

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JUNE 2023



L-R : Jan Croft, Jo Matthews, Julie Tierney, Shane Walsh



BRISBANE SOUTHSIDE MASTERS MEET

A very select group swam at the Brisbane Southside Masters Meet on Saturday 17 June 2023. We were meant to be eight swimmers, but unfortunately, due to illness or family commitments, we were down to only four! This meant we could not field any relays, but we still did Noosa proud by trying our best in all our individual swims.

Jan Croft - our esteemed Coach - could only enter four swims, rather than the required six, due to long term injuries preventing her from swimming any stroke other than freestyle. She still showed her prowess by achieving a credible two firsts, a second and a third place.

For those swimmers who have not swum at a local carnival, the medals for first, second and third in each age group are calculated by a points system ... 10 points for a first place in your individual event, going down by a point with each successive place.

So, in a carnival requiring you to swim six events, the maximum points one could achieve is 60.

Jo Matthews was up against tough opposition who were ranked to achieve 60 points in their events and both ladies did not disappoint, even with Jo busting out a 100 fly that was only .31 seconds behind the leader! However, Jo still managed one first, four seconds and a third place earning her 54 points and a Bronze medal in her age group.

Julie Tierney was attending her first meet and swam brilliantly achieving one first, two seconds and two third places, earning a total of 53 points which equated to a Silver medal in her age group. Well done, Julie, hopefully you now have the bug and will be performing again at future meets.

Shane Walsh, our token male, managed some great swims, blitzing the 25 free in a time of 15.64 seconds ... awesome to watch!

Unfortunately, he only entered five events achieving a first, a second, two thirds and a fifth. I'm sure, if he had swum a sixth event, he would have been competitive in his age group. Next time, Shane!

The meet was very well organised, the highlight was watching Susie O'Neil achieve a World Record, as did an 86-year-old gentleman. Inspirational stuff!!

Jo managed to get lost getting back to the car and Julie managed to take a scenic route on her way home. Perhaps we were focusing on our medals and not the task in hand ... LOL!!

... Jo Matthews

Sunday Club Breakfast

by Carola Henderson

Finally we were able to hold a much loved Sunday Club Breakfast on Sunday 18 June.

This was long overdue because of the packed swimming calendar that takes our swimmers away to compete....and break records!!

Lanes 2 and 3 provided some very scrumptious food for us all to enjoy ... not very much was remaining at the end of the breakfast. *Many thanks* to all the swimmers who contributed.

The winner of the fruit tray raffle was Trish Chalmers from Lane #0.

Hopefully there will be another "window of opportunity" for a club breakfast (*maybe sometime in August*) before we all get involved with our own swimming carnival.

President Greg took the opportunity to present Robert Ashwell with his Vorgee Certificate of Achievement for swimming over 3km in 60 minutes free. He went on to present a bunch of Queensland Record Certificates to Ross Kee and Stef Jones.

Greg Bott presented Bob Ashwell with his well deserved Vorgee Certificate of Achievement swimming 3km or more in 60min



Ross Kee & Stef Jones with a truckload of Record Certificates



Tricia Hughes was thrilled to win the bountiful fruit tray



Jane Powell presented Jo Matthews with a Vorgee Certificate of Achievement for completing the entire Endurance programme

***It was a foggy start to the morning ...
Tuesday 13 June & Sunday 25 June 2023***



Tuesday 13/6 - photo by Terry Parker



Sunday 23/6 - photo by Terry Parker

Tony Frost on achieving 5 Million Metres or circumnavigating Australia 3 times - swimming !!

I am not the first and certainly won't be the last to achieve 5 million metres of swimming.

Noosa Masters trailblazers, Bob McCausland and Rob Lucas reached this milestone several years earlier.

My thanks to Lois Hill, who spent innumerable hours transposing my manual entries from an exercise book to digital, ready for submission to Masters Swimming Australia.

Thanks also to Bob and Olga McCausland who timed me out of hours, and more recently, Bob Martin and Jane Powell.

Until very recently Bob Martin was the only non-swimming member of Noosa Masters.

It was Bob who timed "out of hours" Irene Symons for 9 continuous years as she could only do her swims on Saturday afternoon after closing the doors on her Kenilworth News agency, completing the entire Endurance program every year!

On Bob McCausland's recommendation, both Irene and Bob received the McCausland Medal. Bob Martin has timed me regularly "out of hours" for the past few years, following Irene's relocation to Brisbane where she still swims for Noosa.

... Tony



President, Greg Bott presented Tony with his 5M metres Award and shirt



Tony with loyal timekeeper, Bob Martin



Tony with that very special 5M metre shirt

Birthdays of the Month

July 2023

- Mary Barclay 16/7
- LiQun Hussey 17/7
- Kath Wilkinson 21/7 (Big 50)

*Count your age by friends, not by years
Count your life by smiles, not tears !!*

Zana Dare

celebrated her birthday on 11/5 by bringing a stunning rainbow cake to share ... it was so exciting and different that we all forgot to sing "Happy Birthday"!!!



Electric Expo Exploits by Julie Bott



Congratulations !

Recently Julie and Ian Robinson were thrilled to welcome a new addition to their family - grandson Billy Iain Robinson Bennett

On Sunday June 18, our talented and eloquent team member Brian Hoeppe joined with a passionate group of EV (Electric Vehicle) enthusiasts to present the Noosa 2023 EV-EXPO (electric vehicle expo). As members of ZEN Inc (Zero Emissions Noosa) - with keen support from Noosa Council - they were suitably rewarded for their efforts with a very successful event that attracted 5,000 visitors.

The sun shone on the cordoned-off section of Sunshine Beach Road at Noosa Junction, where the exhibitors extolled the virtues of their EVs – ranging from e-scooters and e-bikes through to e-cars and even an e-ute! Attendees were enticed with various give-aways and were even able to take bikes and scooters for free trial rides.

A good showing of QNA members as well as family and friends attended the Expo after Sunday squad, where a highlight was definitely the entertaining and informative Q & A Session: Buying and Owning an EV which was facilitated by Brian who is Deputy Chair of ZEN Inc.

The panel included long-term Electric Car owner, John Murray who is also a member of the Australian EV Association; Kerryn Vincart, Manager of the Bendigo Bank Tewantin-Noosa whose bank actively supports the purchase of EV cars through low interest loans; David Waterworth, EV advocate and writer for Clean Technica and the fourth panellist Anthony Broese van Groenou, Co-founder of the Good Car Company which imports new and 2nd hand Electric Cars into Australia. The panel, under Brian's guidance, aptly discussed real-world questions re choosing, financing, and using an EV.

Lunch at the Reef Hotel, after the Expo provided a nice walk up the hill and was also well attended and enjoyed by all present.



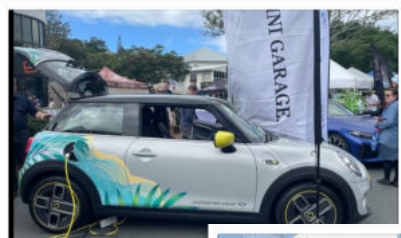
More Congratulations !

It was great to have Mick win the prize. It was Noosa Arts and Craft Association's raffle for the celebration of their 30 year anniversary. Mick won a \$100 voucher for Gusto restaurant, a very generous donation on their behalf

... Zana Dare



Kathleen and Brian check out an Australian-built FONZ NKD-X e-motorbike



Electric Mini



Electric Ute



Electric conversion VW Beetle

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JULY							
8	LC	River City Masters FINA Worlds Prep Meet	QRC	South	Q8/22	Yes	Valley Pool, Fortitude Valley
22-23	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q10/22	Yes	Burpengary Regional Aquatic Centre
AUGUST							
5-11	LC	Fina Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/22	Yes	Valley Pool, Fortitude Valley
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Co-sanctioned Swimming Australia Meets *

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

COACH'S TIPS – NECK PAIN



Some basic stretches for neck pain, often caused by repetitive swimming actions such as rotation of the swimmers neck.

Examples can include swimming freestyle with head raised when breathing. Another example is continually breathing to one side.

Regularly performing neck stretching exercises can help prevent neck pain by strengthening the neck muscles and also helping to increase their flexibility and mobility. Here are a couple of very simple stretches you can do daily.

A physio can give you a more comprehensive programme to do.

1) Chin Tilts ... start sitting or standing with feet shoulder width apart, the swimmer should slowly and smoothly lower their chin down towards their chest, then hold in the fully tilted position for 10/20 seconds. The swimmer should slowly and smoothly raise chin upwards towards ceiling, hold fully tilted position for 10/20 sec, then slowly return to starting position.

2) Side ... same upright position to start. Slowly and smoothly turn head to the right until you feel a slight stretch in the side of the neck. Do the same on the opposite side. Hold for 10/20 seconds.

Repeat 5 times on each side

Happy swimming ... Cheers, Jan



ENDURANCE 1000 REPORT

June 2023 – by Terry Carter

It's already the EOFY and half way through the endurance year; where has the time gone?

Jane is away and I am busy packing as we are moving out of our apartment on 27 June 2023 ... it would be a Tuesday!

Points-wise we are on target to equal or beat our 2022 winning point scores, so keep up the good work swimmers.

Tuesday 13 June was an interesting endurance session with the pool in the 25m configuration across the pool. The infinity edge causing a few bruised arms when turning and finishing in backstroke. In addition, the rising sun blinded the time keepers and backstroke swimmers on the return leg. Nevertheless, there was a good turnout and a good number of swims completed. Below are a few photos showing swimmers and the pool configuration.



June was a month where we all had a timely reminder of the FINA Swimming Rules, with some recent minor changes.

The Rules apply equally as well to endurance swims as they do for sanctioned competition swims. Albeit you are more likely to get “a warning” not to do it again in endurance swims rather than get a disqualification for minor infractions.

I'd be the first to admit that I've been “pulled-up” and warned or DQ'd for some infractions over the years.

Notably missing the wall in a tumble turn and sculling

backward to touch the wall with my feet, an instant DQ; doing two fly kicks underwater in a breaststroke pull out; breaking on the blocks in a relay; swimming 50m instead of 25m in a 4x25m women's freestyle relay; and wearing a zipper suit in a race after the FINA ban in late 2009 of the zipper and super suits.

But I've never been DQ'd for swimming more than 15m underwater in a backstroke, freestyle or fly start or turn. I barely reach the flags underwater these days. The great thing about doing an infraction is, you rarely make the same mistake again.

I am sure others have funny stories to tell of doing something wrong. It would be interesting to hear some of them at up-and-coming endurance sessions. Bring along your list and we'll have a good laugh and learn from it.



ENDURANCE 1000 REPORT ... cont'd

Below is a Quick Reference Infraction Sheet for 2023-2025 summarising more common mistakes.

SWIMMAUS	
SWIMMING RULE QUICK REFERENCE INFRACTION SHEET 2023-2025	
<i>This card is a quick reference guide to help Starters, Judges of Strokes & Inspectors of Turns to write up rule infractions. It does not cover all rule infractions as it must not be used as a substitute for the thorough knowledge of the Swimming Rules.</i>	
THE START	RULE
Initiated a start before the signal	4.4
FREESTYLE	RULE
Did not touch the wall at the ...m turn or finish	5.2
Head did not break the surface of the water at or before the 15m mark after the start or ...m turn	5.3
Completely submerged during stroke	5.3
BACKSTROKE	RULE
Left position on the back except when executing a turn	6.2
Head did not break the surface of the water at or before the 15m mark after the start or ...m turn	6.3
Completely submerged during stroke	6.3
Completely submerged during the race (except 5m prior to the finish)	6.3
Turn not initiated immediately after turning onto the breast at the ...m turn	6.4
Turn not executed at completion of the arm pull after turning onto the breast at the ...m turn	6.4
Executed more than one continuous single or continuous simultaneous double arm pull to initiate the turn	6.4
Did not touch the wall during the ...m turn	6.4
Not on the back upon leaving the wall after the ...m turn	6.4
Did not finish the race while on the back	6.5
BREASTSTROKE	RULE
Executed more than one butterfly kick prior to first breaststroke kick after the start or ...m turn	7.1
Head did not break the surface of the water before the hands turned inward at the widest part of the second stroke after the start or ...m turn	7.1
Body not on the breast during stroke	7.2
Stroke cycle not 1 arm stroke and 1 leg kick in that order	7.2
Arm movements not simultaneous	7.2
Hands not pushed forward together from the breast during the race	7.3
Elbows not under the water during stroke	7.3
Hands brought back beyond the hip line during stroke	7.3
Head did not break the surface of the water during each stroke cycle	7.4
Leg movements not simultaneous	7.4
Feet not turned out during propulsive part of the kick	7.5
Executed a downward butterfly kick during the stroke	7.5
Did not touch the wall with both hands; separated; simultaneously at the ...m turn or finish	7.6

Version: 1 March 2023

Twilight Endurance Swim & Shared Supper

When? ... Friday 7th July
4pm for Endurance Swims
6pm-ish for shared supper

Where? ... At the Main Pool for Endurance swims and in front of the Creche for supper

Bring? ... a plate to share and
BYO drinks

Please join us on the pool deck around 4 pm to swim,
to time swimmers,
to relax afterward over a shared supper and beverage,
to join in the fun, fitness and friendship!

Please contact Ian Tucker to register your intended swim as he is the volunteer Deckie for the night. His email is: ian.tucker@optusnet.com.au

Our Friday Twilight Swims continue throughout the year with the 3rd one to be held on **Friday 7th July** with Ian Tucker as Deckie. This will also be our one special social activity for July so all club members are encouraged to come along and join us for a swim, commencing at 4 pm and followed by a shared supper at about 6 pm.

If you've not swum an endurance session this year, then there's no better opportunity to come along and dip you toe and probably the rest of you into the warm waters at the NAC.

The following Friday Twilight Swims and Deckie Coordinators are listed below for the rest of 2023:

18th Aug Deckie John Simonidis

6th Oct Deckie Helen Malar

17th Nov Deckie Rod Alfredson

29th Dec Deckie Terry Carter

SWIMMAUS	
BUTTERFLY	RULE
Body not on the breast during stroke	8.1
Arms not brought forward simultaneously over the water during the race	8.2
Arms not brought backward simultaneously under the water during the race	8.2
Executed an alternating movement of the legs or feet during the race	8.3
Executed a breaststroke kicking movement during the race	8.3
Did not touch the wall with both hands; separated; simultaneously at the ...m turn or finish	8.4
Executed more than one arm pull under water following the start or ...m turn	8.5
Head did not break the surface of the water at or before the 15m mark after the start or ...m turn	8.5
Completely submerged during the stroke	8.5
MEDLEY	RULE
Backstroke, breaststroke or butterfly swum in the freestyle section	5.1
Incorrect individual medley stroke order	9.1
In the freestyle section, did not return to the breast before any kick or stroke	9.1 or 9.2
Incorrect medley relay stroke order	9.3
THE RACE	RULE
Did not complete the whole distance	10.2
Did not remain in the same lane in which they started	10.4
When turning did not make contact with the end of the pool at the ...m turn	10.5
Took a stride or step from the bottom of the pool	10.5
Stood on the bottom of the pool (except in freestyle)	10.6
Pulled on the lane rope	10.7
Obstructing another swimmer	10.8 or 10.16
Use of non-approved device, swimsuit, adhesive substance or body tape	10.9
Entered the water during a race not entered in	10.10
Relay exchange did not commence from the starting platform	10.12
Feet lost touch with the starting platform before the preceding team-mate touched the wall	10.13
Relay team member re-entered the water before all teams finished the race	10.14
Relay team did not swim in the order listed or substitution made without approval	10.15
Failed to leave the pool as soon as possible at the end of the race or section in a relay	10.16
Device or plan used for pace-making	10.18

Version: 1 March 2023

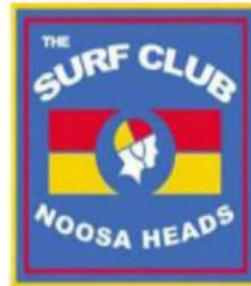
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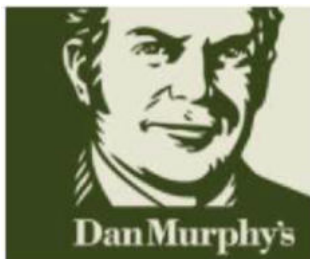
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Seasons, Noosa Junction

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

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