo) This trip is full of examples of being in the right place at the right time (good karma) and also reminders of the impermanent nature of things - what an education!

Hi everyone ...,

This is being written at Kooljaman, an Aboriginal owned camp ground at the top of Cape Leveque, north of Broome, about as far away as we can get from Marcus Beach. We have a thatched shelter overlooking a beautiful crocodileless, stingerless, sharkless beach while the long swims and walks have started again and we have time to write some impressions. (photos)



So much has happened since leaving Victoria it could fill a book, we will spare you that and just touch on some highlights and add a couple of photos. We know there are some who would like more, if you are one of those let us know and we'll be glad to throw more together.

From Portland in March, we meandered up to The Grampians. These cover a smaller area than expected but are packed with visual delights. Mt William was there to be climbed so of course it was, with the reward of a 360 views. After a few days exploring and camping (on a 4wd track one night when we got lost) we headed out to Rocklands Reservoir. We were looking for a campsite near the water, after hours of searching we checked our GPS and found that we had actually been driving where the water should have been. We certainly knew we were in drought country. We were often reminded out here of the plight of farmers and graziers.

paddocks, cut through a station and found ourselves in the quaint little town of Patchewollock. We had to go to the pub to pay for a campsite and the local graziers were amazed that we found our way out.



Travelogue 9 - Victoria to W.A.

CONTINUED

The next exciting place was Wilpena Pound, a large round indentation which looks like an enormous meteorite hit millions of years ago but the experts tell us it was a result of the surrounding hills being pushed up causing a great dimple on the surface. We climbed Rawnsley Bluff to look down into the pound. It became known as the Pound as its steep sides were used to corral the cattle in its 8km x 4km x 4km floor. The station owner must have thought his job was being made so much easier when he didn't have to build fences. However, it all ended as there was not enough water in drought times. To get to the bluff we had to walk some of the Mawson Track and thought of our friends who bravely rode this way a few years ago.

Driving on, we stayed in both the beautiful Glass and Parachilna Gorges in the Flinders Ranges and

spotted some very shy Yellow Footed Rock Wallabies - we think they should be called tiger tails.

The Oodnadatta track became a challenge when it rained but we didn't mind getting stuck at Coward Springs where there was a warm natural spa to relax in. The next morning before sunrise there was an increasingly loud rumble from the north coming down the closed road. It was three double decker road trains full of cattle that were offloaded into holding yards at Stuart Creek Station right beside us, it was an interesting breakfast. They didn't worry about the road closure, in fact their 100 or so large tyres acted as a roller over the mud and gave us an easy trip out.

Alice Springs is a chapter on its own with beautiful camps in the Fink Gorge National Park, more bogging in sand on the way to Ruby Gap and catching up with old friends.

The Tanamai track bought us into WA. Broome with its fantastic multicultural history. Most buildings are of white corrugated iron with red and green trimmings which are the colours of the paints they used to preserve the wood of the pearling luggers.

We will probably stay here another week before exploring the Gibb river road on our way over to Darwin and Bathurst Island.

We are with you in spirit as the African Childrens' Choir visits the Sunshine Coast, Cool Harmonies spread their joy, Noosa Masters Swimming Club repeat their achievements and

all our other friends and relations get on with their lives.

Until the next installment, love and best wishes to you all.

Sally and Lyn

Vanuatu Open Water Swim

... by VIV MERRILL

A team of 5 open water swimmers from Noosa decided to swim 3.2K around Iririki Island on Saturday 6 June.

Nette, Hazel, Viv, Gen and Karen with two young interlopers from Brisbane arrived in Vanuatu on Wednesday to warm weather and water.

We took in the sights, visited islands, snorkeled, stand up paddle boarded and kayaked until the swim day.

On the day, we had an early start to take advantage of the high tide and avoid the colonies of sea urchins and the coral.

The deep sea start was in the Vanuatu harbour, with ferries crossing to the small islands and then towards Iririki Island and some of the yachts that had been beached by the recent cyclone, around the island across the coral and then back through the harbour to the finish line, total 3.4K. Great swim and fun had by all !!



Vichy (France) Swim Meet - 6 & 7 June, 2015

... from Rob Jolly



Photos - top to bottom:
Tom & Marlene Robson
Rob Jolly, Judy Wilson+ Robsons
Rob in the water.



I have just returned from a great weekend in Vichy with Tom and Marlene Robson who hosted me and showed me around the area. It was good to be instantly welcomed and included among their French club mates and friends, I enjoyed the whole experience. It was a bit like Noosa Masters in Frenchincluding the wine consumption!

We competed in the 30th Meeting National des Maîtres de Vichy with 250 other swimmers over 2 days. The Robson's and I medalled with not much opposition and I did manage a PB in the 200m Freestyle but my other times were slow.

I was amazed by the spotlessly clean stainless steel Vichy swimming complex and the 50m pool was great to swim in. The previous week the British elite team were there training as had been the Americans. The weather was sunny with temperatures in the 30's so ideal for the competition.

The competition was very well run and results and medal presentations (on a podium with lots of cheek kissing) were soon after the events (I don't think they have protest time).

We even finished early so went to an after meet BBQ at Tom and Marlene's ex farmhouse now owned by Judy Wilson (world champion and record holder) a GB and Vichy masters swimmer. A great time was held unwinding from the swimming competition with lots of fine food and wine. Many of us ended up in her swimming pool and a tipsy 'Jolly' even challenged the world champ to an underwater duel for the length of the pool...Judy won! to the delight of the locals.

In two days I leave for the British Championships in Manchester then a week later the French in Chalon sur Saone (near Dijon) in Burgundy in the east of France. I'll email you a report after and if you want you can do your editing to present a version for the Noosa newsletter.

I hope you are all swimming well,

Cheers. Rob.



Congratulations, Rob !!

Earlier this week I returned to Paris from Manchester as the British champion in the 100m B/S and with a silver for the 200m and bronze in the 50m. I finally achieved my goal of a gold medal in a major competition.

I was surprised to meet up with Rod and Karen Barton who were also competing and won medals. We caught up with all the news and they told me they are planning their next trip to Noosa.

Unfortunately I have had to withdraw from the French Masters Championships starting next week. I am suffering from a painful bout of pleurisy which started just after Manchester. I am slowly recovering with the help of antibiotics and strong painkillers. I hope I recover enough to compete at Eurogames in Stockholm early August.

I'm looking forward to doing a few lengths at NAC in the sunshine.

Cheers, Rob.



'AUSSI' - formation and early history

by Gary Stutsel

Until recently we were 'Noosa AUSSI Challengers'

There is a great deal of mystery about when and how AUSSI came into being.

As recorded in the 1976 AUSSI magazine, the first "Masters" style carnival was conducted at Harbord Diggers Club in May 1971 with 30 male competitors. The organisers were Brian Mortensen and John Ludlow; however, due to business and other commitments, they were unable to repeat the venture.

The next year on the 1st April, Jack Brownjohn organised a carnival at the Sydney University pool, but only 14 people competed. Due to this poor response no effort was made to have a carnival in 1973.

In July 1973, Brian Mortensen was contacted by Dr. Richard Rahe, of the US Navy, regarding a proposed visit by a team of US Master swimmers who would send several more letters and frenzied preparations a 45 member US Team swam at Heffron Park Pool, Sydney on the 30th March, 1974.

This carnival was the spark which ignited interest in "Masters" swimming in Australia. It was attended by swimmers from South Australia, Victoria, NSW country, Queensland and Sydney, all of whom took the ideas back to their home towns. One feature of the carnival was the fact that all the Americans swam in the 400 metre event regardless of their ability. This fact was to shape the path taken by AUSSI.

Following this carnival, interest built up until on the 18th October, 1974 a meeting was held at the South Sydney Leagues Club. It was attended by Bill Lough and Ray Weekes of the AIF Swim Association; Ian Toll and Phil Coles of Surf Life; Ray McDougall, Fred Ireland and Jack Brownjohn of the NSW Leagues Clubs Swim group; Gordon Baxter of the Pool Superintendents Association; and Joe and Erin Crumlin. They voted to form the AUSTRALIAN MASTERS SWIMMING ASSOCIATION and elected a steering committee of Bill Lough (President), Jack Brownjohn (Secretary), Ray Weekes (Treasurer) and Erin Crumlin (Assistant-Secretary).

This committee organised a swim meet, termed the 1st Australian Masters Championships, which was held at Harbord Diggers on the 8th March 1975. It was a great success and attracted 112 competitors.

Prior to the meet, George Moore of Jannali NSW, had presented sketches of several possible badges to a meeting of the steering committee and several others including myself. We adopted the design which was used on the notices for the swim meet and which was subsequently adopted by AUSSI except that it was then surrounded by the words "Australian Union of Seniors Swimming International".

Until this stage no attempts had been made to organise activities other than an annual swim; the Australian Masters had not been formally constituted, there was no form of membership and the steering committee was not answerable for its actions to anyone other than the small group of supporters who met at infrequent intervals. T

hen Jack Brownjohn proposed that we publish a year book. I suggested that the book should include a US style Top Ten listing of swims by age groups and was immediately appointed National Recorder. This led to my direct involvement in the future of the organisation.

Recognising that positive steps needed to be taken to ensure the development of the movement, I distributed an invitation to attend a meeting which was to adopt a constitution and elect office bearers for 1975/76. I drafted a National and a State Constitution which between them allowed for a National Body, with a Council of State Delegates, which would have overall control of policy, and State Branches with direct membership which would be responsible for development. Thanks to the help of Fred Ireland, this meeting was held at South Sydney Leagues Club on the 22nd September 1975.

The meeting was attended by Jack Brownjohn, John Kemp, Bill Lough, Alf Sparkes, Frank Sykes, John Wainwright, Ray Weekes, and myself, with apologies from Bess Barrie and David Mortimer.

At Ray Weekes suggestion the AMSA was wound up and it was voted that a new body be formed and named the AUSTRALIAN UNION OF SENIOR

SWIMMERS INTERNATIONAL, which was better known by its acronym AUSSI.

The National Constitution was adopted after minor amendments to the draft and a foundation committee was elected as follows: Bill Lough (President); Jack Brownjohn (Vice-President); Gary Stutsel (Secretary); Frank Sykes (Assistant Secretary); Ray Weekes (Treasurer); and David Mortimer, Alf Sparkes and Jamie Jenkins (Committeemen). Jamie Jenkins subsequently indicated that he was unable to accept the position due to other commitments.

On the 17th November, 1975, the AUSSI NSW Branch was formed and the draft constitution adopted after it had been polished up by David Mortimer. The 1975-76 and 1976-77 seasons saw my serving as Secretary for both the NSW Branch and the National Committee, and during this period the NSW Branch conducted many small carnivals. Through a process of trial and error we finally adopted the format which is now in force Australia wide, namely a swimmer joins a club which is affiliated with its State Branch and registers its members through the State Branch with the National Body.

The functions of the National Body were to draft uniform policy for the whole of Australia, to coordinate interstate activities, to organise and conduct the National Championships, to organise tours and to publicise all these activities through the press, other media and produce the year book.

ACKNOWLEDGEMENT

I would like to introduce the following people who were directly responsible for the growth of AUSSI at a National level, during its first years:

Jack Brownjohn, Des and Mary Connolly, Lorna Dickinson, Noel and Betty Dodd, Ron and Carol Davis, Barry Faux, George Jobling, Hanimex Corporation, Owen Herbert, John Kemp, Bill Lough, David and Les Mortimer, Bill McClintock, Brian Newell, NSW Department of Sport and Recreation, Southern Media Services, Speedo, Sporting World Publications, St Leonards Travel, Swim master (the bulletin of the US Masters), Alf Sparkes, Frank Sykes, Ray Weekes, Paul Wyatt, TAA, and last but not least the interest of Warren Pengilly, Josie Sansom, Tenno Koolberg, and Des McCormick who have put their ideas in writing thereby provoking the thoughts of the Committee.

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 freecall.

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!



Special news from the UK !

... courtesy of JESS TYE

I am forwarding you the below email from Sally Winter in UK who swam with us in the last round of the handicap competitions.

She has kindly arranged to buy & mail me my beloved fins that Pat originally bought for me in US. As well as she sent news of her amazing achievements and photos, including warming up in our Noosa cap, no less!!!

I felt the story was newsletter-worthy.

Cheers, Jess

[Ed: sure is ... thanks, Jess]

Hi Jess

I have posted the flippers. They will probably arrive when you are in Thailand! I hope you have a great time, I love it there, especially the food.

Well done on your recent swimming success.

I attach a picture of me at our long course nationals wearing my Noosa hat in the warm up. I had a great meet winning 3 golds and a bronze and I was delighted to break the European record in the 200 freestyle freestyle in a time of 2.27.90.

It was a very special moment, especially as our coach of 8 years is moving on to coach at a club in the Oman, so it was really nice to have him there and do it for him.

Let me know when you get the flippers.

Say hi to all at the club and keep up the training!

Best wishes.

Sally x

Wayne Goldsmith's Coaching Clinic

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.



Rock n Roll Night !

This is our next club function. As circulated earlier this band of two "oldies but Goodie" has been booked

Following popular demand for the members to enjoy a night of old time music and dance

Members are encouraged to bring nibbles to share on their table.

WHEN	Saturday 25 July
AT	Bicentennial Hall Annex L (adjacent to the NAC)
COST	\$15 per person - BYO (includes casserole dinner prepared by members)
WHO	Bring a friend, partner, wife, someone else's wife .. but come along !
TIME	6.00PM TILL DANCED OUT

A list of those already confirmed will be circulated soon. There is a limit of 72 people that can be comfortably accommodated at the Hall so please email the Warrens or Di McFarlane to confirm your attendance

Profile ... Rob Lucas

NOOSA MEMBER, MACKAY RESIDENT



Membership

Joined Mackay Master Swimmers, Inc (QMK) on 1 October 1988 aged 45.

Remained a member until club folded in June, 2011. (Registered with MSQ until Dec 2011)

Joined Noosa Challengers Masters, Inc (QNA) in January 2012.

Swimming

Highlights

These are my personal memories that mean much to me, not necessarily achievements that are noteworthy compared to others.

Have competed in the National Aerobic Program (NAP) since 1989

Completed the whole program for first time in 1991

Completed the whole program each year from 1995 to 2005 and since 1998 achieved top points

Competing in first swim meet on 28 February 1989 – NQ Long Distance Championships held in Mackay, hosted by QMK

Competing in Queensland State Championships on 1/2 April 1989 in Mackay (That year State Swim was held conjointly in two locations, Brisbane and Mackay)

Competing in first away meet on 25/26 November, 1989 – NQ Short Course Championships held in Townsville, hosted by QTV

Participating in Whitsunday Masters (QWY) first 'Island Fun Carnival' on South Mole Island 1990. Many happy memories and not too much swimming

Competed in USMS 10,000m Challenge 1991 by swimming 10,000m breaststroke in less than 4 hours and breaking a state record for the distance. This still stands as Queensland branch no longer keeps records for this distance.

Competing in my first AUSSI national swim at Homebush, Sydney 1997 – site of 2000 Olympics.

Competing in my second AUSSI national swim at Casuarina, Darwin 1999

Competing in my first Pan Pac swim at Challenge Stadium, Perth 1999 – my home town

Swimming a personal best 400m breaststroke in 7:29.04 at combined national and state swim in Gladstone 2000 achieving a Gold medal by beating another in my age group who is consistently faster than me.

Competing in my first FINA World Masters Swim at Christchurch, New

Zealand 2002 achieving a 10th place and Pewter medal after attending AUSSI national swim, a short course event, at Homebush, Sydney.

Setting a state record for LC 1500m BR at the Mackay meet 2003.

Achieving 5 Million Metre Award in September 2004. A 6-month long extra effort to complete in time for Pan Pac 2004.

Being included in photo in 2008 national annual report: IoT lane 7 of relay (on page 36).

Achieving 7 Million Metre Award in September 2011.

Competing in my second FINA World Masters Swim in Perth April 2008. Getting under 7 minutes for 400 Free for first time in 5 years.

2014
May 404,900m swum
Endurance 1000 all swims
top points 1005, 70-74age
group,
Aug Reached 8,000,000m
Nov QNS meet Mackay – 2nd
age group

2015
Apr QWY meet, Cannonvale
SC – 1st age group
May QNA meet, Noosa - 3
swims-2 postal, 2 x 1st place
& 1 one day; 400 BU 2nd
place

ONE DOLLAR BAG OF RICE SAVES WET MOBILE PHONE

I really thought it was the end of my mobile phone after dropping it in the toilet - ewww! I wasn't at home but tried to dry it out as well as I could before getting to an Optus shop three hours later. They told me there was a very slim chance it would work if I stuck it in a sealed container of rice for 24 hours, otherwise all was lost. So I bought a cheap bag of rice then and there and stuck it in for the next 24 hours. I couldn't believe it when my phone actually worked - one dollar saved me hundreds of dollars.

Dolphin Kick ...

If you've seen top level swimmers live, you know just how extraordinarily powerful they can kick underwater. Swimmers like Michael Phelps, Florent Manaudou, and Tom Shields perform the undulating dolphin kick so fluidly and powerfully that it seems superhuman.

Trying to mimic their grace and power can leave us feeling more like a salmon in its death throes than the dolphin for which the kick is named after.

But before you toss the notion of improving your dolphin kick out the window, and as something that is reserved for people who seem gifted with a powerhouse UDK, consider these reasons for why you should strap on some extra time in the water bettering it:

1. THE UNDERWATER DOLPHIN KICK AND BREAKOUT CAN MAKE UP AS MUCH AS 60% OF YOUR RACE.

You don't need to be a space scientist to understand how vital your push offs and breakouts are in a short course format, whether it is meters or yards.

When you consider that in a short course race up to 60% of your race can be done performing UDK it becomes apparent many races are being won off the walls and under the water.

Even for more taxing races such as the 200m butterfly or the 400IM we are seeing swimmers break out further and further out, and even the top sprinters in the world— Cesar Cielo, Manaudou, and Roland Schoeman to name a few—kick out to the maximum distance allowed in the fastest event on the Olympic program, the 50m freestyle.

2. YOUR BREAKOUTS ARE THE MOMENTS YOU ARE GOING FASTEST IN THE WATER.

Here is an interesting way to think about your swimming: when you are diving or pushing off, you are going the fastest you ever will in the water.

From the time you push off until your next wall you are slowing down, doing everything you can to maintain that precious speed that comes from diving or exploding off the walls.

Having a powerful underwater dolphin kick means holding onto that precious velocity just a little bit longer, and when our races come down to precious hundredths or tenths of a second every little bit of speed matters.

3. IT CAN HELP MAKE UP FOR A LESS THAN AWESOME SWIM SPEED.

Michael Phelps and his killer underwater dolphin kick was a prime example of this – his underwater dolphin kicking and 12-13m breakouts made it possible for him to break Ian Thorpe's 200m freestyle world record in 2007, a mark that was considered unbeatable at the time.

Phelps' coach, Bob Bowman, acknowledged as much, admitting that if it came down to straight swimming speed Thorpe would have had Phelps beat.

Having a powerful UDK can help close the gap with a weak or slower above-water swimming speed.

4. IT'LL HELP IMPROVE YOUR OVERALL LEG FITNESS.

Most swimmers drag their legs behind them like a tugboat tows a barge. Every once in a while you might get a kick here and there, but for the most part, they dangle back there doing little more than perform a one-beat kick that acts more for stability and balance than propulsion.

Doing consistent bouts of work on your UDK will transfer well into your flutter kick (and your fly kick while doing butterfly, obviously), so don't discount it as a tool to improve your overall swimming kick speed.

5. IT TEACHES YOU THE IMPORTANCE OF REDUCING DRAG.

One of my favourite things to do is strap on fins and go full blown ballistic under the water. With fins on you can really hammer down on the kick and pick up some serious velocity.

But you quickly realise something that applies across everything else you do in the water: you might be able to get a lot of power with those big, sweeping kicks, but you are also stirring up a whole lot of drag.

Quick, fast and narrow kicking with low drag will always win the battle against big, hammer-down movements.

Transfer this focus on reducing drag to the rest of your swimming, and you will find yourself swimming more efficiently than ever.

Robyn Selby had a great time at Ningaloo Reef snorkelling with the Whale Sharks

The experience of a lifetime !!

Perhaps this photo will inspire us all to enjoy the same experience one day?





2015 Postal Swims

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

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

BUNBURY AUSSI MASTERS (*Time is running out to support this event !!*)

Date: May 1 - June 30, 2015

Swim 400m in 3 different styles - 1 x Freestyle, 1 x Backstroke and 1 x Breaststroke (or Butterfly).

[2015 Flyer](#)

[2015 Entry Form](#)

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](#)



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 will be to 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.



Sunday-26 July (unless it clashes with something else - don't think so!!).

Lane #0 catering.

... **Carola Henderson (5485 0190)**



Saturday, 25 July 2015

The Bi-Centennial Hall Annexe is booked !! The band is booked !! Beautiful Sound - if you missed their last gig for us at Shades in the Junction, now's your chance !!

Should be another great night of fun and frivolity... details on page 8

Please support our sponsors

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<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

JUNE 2015



Congratulations to Kerry Blackwell who recently completed her first Endurance Swim.

Welcome to the Endurance Club Kerry!

Half way through the Endurance Year and, at the time of writing, we have approximately 8,800 points. Well done, and thank you to all swimmers and helpers!

I would love to see our club take out those dual titles for 2015 making a wonderful three-in-a-row.

Normally, over 20,000 points is needed to gain the titles of State and National Champions. So, we are a bit behind the required half way points. Also, some of our previous top point scorers have not been able to participate this year due to injury etc. Therefore, the rest of us need to get on the Endurance blocks and swim for Noosa.

Look forward to seeing you on Pool Deck.

Mary Lester
Endurance 1000 Program
Co-ordinator

Mob. 0401 828 371

marylester52@bigpond.com

Tues: 7.30 – 9am

Sat: 2pm start



Birthdays
of the Month

JULY

Joe Gilbert	2/7
Marcia Kimm	12/7
John Havilah	14/7

happy birthday performed by the Chipettes
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=2CZ25Q2Q_Z0](https://www.youtube.com/watch?v=2CZ25Q2Q_Z0)

which song was #1 when you were born?
<http://playback.fm/birthday-song>

How to Strengthen your lower Abs

Your abdominal muscles are critical to your core stability and peak power output. However, not all abdominal muscles can be targeted with the same exercise. The muscles in the anterior (front) of your abdomen vary tremendously. These include the external obliques, internal obliques, rectus abdominis, transverse abdominal muscle, and pyramidalis. With a better understanding of your anatomy, you can focus your strength training on underdeveloped areas. Let's discuss how to target your lower abs. more

Are you neglecting your lower abs?

The rectus abdominis is the muscle group that runs along the midline of your body, from the rib cage down to your pelvis. Many athletes successfully develop the upper portion of this muscle because it is easier to exercise, but the lower portion is a bit tricky.

Repetitions in which you crunch upward with your *upper body*, such as crunches, toe touches, and sit-ups, tend to strengthen your upper abs. On the other hand, repetitions in which you elevate your *lower body*, such as leg raises, bicycles, and V-ups, can strengthen your lower abs. The added benefit of doing "lower abdominal exercises" is that they also work your upper abs, so you won't be neglecting either region if you incorporate lower ab exercises into your training.

Stability and Strength

In addition to repetition-based exercises, traditional static holds will help you focus on your lower abs. For example, a front bridge position will require lower ab strength to keep your pelvis elevated and your spine from sagging. For more challenging exercises, you can hold a plank with one leg elevated, one arm elevated, or both leg

and arm. Your lower ab strength is a critical component of your overall stability because it controls your balance throughout the pelvic region. A stronger midsection also makes the athlete more efficient at transferring power from lower to upper body, and vice versa.

Aesthetics

Elite athletes are incredibly fit, but the lower abs don't always show up even if you strengthen them. Lean bodies are made in the kitchen, and in particular, your core muscles are only as defined as your nutrition is good. Cardiovascular training, core strength, and healthy eating are the perfect trifecta for showing off your hard-earned core muscles. Fruits, vegetables, lean protein sources, and sufficient refuelling post-workout will help your lower abs look as strong as they are in training!

Megan Fischer-Colbrie Nov 26, 2014

SOCIAL EVENTS

Breakfast - Sun. 26 July
Lane #0

Rock n Roll nite - Sat. 25 July
@ Bi-Centennial Hall

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

Challengers

Chatter

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