

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

MARCH 2023



Back row L-R : Brian Hoepper, Julie Bott, Jacky Shields, Linda Hogg, Rod Alfredson, LiQun Hussey, Bob Ashwell
Front row L-R : Lois Hill, Wendy Ivanusec, Anne Besser, Helen Malar, Greg Bott (President), Liz Alfredson (Official)
Jo Matthews, Viv Merrill (Official), Adrian Wilson, Robyn Selby.

HIP-HIP-HOORAY AT HERVEY BAY !!

Hervey Bay Humpbacks Long Course Meet – Saturday 11th March

Fifteen swimmers and nine partners headed to Hervey Bay for the weekend which commenced with twenty-two of us attending the pre-swim annual dinner at our usual venue Santinis Italian Restaurant ... carb loading, alcohol loading (oops!) .Delicious food and quite a few bottles of Italian Reds (that's wine not tomatoes) were consumed!

Accommodation places ranged from Charlton Apartments on the Esplanade with Lois, Helen, Wendy I and Robyn sharing the 3rd floor 80s style Penthouse which was large enough to throw a party for 100!

Complete with its own bar (un-stocked of course) until we all arrived with our weekend supplies.

The Beach Motel was again popular as was the Discovery Park's varied accommodation – all three within walking distance of the restaurant, breakfast cafes and the Torquay Pub.

Saturday racing was very relaxed - no great times swum - must have been the warm pool water, definitely not the pre-race liquids! Surely?

However... Team Noosa managed to hoist the Large Clubs Trophy and Robert Ashwell won \$50 cash by swimming closest to his nominated time in the 200m IM by .07s.

Great swimming on the day by Robert (I don't think he was at the dinner Friday night!!! Maybe this was why he swam so well).

Four Noosa swimmers achieved 1st places in their age groups – LiQun Hussey, Jo Matthews, Brian Hoepper and Robyn Selby (who won 5 races on the day as well as earning a place in the Dash for Cash – 6 swims ... awesome Robyn.!

2nd places went to Robert Ashwell and Lois Hill with Helen Malar and Jacky Shields also tying for 2nd place.

3rd places went to Linda Hogg, Greg Bott and Anne Besser.



Julie Bott also earned a place in the Dash for Cash and was just beaten by a much younger swimmer whom we all thought should have had a bigger handicap!

Lois was interviewed by the local Channel 7 News – ‘celebrity of the day’ and it was great to catch up with LiQun and John Hussey who travelled down from North Queensland just to swim and socialise with us all at Hervey Bay.

Thank you to Liz Alfredson and Viv Merrill, our wonderful Officials who spent the day in the hot sun.

Thanks also to our supporters who came prepared to time-keep, only to find Hervey Bay had, very efficiently, organised the Hervey Bay Outriggers to man the stop watches for the day.

Presentations and a BBQ poolside followed the day of racing. A while later quite a few of the team met up at the Torquay Hotel for dinner in the evening which turned out to be quite a long session! Breakfast at Bayorama Café Sunday morning finished off a great weekend of Fitness, Fun and Friendship.

... Helen Malar

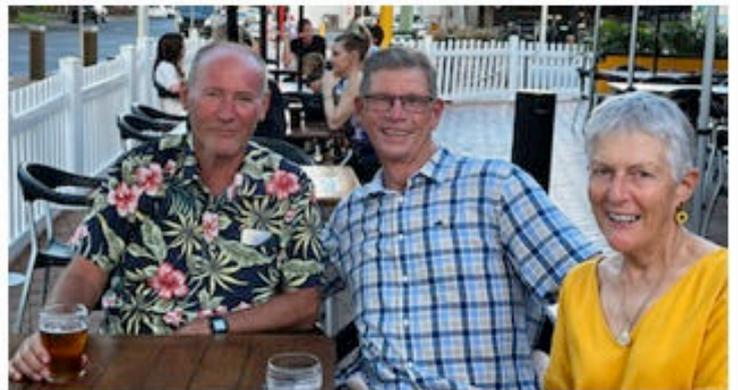
Friday evening at Santinis



Saturday at the pool



Saturday night at the Torquay Hotel



Three Noosa Masters Swimmers swam in Memorial swim

... by Tony Frost

On Sunday, 5 March perfect conditions greeted the 99 Noosa Heads SLSC members for their Annual Memorial Swim, 20 years for Skyhooks front man, Shirley Strahan, and Bruce Warren, former competition team manager of the Surf Club and past Vice President of Noosa Masters Swim Club, who passed away seven years ago.

The scenic course from Little Cove, then northwards towards the groin wall, before returning to in front of the Surf Club.

Swimmers ranging in age from 11 to 80 years, demonstrated that the Surf Club members were able to master swimming as well as other life saving requirements to protect the public whilst they enjoyed their visit to Noosa.



Stephanie Jones

Stephanie Jones had an amazing swim, finishing third in the female division, behind 21 year old Electra Outram and 17 year old, Lola Gibbs-Beale, both members of the next generation of surf life saving.

Brian Cairns and Tony Frost both demonstrated that you are never too old, even if in slow motion.

A memorable swim for a good cause. Two guys who offered so much and departed too soon.



Bruce Warren



Shirley Strahan

University of Queensland Short Course Meet - Sunday 5th March

... by Helen Malar



Due to a 6-day gap between the UQ Meet and the Hervey Bay Meet, only one Noosa Masters swimmer attended UQ – our short course specialist and sprinter - Ian Robinson.

Ian was very pleased with his racing. He broke the Queensland 25m Breaststroke record in 15.88s. This record had stood at 15.92s since 2015. Congratulations!!

Ian was also only a couple of hundredths off the 50m and 100m Breaststroke records as well. Also, a PB for the 200m Breaststroke in a time of 3.00.67s.

Awesome swimming!!

I asked Ian to comment on how the system of Men racing Men & Women racing Women went. Didn't bother Ian, but a few of the women he spoke to preferred racing against the men! Ian is busy coaching in Brisbane so not able to attend States or Nationals but hopes to race at the Barrier Reef Games in Cairns in May.

Points to ponder

1. There's enough graphite in one pencil to draw a line 56km long.
2. Rhythm is the longest word in the English language without a vowel.
3. The Eiffel Tower grows 15cm higher in the summer (as heat makes the steel expand).
4. The letter Q is not featured in the name of any of the 50 US States.
5. Most savoury snacks have a random shape but not Pringles. They are hyperbolic paraboloid-shaped.

Noosa Masters Swimmers Volunteers at Noosa Ultra Trail Event

... by Mark Powell



On Saturday, March 25, Noosa Masters Volunteered a total of 68 hours at Water stations 1 and 4

Our work involved delivering some equipment and setting up the water stations
Water Station 1 was active from 6 am until 10 am (5 volunteers)

Water Station 4 was active from 8.00 am until 9.30 pm (13 volunteers) in rolling shifts of 3-4 hrs

The day was hot and humid so many runners were challenged by the conditions with high demand for water and other hydration supplies.

We were only stocked with water although later in the day left over supplies from other stations were delivered to Water Station 4. (Coke, Electrolytes, fruit).

We did not have any significant incidents or injuries to report or deal with.

We assisted several athletes with minor chafing and abrasions that they treated themselves but we provided water to rinse affected areas.

At WS 4 we had 3 athletes withdraw and record their details with us with one other athlete withdraw at WS 4 but reported to Event HQ on his return to the Start Finish.



At the end of the shifts both WS were bumped out completely save 2 items left at WS 4 - being one Wheelie Bin of rubbish and 1 x Light tower

All other items were returned to Event HQ where Jane and I finished the evening with a refreshing adult beverage!

So Daffy Duck and Elmer Fudd break into a distillery. Daffy turns to Elmer and says: "Is this Whiskey?"

Elmer says: "Yeth but not as whiskey as wobbing a bank!!"

I have an idea for a chain of Elvis steak houses. It will be for people who love meat tender.



FREESTYLE TIPS

Well, with our Coach committed to the State Championships in Mackay, your Editor plagiarised some freestyle tips. Hope they prove useful !

“Actively streamline” the body throughout the stroke cycle through a focus on rhythmically alternating “streamlined right side” and “streamlined left side” positions and consciously keeping the body-line longer and sleeker than is typical for human swimmers.

Think of swimming freestyle as swimming on alternating sides, not on your stomach.

Penetrate the water with your fingers angled down and fully extend your arm well beneath your head. Extend it lower and further than you think you should. This downward water pressure on the arms will bring your legs up and decrease drag. It will almost feel like you're swimming downhill.

Focus on increasing stroke length (SL) instead of stroke rate (SR).

Attempt to glide further on each downstroke and decrease the number of strokes per lap.

Stretch your extended arm and turn your body (not just head) to breathe.

Most useful :

Focus on keeping your lead arm fully extended until your other arm comes over and penetrates the water around the extended arm's forearm.

This encourages you to swim on your sides, extends your stroke length, and forces you to engage in what is referred to as “front quadrant” swimming. All good things.

This one exercise cut an additional 3-4 strokes off each lap of the writer's freestyle.

... Ed



April 2023 ...

Linda Hogg
Connie Page
Tony Frost

06/4
09/4
12/4

Wendy Ivanusec 18/4 (Big 80)
Terry Parkes 23/4
Melissa Travers 25/4

At your age you need glasses ... and plenty of them !!



March Birthday Boys!

Bruce & Shane ... this is what a HAPPY birthday looks like !!

But what a schmozzle!! What a stuff-up, some would say ...

Mick assumed responsibility for the procurement of the birthday cake, ordered it, but forgot to collect it on the Saturday before our Sunday swim on 25 March when a huge crowd was expected before our swimmers headed off to the State Championships in Mackay. This particular bakery must be the only one on the Sunshine Coast not to open on a Sunday (morning at least)!!

Not to be deterred, a plan was put in place to have the cake on Tuesday after Endurance - however only one of the two birthday boys showed up that day, so the celebration was deferred until Thursday! Mick was starting to stress ... what to do about the cake??? The bakery said it could be frozen successfully ... very

knowledgeable female cooks said 'NO' ... yet another expert was concerned about possible health risks ... much discussion ensued and finally it was agreed that risks were minimal as the cake was completely sealed by the rich ganache covering it and it had been refrigerated the entire time ... so a decision was taken to proceed on Thursday when both lads and a good crowd would be in attendance, altho' a good number of the cake lovers had departed for the State Titles by Wednesday. However the remainder were in good voice and produced a rousing rendition of “Happy Birthday to you ...” and the cake was deemed delicious by all and sundry! Ah, well ... all's well that ends well !!

The truth about women our age



We've seen it all. We've done it all. We've been around the block. We're living large. We're so in charge. Old ladies? What a crock!

We've just begun to have our fun! We've earned each little wrinkle. Say it loud! We're downright proud, and when we laugh, we tinkle.

Real women feel it's no big deal to add another candle- We're old! We're bold! We're solid gold... There's nothing we can't handle!

80th Birthday (s) Celebration !!

by *Melissa Travers*

On Saturday 18th March, Noosa Master Swimmers gathered at Robyn's place for an amazing event. We came together as one to celebrate the 80th birthdays of Wendy, Rob, Lois, Tricia and Jan. Five amazing people who have been fabulous club members, friends and brilliant swimmers.

Together, they have brought decades of laughter and wisdom to the world and spent years living life to the fullest and always seeking adventures. They have inspired everyone who crosses paths with them.

Brian graced us with an amazing speech, and we all had an opportunity to hear of our eightyeth's accomplishments, achievements and successes. We acknowledged their OBE's and were amazed at Wendy's poem - such astuteness !!!

As Brian reminded us, turning 80 means the beginning of another year with a full eight decades of wisdom behind you!

We raised a glass or three to celebrate the sunsets and sunrises, joy and laughter of their 960 months of life!

Thanks to all who were involved in the celebrations, organisation and food contributions, but especially to Robyn for opening her heart and home to us all once again.

So ... Happy 80th birthday (in date order) Lois Hill, , Jan Croft , Wendy Ivanusec, Rob Lucas, and Tricia Chalmers.

Congratulations on being old enough to remember when today's vintage cars were the newest cool models ... and - to us - you are all Classics !!



Greg and Julie Bott



Julie Bott, Brian Hoepfer



Wendy Nothdurft, Linda Hogg



Sally Johnson, Ivan Ivanusec



Wendy I.



Lois Hill, Jan Croft, Wendy Ivanusec, Rob Lucas, Tricia Chalmers

80th Birthday(s) Celebration !!



80th Birthday(s) Celebration !!



ENDURANCE 1000 REPORT

March 2023 – by Jane Powell



At this point, a quarter of the year nearly over, our Endurance Program is being enjoyed by over half our members, and we are well on the way - over 4000 points - to a similarly successful year as last year. Our average of 20 swims each Tuesday morning continues, along with members swimming at other times which suit them.

Denise de Carlo and Terry Carter are beavering in the background, ensuring everything runs smoothly, from availability of spare stationery, to data entry on the Masters Swimming Australia website: our Recorders.

Our rotating team of Deckies are there each Tuesday to manage swimmers, timers and lane allocation. Be kind and patient; help out if you can. It can be a challenging juggle!

Endurance swimming is a team effort. If you don't want to swim, please come along to time swimmers and enjoy the fellowship on the pool deck.

Neither Denise nor Terry is required on the pool deck as a Recorder, but will enter data in a timely manner from a place suitable to her.

Swimmers can record their own swims in the Completed Swims book, or a helpful DRY person might do this for them!

The book is then photographed and the image emailed to Denise, who is travelling currently, until September... or to Terry, during April particularly.

Swimmers are encouraged to take more responsibility for their own log books/record keeping. (Your individual black folders). I will audit the black folders in early April to make sure you are all on track, so please leave them in the green filing cabinet to allow me to do this.

Don't forget the Endurance Buddy WhatsApp group ... if you want to swim or have some spare time, reach out on it please!

At all times the focus of Endurance swimming will be on - 'Fun, Fellowship and Fitness' ... safety, respect, mutual encouragement and support go hand-in-hand with our mantra.

... Yours enduringly,
Jane

NB: Tuesday April 25th there will be no formal Endurance swimming. The pool is only open from 1pm to 5pm for ANZAC Day. BUT Sunday April 30th is the fifth Sunday this month so instead of our usual squad, we will be running an Endurance program in our booked lanes.



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
APRIL							
2	OWS	MSQ State Championships - OWS	MSQ	Central	Q5/23	n/a	Pioneer River, Balnagowan
18-22	LC	MSA National Championships	MSA	TAS		Yes	Hobart Aquatic Centre
MAY							
25-27	LC	Great Barrier Reef Masters Games	MSQ	North	Q6/23	Yes	Tobruk Memorial Pool, Cairns
JUNE							
17	SC	Brisbane Southside Masters Meet	QSM	South	Q7/23	Yes	Brisbane Aquatic Centre, Chandler
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.

Our valued sponsors



Sunshine Beach



Noosa Branch



Vorgee Queensland



Noosa Junction



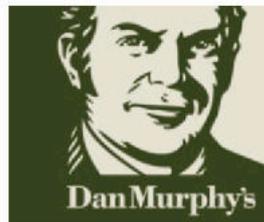
Noosa Junction



Department of Sport
and Recreation



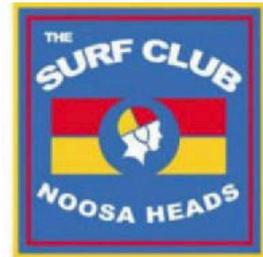
Noosaville



Noosaville



Noosa Junction



Noosa Heads



Noosaville



Noosa Junction



Noosaville



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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