

CHALLENGERS' CHATTER

MARCH 2017

2017 NATIONAL & STATE CHAMPIONSHIPS

'An avalanche of medals'

Eighteen Noosa Masters swimmers returned home last week covered in glory and laden with medals. For four sun-soaked days, they had competed in the combined National and State Championships on the Gold Coast. The venue was the impressive Gold

Coast Aquatic Centre on the Broadbeach sea front, being readied for next year's Commonwealth Games.

Athletes could enter up to twelve individual events and four relays. With the opportunity to win both a national and a state medal in any specific event, there was the potential for a veritable avalanche of medals. And so it turned out. The Noosa swimmers won a total of forty-six national and ninety-

nine state medals in individual events, as well as two national and seven state medals in relays.

Competition was intense, with two world records, a dozen national records and scores of state records broken during the four days. In such a rarefied atmosphere, special

each night at a restaurant selected from the myriad offerings on the 'glitter strip'. On the final night, they joined over two hundred fellow competitors at the awards dinner. Noosa's co-captain Helen Malar proudly accepted the 2016 Vorgee National Endurance Competition trophy, won for the fourth

Some of our National Team with their medal haul : L-R : Brian Hoegger, Geoff Lander, Rob Jolly, Jo Matthews, Jan Croft, Helen Malar, Jacky Shields, Linda Hogg (front), Bob Morse, Lois Hill



Coast Aquatic Centre on the Broadbeach sea front, being readied for next year's Commonwealth Games.

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mention must be made of the national gold medals won by Noosa's Jo Matthews (two – the 100m Butterfly and a state record in the gruelling 200m Butterfly), Dyanna Benny (100m Backstroke) and Sam Penny (200m Breaststroke). Fittingly, Noosa's legendary head coach (and fierce competitor) Jan Croft came away with nineteen medals in total.

Embracing the Masters Swimming Australia motto of 'Fitness, Friendship and Fun', the Noosa team gathered

consecutive year by Noosa Masters. This capped off a fine swim meet for the jubilant Noosa team.

The team members were: Dyanna Benny, Greg Bott, Julie Bott, Jan Croft, Julia Dunstall, Lois Hill, Brian Hoegger, Linda Hogg, Julie Hollowell, Rob Jolly, Geoff Lander, Helen Malar, Studley Martin, Jo Matthews, Bob Morse, Sam Penny, Jacky Shields and Wendy Twidale.

... Brian Hoegger



INDIVIDUAL RESULTS

NATIONAL & QUEENSLAND STATE MASTERS SWIMMING CHAMPIONSHIPS GOLD COAST AQUATIC CENTRE, SOUTHPORT. 8TH MARCH TO 11TH MA

| | NATIONAL | | | STATE | | |
|-----------------|----------|-----------|-----------|-----------|-----------|-----------|
| | GOLD | SILVER | BRONZE | GOLD | SILVER | BRONZE |
| JO MATTHEWS | 2 | | 1 | 3 | | |
| SAM PENNY | 1 | 3 | 3 | 8 | | |
| DYANNY BENNY | 1 | 2 | | 1 | 3 | 4 |
| GEOFF LANDER | | 3 | 2 | 3 | 6 | 1 |
| JULIA DUNSTALL | | 3 | 1 | | 3 | 3 |
| BRIAN HOEPPER | | 1 | 4 | 3 | 3 | 3 |
| WENDY TWIDALE | | 1 | 3 | 2 | 4 | 2 |
| LOIS HILL | | 1 | 2 | 2 | 4 | 2 |
| HELEN MALAR | | 1 | 1 | 1 | 1 | 1 |
| ROB JOLLY | | 1 | | 6 | 1 | 1 |
| GREG BOTT | | 1 | | 1 | 4 | 2 |
| JAN CROFT | | | 5 | 6 | 1 | |
| BOB MORSE | | | 3 | 3 | | |
| STUDLEY MARTIN | | | | 2 | | |
| JACKY SHIELDS | | | | | 2 | 3 |
| JULIE HOLLOWELL | | | | | 1 | |
| LINDA HOGG | | | | | | 3 |
| TOTAL | 4 | 17 | 25 | 41 | 33 | 25 |



BRIAN CAIRNS ... 70 YEARS YOUNG

Here we go again !! Another “big 7-0” — they’re coming thick and fast this year! What was it about 1947?? Brian seemed very happy to be able to celebrate this milestone birthday with his club-mates. The club lashed out on a beautiful sponge cake/candles and his good friend Sue Ellis was on hand to help distribute slices of cake to his swimming pals after squad.

So, once again, the rafters shook to the strains of “Happy Birthday, dear Briiii-an” We really look forward to celebrating many more birthdays with you Brian !!

... Wendy Ivanusec



APRIL 2017 CLUB BREAKFAST

Breakfast for **APRIL** is scheduled for **SUNDAY 23 APRIL** with **LANE #1** providing the food.

... Carola Henderson



COACH'S TIPS

Freestyle

1. Extend arm forward in front of shoulder, not your face.
2. Keep head low when you breathe.
3. Tap your toes together when you kick, don't let legs split apart when you kick.
4. Doesn't matter how fit you are in other sports, very little carries over into swimming. Very different muscles and energy systems.
5. Build up long slow swims.
6. Exhale smoothly into the water which relaxes you.
7. Try to swim three times a week.

Happy swimming ... Cheers, Jan



NOOSA SWIM MEET

by Club Captains - Adrian Wilson and Helen Malar

The bright, informed and informative commentary provided by our

We were again lucky to have great officials, without whom we could not have conducted the carnival. Carola kept them topped up with drinks and nibbles throughout the day, which they appreciated.

After the disappointing meals provided in previous years, this year's meal, provided by the club, was fantastic! Thanks must go to the wonderful preparation by Carola and her BBQ chef extraordinaire husband, Bob and assistant Mick, with the terrific help of the cooks and servers from the club and our supporters. Quentin, his wife Barbara and son Jessie did a great job manning the bar!

At the end of the meet our club President, Ian Tucker, thanked all those who had contributed to the success of the day and then made presentations to each of the age group medallists, as well as the Dash-for-Cash winners, the John Konrads trophy for 200 metre events and the new Karen Martin Encouragement Award. The trophy for highest Average Points for Small Clubs went to Miami and the Large Clubs trophy went to Aqualicious. Noosa retained the Pat Mooney Trophy by winning the Aggregate Points Score

ED. . Rob Lucas had enough trouble getting down from Mackay to officiate at our carnival arriving late Friday 24/3 instead of early Thursday thanks to water over the railway line forcing the train to return to Mackay with Rob and many others sleeping on the floor of the carriages.

After our carnival, Debbie struck leaving him stranded in Noosa at his billet with Ivan & Wendy Ivanusec, unable to return to Mackay as planned on Monday 27/3. He spent Monday & Tuesday with his old Mackay mates, Bob & Olga McCausland, while Wendy underwent a medical procedure and was finally able to head off to Brisbane on Friday 27/3 where he planned to spend the weekend with his son (home on RDOs from Chinchilla) before flying out on Sunday 2/4 (grabbing the last available seat!) as road and rail transport still a "no go". It has all worked out OK in the end. Thanks a lot Rob for being such a Brit and making the most of what could have been a miserable situation!

announcer, Julie Robinson, the efficiency of the marshalling team, and the outstanding production of the race results by Brian and Kathleen, meant that competitors always knew what was happening and had the information they needed.

Our many time keepers (most of whom were family or friends of members), also did an outstanding job, which made it easy for our SAT operator and allowed the program to run smoothly.

There was one National and four State Records established provisionally at the meet including one relay.

Noosa swimmers did very well in their age categories.

Gold medals were won by Jana Clancy, Julie Hollowell, Stephanie Jones, Sam Penny, Studley Martin, Bob Morse, Rod Alfredson, Rob Jolly, Brian Hoeppe and John Havilah. Silver medals went to Jo Matthews, Wendy Twidale, Dyanna Benny, Ian Robinson, Greg Bott and Ian Tucker, while Bronze medals were won by Linda Hogg, Jan Croft and Tony Frost.

Saturday, 25 March 2017

Despite the rainy start to the day, the Club's swim meet was very successful. A number of visitors told us that they enjoyed the informal and relaxed feel to the day. All our preparations meant the carnival ran without any problems.

On the previous day, many helpers were at the pool - setting up tents, moving chairs and tables, fixing power supplies, setting up the PA system, packing programs and doing all the things needed to be ready for the big day. We could only hope that the weather wouldn't destroy our work overnight.

As people arrived they were greeted at the entrance by Robyn Mitchell and given their programs and meal tickets.

The meet got off to a quiet start with the 400 metre events.

As there were fewer entrants than in recent years, it quickly became obvious that we would not be pressed for time throughout the day.





2016 FINA WORLD RANKINGS

... Thanks, Jan

FINA World Rankings came out a couple of weeks ago
In March they list the World Top Ten from the previous year.

| | |
|------------------|---|
| Eulah Varty (82) | 8 th in the 800 free |
| Steph Jones (61) | 7 th in the 1500 free |
| Jan Croft (73) | 2 nd in the 1500 free, 4 th in the 800 free, 19 th in the 200 free |

CONGRATULATIONS GIRLS !!!
What a fantastic achievement



APRIL

| | |
|------------------------|-------------------|
| Linda Hogg | 6/04 (55) |
| Marlene Robson | 6/04 |
| Tony Frost | 12/04 (75) |
| Wendy Ivanusec | 18/04 |
| Olga McCausland | 25/04 (85) |
| Julia Dunstall | 27/04 (40) |
| Julie Robinson | 29/04 |

Happy Birthday everyone !
The more birthdays you have ...
The longer you live !!

CALENDAR OF EVENTS

| DATE | L/S C | CLUB | CODE | REGION | SANCTION | VENUE |
|------------------|-------|---|------|----------|----------|-----------------------------|
| April | | | | | | |
| 1 | LC | Atherton | QAT | North | 07/17 | Atherton Pool |
| 22 | SC | Whitsunday Warriors | QWY | North | 08/17 | Cannonvale Pool |
| 29 | SC | Yeronga | QYP | South | 09/17 | Yeronga Pool |
| MAY | | | | | | |
| 13 | SC | River City Rapids | QRC | South | 10/17 | Somerville House, Brisbane |
| 13 | LC | Rats of Tobruk | QRT | North | 11/17 | Tobruk Pool, Townsville |
| 26 - 27 | LC | Great Barrier Reef Masters Games | | | 12/17 | Tobruk Pool, Cairns |
| JUNE | | | | | | |
| 10 | SC | Rum City | QBB | Central | 13/17 | Bundaberg Swim Academy |
| 10 - 11 | SC | Clarence River | NCM | NSW | 14/17 | Yamba, NSW |
| JULY | | | | | | |
| 8 | LC | Brisbane Southside | QSM | South | 15/17 | Brisbane Aquatic Centre |
| 22 | SC | Genesis Aquatic | QGA | Sunshine | 16/17 | Genesis College |
| AUGUST | | | | | | |
| 19 | SC | Brisbane Northside | QBN | Sunshine | 17/17 | The Valley Pool, Brisbane |
| SEPTEMBER | | | | | | |
| 23 | SC | Maryborough Masters | QMB | Central | 18/17 | Maryborough Centenary P |
| OCTOBER | | | | | | |
| 7 | SC | University of Qld | QUQ | Sunshine | 19/17 | UQ Pool, St Lucia, Brisbane |
| 21 | LC | Sunshine Coast | QSC | Sunshine | 20/17 | Kawana Waters Pool |
| 21 | LC | Long Tan Legends | QLT | North | 21/17 | Long Tan Pool, Townsville |
| NOVEMBER | | | | | | |
| 25 | LC | Aqualicious | QAL | Sunshine | 22/17 | Centenary Pool, Brisbane |
| 25 | OWS | North Mackay Sinkers | QNS | Central | 23/17 | Pioneer River, Mackay |
| DECEMBER | | | | | | |
| | | | | | | |



Le Diary de Monsieur Jolie

Vendredi 10 Mars 2017

Les Championships Nationales

Mes amis ... j'adore Le swimming beaucoup. Mais 'Le relais medley' est très étrange.

Zee team Noosa, it wazz ... 'ow you say ... incroyable. Le Bob, Le Sam, Le Greg et moi. Parfait!! Magnifique!! We woz like zee 'Chippendales' ... mais avec grand IQ!!

Zee race beckonz. 'Un medal, bien sur!' Il y a 'dans Le bag'. Mais ... we muzt not 'break'.

Je suis sur 'Le block'. 'Ne pas break! Ne pas break!' ... je dis au moi-meme.

Le Bob touché! Je plonge ! Une belle action! Et ... je ne break pas!!! Yippee!! Je surface ... Je commence à 'swim'.

Quelle horreur!!! Je ne remember pas which stroke.

Faaarque!!!' cri zee team. "Monsieur Jolie fait 'Le freestyle!'"

Sacré bleu! Quel désastre! Je suis désolé! ... Nous sont DQ'd!!

... But zay forgivez moi eventuallie ... after zay utilisez zee 'red hot poker' à tattoo "Breaststroke, imbécile" sur mon pecs!

Et bien ... c'est la vie!!! Le tomorrow, c'est another jour!

Robert

word play #6

Last month's solution:

You were asked:
What is a word that is male and plural, but that becomes female and singular if you add an 's' to the word.

Clue: the original word has seven letters.

Clue: think 'fairy tales'.

Answer: 'princes' becomes 'princess'

This month's challenge:

The football club in a town in South Wales has just gained a new sponsor. To make room on their jerseys for the sponsor's logo, they decide to change the way the town's name is printed on the jersey. Ingeniously, they discover that the name of the town can be accurately conveyed in just two letters. Find this town on the map below.



... a gentle reminder ??



After Rob Jolly's recent "Fox's Paw" in the Medley Relay at Nationals ... a couple of his team mates thought they'd give us all a laugh when they presented him with this wonderful T-shirt !!



5 Reasons Swimmers Need Strength Training

by Megan Fischer-Colbrie on Mar 2, 2017

The sport of swimming has accelerated at an incredible rate over the past 30 years, particularly in the last decade. As important findings from exercise physiology research surface, swimmers and coaches have adjusted their training methods to maximise performance. Strength and conditioning training are crucial to the success of any competitive swimmer in today's arena. The type of strength training may change over time, perhaps incorporating more weights once the athlete reaches the collegiate level, but its purpose remains the same: to improve the swimmer's power, athleticism, and overall speed in the pool. Here are five major reasons to incorporate strength training into a swimmer's program:

1. Building Muscle and Bone Density

It is very difficult to build muscle through swimming alone. Despite the repetitive movements and whole body integration while swimming, muscle groups are not triggered to develop significantly. When a stress is placed on a muscle, such as the weight of your own body or a dumbbell on land, the muscle is signalled to resist the downward force of gravity by contracting. Strength exercises on land create a number of these stressors. When muscles respond, as in the lifting of a dumbbell, micro-tears in the tissue occur and cause soreness. As the body repairs these micro-tears, muscle builds up. Pulling one's body through water cannot create this stimulation for tissue growth as

much as strength exercises on land because the perceived force of gravity is reduced.

Another benefit of weight-bearing strength training for swimmers is that it increases bone density. Loading weight on bones stimulates bone tissue to develop. Female collegiate swimmers, according to a study in the Journal of Athletic Training, have the lowest bone density of a variety of athletes in different sports. Swimmers have this tendency because they spend the majority of their training in the pool.

2. Core strength

The core is critical to swimming. It maintains the correct "downhill" body position of the swimmer when horizontal to minimise drag. It enables the swimmer to accelerate faster in a turn, and carry more speed off a dive with a clean entry. Strength training often requires the integration of various muscles in complex movements, with the core at the centre of the action. In order to transfer force efficiently from one part of the body to another, you need a strong core that engages quickly. This applies to every part of your race, from the hip rotation in freestyle to the underwater dolphin kick off the wall.

3. Injury Prevention

The repetitive motions in swimming can lead to chronic injuries. Strength training varies your patterns of movement and challenges your muscles to learn new exercises. It can target areas left underdeveloped by swimming and relieve some of the

demand placed on more stressed muscle groups. Stronger muscles also help distribute force correctly, putting less strain on joints, tendons and ligaments.

4. Learn Correct Biomechanics

Especially with weight lifting, the athlete must learn correct body position for a variety of exercises. This requires focus, muscle recruitment, and coordination. Swimmers develop better posture through core engagement and upper body strength, which helps improve breathing in the water. Balance and stability improve with single-legged exercises and strengthening of large muscle groups.

5. Generate More Power

Strength training develops power unmatched by any power training a swimmer can do in the pool. Once the athlete develops a baseline level of strength, there are countless exercises that can be done in quick bursts of energy. Explosiveness develops well on land, where the athlete has a harder surface to push off of. Squat jumps, lat pull-downs, and push ups are just a few of the exercises that develop power for the pool.

Strength training for swimmers is critical to their development. It challenges the athlete to execute new movement patterns under a greater load than in the pool. Athletes tap into new sources of power and speed on land, translating to greater performances in the water.

ENDURANCE 1000 REPORT- March 2017



**National Endurance Trophy 2016
presented at Nationals
in March 2017**

Overview

Endurance momentum is building as the weather cools down! We had a great turnout last Tuesday and expecting from here on for all members to start their endurance program with vigour.

The extreme heat and humidity of the long summer has made it difficult to swim distances in the pool, but from here on its all go. If you would like to complete an endurance swim outside the normal timeframes please contact Tricia or myself. We will always be able to arrange a timer.

Jane and Linda's "Dawn Swim"

It was just sensational. Is there anything more enduring and memorable than to swim endurance as the dawn is breaking. There were a number of swimmers who swam longer distances which was also great for our points tally. We had a lovely breakfast afterwards. If you missed out on this one, Jane is also considering organising a "Twilight Swim".

Goal for the year

A minimum of 200 points for every able swimmer.

Tuesday swimming

If you are going to complete a long swim on any Tuesday morning (anything above 800m), please come early. If you can get poolside

by 7.15am it makes Marcia's role much easier to coordinate lanes and swimmers.

Quote for the month

"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level".

... Elka Graham

Endurance interview

The following is an interview with Adele Tucker. Adele has become one of the club's top endurance swimmers.

To attain that position Adele has had to master those disciplines that have never been her favourites, and then strive to set PB's through sheer perseverance and effort.

Hi - my name is Adele Tucker ...

Many of you will already know me as I have been a member of Noosa Masters Swimming Club now for over 4 years.

I grew up in the North Island of New Zealand in a small country town called Matamata. My parents where dairy farmers so I had a very privileged upbringing living on a farm. Loved being a farmer's daughter especially helping Dad in the cowshed milking cows and feeding calves. I always had a calf entered in our local show every year. Unfortunately, my success at showing calves is a little like my swimming, always coming second, never getting the gold/blue ribbon- but it never stopped me from trying!

After leaving school at age 16 I helped Dad on the farm until I managed to get a job in the local solicitor's office which is where I received most of my training and ended up becoming a paralegal. School was never something I enjoyed!

Ian and I met in Matamata and went travelling together in 1979. Spent 2 years living in London then decided to head back home. We had a little stopover in Sydney on our way and decided that Sydney was a pretty neat place and ended up spending 33 years living there. Two of our three

children were born in Sydney (one of them being born in New Zealand).

On a weekend trip to Noosa back in 2003 we decided "wouldn't this be a nice place to retire to" and, in that same weekend, bought a house in Allambi Tce which we rented out for 9 years before heading North permanently. The old house was subsequently knocked down and we built our dream home. Haven't regretted the move and love the lifestyle Noosa provides for us.

Since joining Noosa Masters I have been involved in the Endurance Programme which I love, mainly because I swim against myself and try my hardest to improve my times each swim. One of the biggest highlights has been an improvement in my freestyle (with which I have always struggled) and breaststroke. I feel very comfortable with swimming backstroke and practice fine tuning my techniques especially whilst swimming the long distances. I think the best achievement so far in Endurance has been taking 2 minutes off my 1 hour breaststroke.

One of the most amazing things for me since joining Masters was a trip some of our members went on in 2014 to compete in the World FINA Masters Games in Montreal, Canada. SO out of my comfort zone it wasn't funny but managed to compete in 200, 100 and 50 backstroke ... all PB's. The comradeship experienced on that trip was truly wonderful and the support we each gave to one another was very special. Hoping the World Masters Games in New Zealand will be the same next month.

I would encourage any new and existing members to get involved in the Endurance Programme as it helps with your fitness and, if competing, improves your times (for me anyway).

It has been a pleasure being involved thus far and hope to better those times even more this year

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576
quentinlee1957@gmail.com

Please support our sponsors

| | |
|--|---|
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(*) Noosa Bookshop is moving to the new address above – just five shop fronts along from the present arcade.

Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Tony Frost

Tel: 0437 024 154