

CHALLENGERS' CHATTER

MAY 2015

POWERING FOR PAT !!



Saturday, 16 May, 2015, the day of our ANNUAL CARNIVAL. Meticulous preparation by our committee under the guidance of Meet Director, Brian Hoeppe, and Meet Manager, Ian Tucker.

So many to thank for those who did the many tasks before the big day .
RAFFLE - collecting & wrapping the prizes (Adele, Sandy & helpers) .
PROGRAMME— preparation and collation (Brian H, Linda & helpers)
TENTS -the necessary erection on Friday (Bruce, Grant, Ian & Bob, to name a few)

A cool, sometimes wet & windy day for our annual meet but with 21 Clubs & 137 competitors, the day was an outstanding success. We had competitors from as far north as Mackay & as far south as Hobart, Tasmania

45 Noosa swimmers nominated for events on the Saturday and postals prior, a few late scratchings from Saturdays field after being declared unfit by stewards :

Bruce Warren (still suffering the effects of a piano falling on his back during Jan's tapering session on the Thursday prior), Barry Lloyd having been hospitalised with a " spot on the lung ", and Joe Gilbert, following his posterior having a sudden collision with the floor below. ... the great news, all three have since been declared fit to resume swimming duties.

NOOSA swimmers : Jessica Watt Hine, Jana Clancy, Julia Dunstall, Clinton Stanley, Grindle Rudder, Jessica Tye, Anne Gripper, Fergus Bell, Studley Martin, Adele Tucker, Jane Powell, Quentin Lee, Wendy Twidale, Helen Malar, Jacky Shields, Dyanna Benny, Deirdre Mooney, Mary Lester, Marcia Kimm, Mark Powell, Ian Tucker, Adrian Wilson, Lynette Clemitson, Robyn Selby, Bardie Gruber, Bob Morse, Rod Alfredson, Brian Hoeppe, Jan Croft, Lois Hill, Wendy Ivanusec, Tricia Hughes, Terry Mortimer, Ian Mitchell, Rob Lucas, Grant Scotcher, Barry Lloyd, John Havilah, Geoff Lander and Bob McCausland.

CONGRATULATIONS to the 16 Noosa swimmers who medalled in their respective age groups:

30-34 girls	Jana Clancy	Gold
35-39 girls	Julia Dunstall	Gold
40-44 girls:	Grindle Rudder	Bronze
45-49 girls	Jessica Tye	Bronze
50-54 boys:	Fergus Bell	Gold
60-64 girls	Wendy Twidale	Gold
	Helen Malar	Bronze
60-64 boys	Mark Powell	Silver
65-69 boys	Bob Morse	Gold
65-69	Lynette Clemitson	Bronze
70-74 girls	Jan Croft	Gold
	Lois Hill	Silver
70-74 boys	Terry Mortimer	Bronze
75-79 boys	John Havilah	Gold
80-84 boys	Geoff Lander	Gold
85-89 boys	Bob McCausland	Gold

The sponsored events again proved to be popular, with generous prize money up for grabs.



These events gave ALL swimmers an equal opportunity to be a winner, the results determined by the swimmer CLOSEST to their nominated time.

WINNERS :

NOOSA BOOKSHOP	100m frees (\$100)	JAN CROFT (Noosa)	+ 00.10 secs
PRICELINE PHARMACY	50m back (\$100)	CHRIS MILLS (Barbarians)	+ 00.05 secs
BOQ NOOSAVILLE	50 m fly (\$100)	EMMA MAXWELL (Qld Uni)	+ 00.04 secs
SCOOTER STYLE	50m breast (\$100)	NATHAN MEADE (Redlands)	+ 00.19 secs
HINTER-COAST TRANSPORT	-4 x 50 m mixed medley relay (\$120)		
... Team closest to National Record		Qld Uni Team :	+ 22.81 secs
RACV NOOSA RESORT	50 m free (\$200)	VIV OAKES (Hervey Bay)	+ 00.04 secs
THE REAL WINNER : 4 x 50 m freestyle HANDICAP relay without breaking > 2 secs			

A great race and lots of fun to watch.

FIRST:	The "J " Crew	(\$ 100)
SECOND:	Noosa Notables	(\$ 80)
	(Mark Powell, Julia Dunstall, Bob Morse & Ian Tucker)	
THIRD:	Tail Spin	(\$ 60)

TROPHY WINNERS

The JOHN KONRADS Trophy for 200 m freestyle,
 Time closest to nominated time for age and selected stroke SAM MILLER (Hervey Bay) 2:55.13
 Target 2:55.00

NOOSA HEADS SLSC Trophy for highest average points for Clubs 4-9 competitors : QLD. UNI
 NOOSA HEADS SLSC Trophy for highest average points for Clubs 10+ competitors : NOOSA

(Large Clubs average point score (Noosa)with an average of 40.90 closely followed by Aquaticious with 40.10)
 PAT MOONEY TROPHY, honouring our late President and friend, Pat Mooney,
 - for club with the highest points achieved for all events at carnival : Winner NOOSA.

THANKS to ALL the Meet officials:

Meet Director	Brian Hoeppe
Meet Manager	Ian Tucker
Referees	Rob Lucas, Derek Coghill & Ray Smythe
Starter:	Terry Major
Chief Timekeeper	Viv Merrill
Chief Marshall :	Ken Bensted
Announcer	Russell Krause

Also thanks to ALL the timekeepers, Carola for continually providing refreshments to officials, Sandy & Kerry who sold so many raffle tickets, Damien who catered for our after carnival meals, St. John's Ambulance for attending to minor injuries (Bob McCausland can attest to this ...), and to the NAC lifeguards.

The meet finished with a BBQ supplied by the NAC Café followed by presentations. In summing up at the presentations, Club President, Ian, thanked all Clubs for travelling to Noosa to help make our carnival a great day, and congratulated all winners, especially NOOSA for winning the coveted PAT MOONEY Trophy, presented to him by Dee Mooney

WELL DONE to the many willing members and our sponsors who contributed to a marvellous outcome.

WE POWERED FOR PAT!!!

... Tony Frost

As it was poolside ...





WINNERS ARE GRINNERS !!



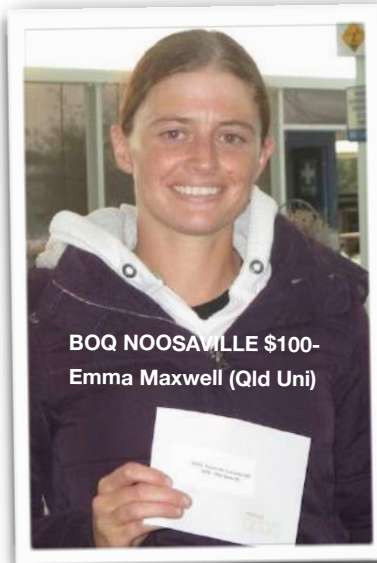
A wonderful day of swimming and celebrating of great achievements (both in and out of the pool) by all our club members and supporters including all our wonderful sponsors who, year after year, support our club. Thank you Helen Malar (Club Co-Captain)

The following records were set at our meet
(subject to ratification).

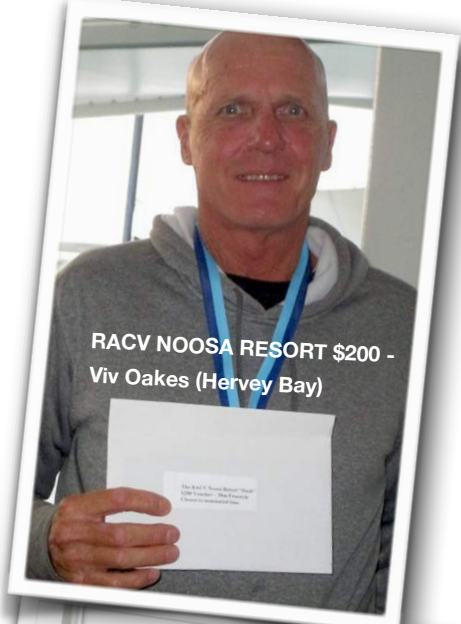
400 Back	Martin Banks	QUQ	M47	5:23.77
800 IM	David Mission	QTT	M77	20:17.72
800 Breast	Trudy Ford	QBB	W55	15:37.67
50 Breast	Christina Scolaro	QUQ	W47	37.16
800 Breast	Christina Scolaro	QUQ	W47	14:13.35



SCOOTER STYLE \$100-
Nathan Meade (Redlands)



BOQ NOOSAVILLE \$100-
Emma Maxwell (Qld Uni)

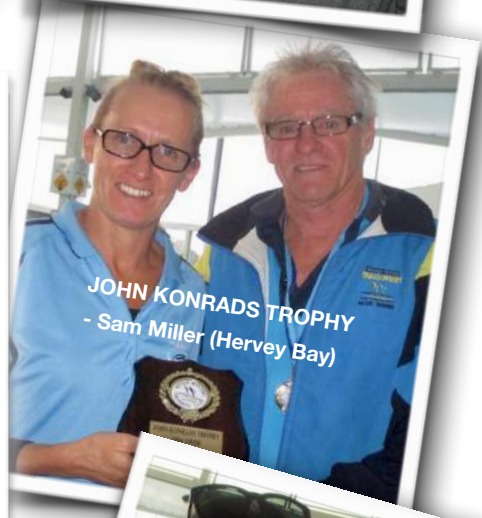


RACV NOOSA RESORT \$200 -
Viv Oakes (Hervey Bay)

NOOSA HEADS SLSC
SMALL CLUBS TROPHY
Qld Uni



REAL WINNER RELAY 2nd
\$80 'Noosa Notables'



JOHN KONRADS TROPHY
- Sam Miller (Hervey Bay)



REAL WINNER RELAY 3rd
\$60 'Tail Spin' (Redlands)



Kerryn & Lars brought Hudson to
his first ever - swim meet

Noosa Ultimate Sports Festival Open Water Swim Results

Several Noosa Masters participated, some opting to wear wet suits. Superhuman efforts by two septuagenarians, Jan and John, who mastered the 3.8 (4.2km) swim

3.8km

Female	Jan Croft	(70-79yrs)	1st	1:04.09
	Grindle Rudder	(40-49yrs)	8th	1:06.20
	Wendy Twidale	(60-69yrs)	5th	1:24.00
Male	Ian Tucker	(50-59yrs)	12th	1:04.33
	John Havilah	(70-79yrs)	1st	1:23.08

2km

Female	Steph Jones	(50-59yrs)	2nd	37.18
	Julia Dunstall	(30-39 yrs)	4th	38.57
	Lols Hill	(70-79yrs)	1st	43.22
Male	Studley Martin	(50-59yrs)	23rd	42.00

1km

Female	Jana Clancy	(20-24yrs)	20th	24.00
	Lynette Clemitson	(60-69yrs)	4th	24.33
Male	Tony Frost	(70-79yrs)	1st	22.01

Handicap Competition Cooling Off

After talking to a number of people, the organisers of the club's Handicap Competition agreed that it would be too cold to conduct further rounds after the April event.

Although the water temperature was OK, it was just too cold to stand around at 8 a.m. in wet swimmers waiting for your next race.

As it currently stands, the *Old Fogey*s are the leading team while Terry Mortimer, Ian Mitchell and Tricia Hughes fill the first three places on the Leader Board. The competition will continue with Round 5 in early October.

Greetings from France ...



Whilst Pup Clarke's first XI was giving Brendan McCullam's Black Caps a cricketing lesson at the MCG before 93,013 screaming spectators in the WCC final, Rob was quietly going about what he does best - at Rennes, a beautiful town west of Paris. He was there as a competitor in the French winter short course championships. Starting with his pet event, 50 metres BREASTROKE, Rob entered the water for flying start, only to have his goggles dislodge, ending up over the lower part of his face, not easy for a sprint event. The 65 year old winner was only 0.7 seconds outside the WR with a time of 33.97. The French have perfected the "frog kick". Slightly flustered by the mishap in this event, Rob prepared for the 100 metres freestyle (4 laps), this time having a "senior's moment", not fastening the draw string on his Speedos. Alas ... another dive ... another problem. This one around his knees. After several re-adjusting hitches throughout the first three laps, the final lap revealed all. This "bare-butt swimmer" sprinted to the finish, with roars of laughter from the crowd and smiles all round from the timekeepers. We trust that they remembered to STOP their watches. Thank Goodness that Rob is not a backstroker! We're all awaiting Rob's return in Spring to reveal his version of events. Thanks Rob, you certainly took the Aussie Masters motto to France ... FUN, FRIENDSHIP & FITNESS. Rob is continuing his swimming journey in France, competing in the Vichy swim meet next weekend 6-7 June - an opportunity to catch up with Tom & Marlene Roberson, members of the host club. Hopefully, we will have a report for next months Challengers' Chatter.

ANZAC DAY, 25 APRIL, 2015

100 years since our troops landed on the beach at Gallipoli, an ill-fated attempt to attack the Turks who were waiting at the top of the sand dunes, potting off our soldiers like flies!

Several of our Noosa Masters swimmers have friends and/or descendants who fought for their country overseas in either the two World Wars, Korea, Vietnam, Iraq or Afghanistan. Such were their sacrifices that those who returned home rarely spoke of their terrible experiences.

Two of our members participated in one of hundreds of remembrances around our nation on 25 April - Clinton in the Sydney suburb of Kingsgrove and Tony in the Sydney city march. Clinton and Tony relate their experiences ...

My Anzac- My Hero- My Grandad

My Grandad's long army career started as a stretcher bearer. He spent many months of training before he was sent to New Guinea where he fought the remainder of World War II in 6th Battalion. This was not to be the only war he served in. In 1965 at the age of 42 he served in Vietnam for eighteen months in 1st Battalion.

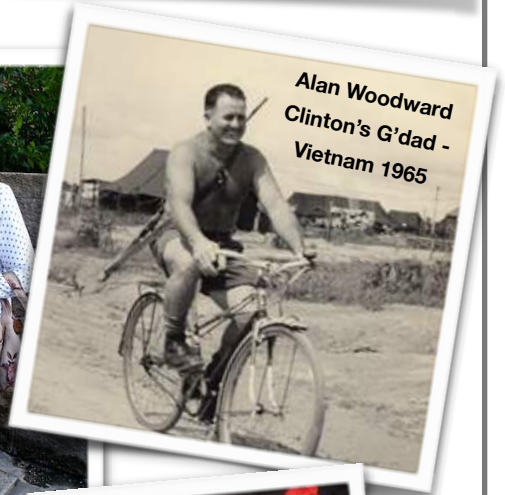
My Grandad was also an exceptional swimmer, earning his Bronze Medallion which my Nanna lovingly gave to me. Nanna has always said my swimming ability was gifted to me by my Grandad. He was always very proud of me and on occasions he trained me in the river at Iluka NSW where my Grandparents lived after they retired.

This Anzac Day was truly a memorable and special day for our family. We all meet in Sydney and marched and laid a wreath on the cenotaph for my Grandad who passed away 4 years ago on Anzac Day, his special day. I will never forget the love he gave me and all the happy times I spent with him. My Grandad and Nanna were married for 67 years a testament of their love for each other. He will always be my hero.

... Clinton and Sue Stanley



Clinton with
G'ma Joan (91)



Alan Woodward
Clinton's G'dad -
Vietnam 1965



Tony Frost with his son, Tim, and grandsons, Dustin & Brock

Tony Frost travelled to Sydney to march in the city's main Anzac Day parade with his son & grandsons, honouring Tony's Dad, who served in WW2 with Royal Australian Engineers 7th Division AIF, where he served as an Officer, with rank of Captain. Their primary role was building bridges in PNG & Solomon Islands. A very meaningful occasion, laying a wreath at the Martin Place cenotaph and marching along George Street with an appreciative crowd of 250,000.

Tony's mother also served in Army, as a nursing sister, only to be discharged because she married on 26 April, 1941. This turned out to be very fortuitous, especially for Tony (who would otherwise not be here today), as his mother's fellow medical staff were later assigned to the Hospital ship, Centaur, sunk by the Japanese off Caloundra!

... Ed

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 - franandadrian@gmail.com or hmalar@bigpond.net.au

6-7 June - (long weekend) Clarence River (NSW) - It really is a fun weekend with two days of swimming, finishing with a presentation dinner and entertainment, trivia quiz. One highlight of the weekend is our State of Origin Shootout Relay. NSW versus QLD, the blues and the maroons, head to head! It really is such a lot of fun and worthwhile coming to see this alone! By all accounts it's a very popular swim meet and needless to say, the relay is a highlight. It's a great opportunity to spend a long weekend in a lovely part of NSW.

The details are on the NSW web site:

<http://mastersswimmingnsw.org.au/Competition/Events/Events/clarence-river-bps>

13 June - Rum City (Bundaberg) - entries close 2 June 2015

24 Sep - Duck Creek (Lismore)

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



FINAL REMINDER
Bundaberg entries close
Tuesday 2 June

MSQ Calendar of Events

JUNE						
13	SC	Rum City	QBB	Central	10/15	Bundaberg Swim Academy
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	Caribae Rocky Crocs	QRH	Central	17/15	
25	OWS	Caribae 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 ...



Herewith is an extract from Wayne Goldsmith about distance per stroke (DPS) and power and pressure.

DPS is important for every swimmer, but it is more about feel than force.

The critical part of developing a long stroke is learning how to maintain pressure throughout your stroke. This means feeling the pressure points to allow you to apply real power the right way, in the right place and at the right time

Remember fast strokes are good, long strokes are good, fast and long strokes are perfect.

Happy swimming ...

Cheers, Jan

BRUCE and SANDY'S ANNUAL BASH

Hat Party - Sat. 23rd May

A great night was had by allWhat can we say?? Once again HUGE thanks to Bruce & Sandy Warren for opening up their home to club members, partners, neighbours (no noise complaints there!!) and the 'odd' friend. So much preparation and work in organising not only tables, chairs, glasses, music, etc but also co-ordinating the food and extending such warm hospitality to all. AND it didn't stop them turning up to volunteer at the Ultimate Sports Festival on the Saturday morning of the party !! AND the cleaning up next day !! Everyone is in AWE and sincerely grateful to you both!

Everyone got into the spirit of the occasion and dressed up in 70's gear, except one of our members who got the themes for food (UK) and dress (70's) confused and came as Princess Catherine with her new baby !! She won't live that one down will she?? Congratulations to best dressed (male) Adrian Wilson and (female) Sue Lloyd ...blondes have more fun, don't they???

A picture tells a thousand words !!! So here are a few ...



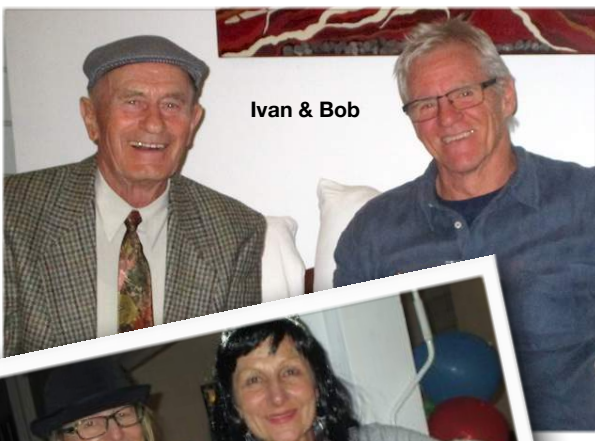
The winners, Adrian & Sue with Ian Tucker



The workers !!, Terry, Sandy, Kay



Quentin, Adrian & Richard



Ivan & Bob



Jane Powell & Di McFarlane (aka Princess C)



Barry & Sue , Linda, Diana, Helen, Fran, Robyn

BRUCE and SANDY'S BASH



Above Jacky & Helen



Above: Di, Lois, Jeff, Quentin, Barbara,



Right: Tony, Trevor & Dee, with Colleen & Jim Kneale (neighbours)



Above: Sandy & Ian

*Right: Kenny, Ian & Gillian
Below: Genevieve Adele & Karen*



Below: John & Leslie Hordyk were a blast from the past !!



Volunteers 23rd and 24th May Noosa Ultimate Sports Festival

Once again there was terrific support for volunteers for Saturday and Sunday of the Sports Festival.

We had 21 volunteers who worked very hard on Saturday at the gear tent and on the beach.

Sunday was particularly hard to attend after our Masters social night at the Warrens, however 8 hardy souls

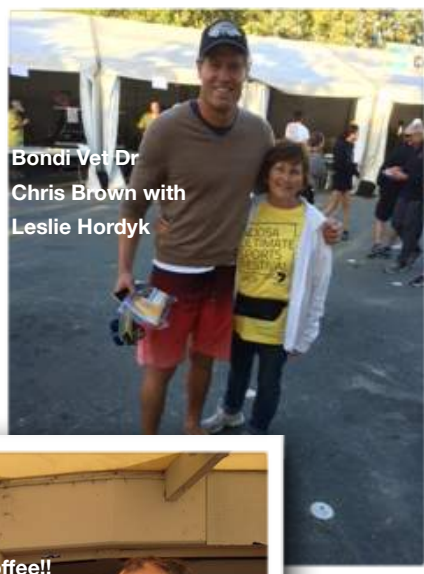
bravely appeared in the cold and light rain at 5:30am to help along Gympie Terrace, so a special thank you to those brave bodies. I hope your toes have thawed out by now....

I am waiting for IRONMAN to inform us of the amount that our club raised through our volunteering and will let you know as soon as the money is received.

IRONMAN regards our club as one of their most reliable, supportive and willing clubs. This is reflected in the amount of freebie towels, tops etc that they have given to us.

Thank you for a great effort

... Robyn



Bondi Vet Dr
Chris Brown with
Leslie Hordyk



We all felt very virtuous over coffee!!



The beautiful sunrise made it all worthwhile!

Noosa at Albany Creek



On the day before the Albany Creek swim meet everyone was wondering whether the weather would clear up to allow the meet to proceed. An “east coast low pressure system” was making its presence felt, dumping record amounts of rain along the coast. Fortunately the Bruce Highway was re-opened in one direction on Saturday morning so that traffic could get through, although the traffic delay meant that we were unable to take our customary “coffee break” along the way. This caused some loud wails of angst from certain members who were desperate for their regular caffeine fix. The team was missing some of its usual members who had travelled to Byron Bay for an ocean swim and one swimmer had reported in sick.

Arriving late, the 19 swimmers in the “B” team discovered that the area where we usually pitched our tents was too soggy, so we were relegated to claiming our “patch” on the only space left - at the far end of the warm-up pool. Those in the first event quickly did their warm-ups to be ready for the 100m Individual Medley. The results in that event set the tone for the rest of the day – 5 Noosa swimmers placed 1st and 1 swimmer came 3rd in their age



groups. Everyone on the team swam very well in their individual races, particularly our newer swimmers who were competing in some of their events for the first time. Unfortunately, though, our “patch” was so far away from the swimming action that many of these swims were missed by their teammates.

Five swimmers came first in their age groups and received gold medals. They were Wendy Twidale, Geoff Lander, Bob McCausland, Bob Morse and Bruce Warren. Jana Clancy won a silver medal in her age group while Mary Lester, Terry Mortimer and Adrian Wilson won bronze.

Our relays performed very well. There were some unusual team compositions made necessary because we tried to field as many teams as we could, each in different age groups. Some people were called on to swim outside their comfort zones, but they all performed magnificently. Our 6 relay teams recorded 2 first places, 2 second places, a third place and a fourth place. Well done all teams.

At the end of the swimming, we all lined up for our steak burgers or sausage sandwiches cooked by Albany Creek club members. The awards were then presented by local MP, Tim Mander. We knew that Miami had fielded a strong team and that Albany Creek also had a large contingent. However we were quite surprised as they announced the club with the highest aggregate points. Third – Miami Masters. Second – Albany Creek. First – Noosa Masters. The “B” team had won! Adrian accepted the trophy on behalf of the club as cries of *Noosa! Noosa! Noosa!* rang out from the rest of the team. Brisbane Northside won the trophy for small clubs.

We were again lucky to have a number of supporters who spent the whole day as timekeepers. The benefit to the swimmers of them performing this role cannot be overstated as it relieves pressure for the rest of the team to perform timekeeping duties. A big thank you to Olga, Lorna, and Robyn.

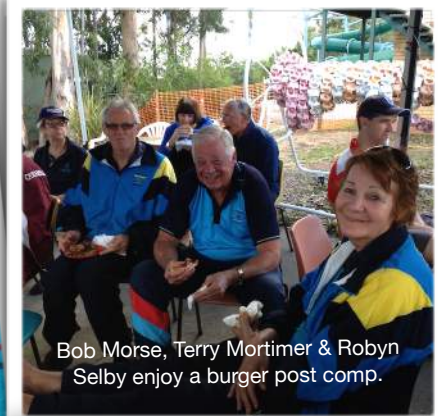
Special mention must be made of the generosity displayed by Hinter-Coast Transport who, again, provided the bus free of charge in honour of our past president, Pat Mooney. It is another tribute to a remarkable man who did so much to build our club. We are grateful to Barry and Caroline Giles for this gesture. And thanks must also be expressed to Pieter Santifort for driving us with comfort and safety. Maybe next time he'll remember to bring his togs!

... Adrian Wilson

Albany Creek ... poolside



John Hordyke



Bob Morse, Terry Mortimer & Robyn Selby enjoy a burger post comp.



Tricia Hughes



Wendy Twidale



ALBANY CREEK MASTERS SHORT COURSE SWIM MEET
SATURDAY 12 MAY 2012



Rod Alfredson, John Hordyk (rear) Robyn Selby, Gillian Bensted & Mary Lester

Swimming Carnivals are lucky for me ...

Two years ago I won a Stoke on Trent cup at Albany Creek, last year the accommodation package at Hervey Bay and this year the Hennessy. Cognac ... How good is that?

... Robin Mitchell

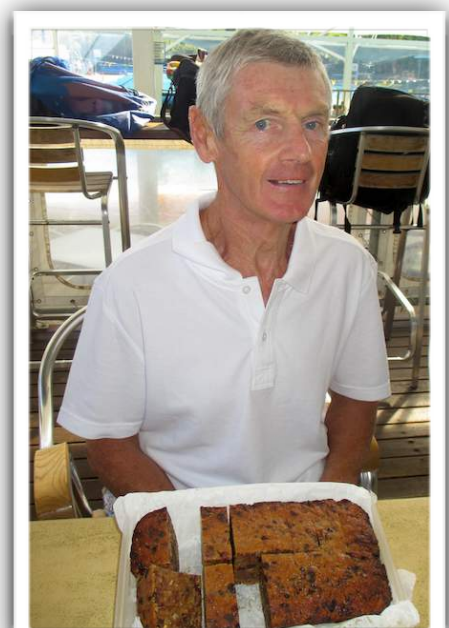


Left:

Rob Lucas (Mackay) took the opportunity to collect his E1000 Club Trophy for top points whilst in Noosa for our carnival.

Right:

Barry Lloyd celebrated his birthday with members by bringing along the most deee-licious pineapple cake imaginable to share!! Thanks, Barry & Many Happy Returns from us all !!





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

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](#)



STOP PRESS

Sunday 09 August 2015

Wayne Goldsmith Education Day at Noosa Aquatic Centre

All Day – Several sessions and workshops

Program of day's activities to follow.

This will be to the benefit of all members so please make an effort to attend at least for part of the day.

Please block out time in your diaries.



Sunday 21 June - NMSC Members Meeting - 9.45-11.00am (after squad)

Agenda to follow

Attendance is encouraged ... please diarise this date

The Breakfast Club

Our June Sunday breakfast will be 28 June (unless it clashes with something else - don't think so!!). Lane #0 will be catering.

... Carola Henderson (5485 0190)



SAVE THE DATE

Saturday, 25 July 2015

The Bi-Centennial Hall 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 !!

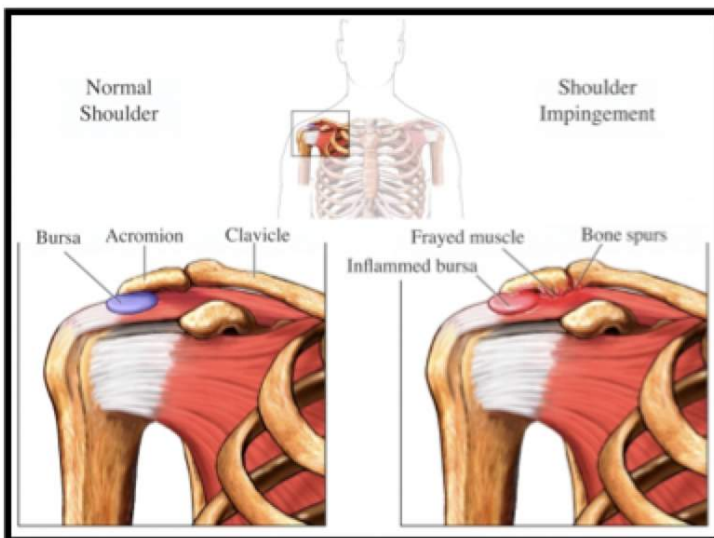
Should be another great night of fun and frivolity... details will follow later.

Swimmer' Shoulder - Prevention and Training Strategies | Bridge Athletic

by Emily Kraus on Jan 16, 2015

In the culture of swimming, it's often expected to "train through the pain" in order to get to the top. If you consider yourself a competitive swimmer, you likely have experienced shoulder pain at some point in your career, with it being the most common musculoskeletal complaint in swimming with an incidence ranging from 52% to 73% in elite swimmers. A competitive swimmer usually exceeds 4000 strokes for one shoulder in a single workout! Needless to say, the shoulder can make or break a swimmer's season and athletes should focus on prevention to avoid a season-ending injury.

Swimmer's shoulder usually involves impingement or pinching of the rotator cuff muscles by the acromion bone as they pass through a narrow opening called the subacromial space (see figure below)



Shoulder impingement can be the result of a number of causes, including inflammation of the rotator cuff tendons, increased shoulder joint mobility/laxity and weak muscle stabilizers around the scapula (shoulder blade). Prevention should address swimming form and biomechanics in the water as well as strength training on land.

In the Water: Focus on Form

Competitive swimmers average approximately 18,000 shoulder revolutions per week, mostly from freestyle training. Regardless of stroke specialty, approximately 80% of practice time is made up of the freestyle. The freestyle stroke is traditionally broken down into 3 distinct phases: hand entry, pull-through, and recovery.

Watch out for these biomechanical errors during each stroke specialty :

Stroke	Incorrect Biomechanics
Freestyle	A line of pull-through that cross far beyond the midline
	Striving for too much length in the stroke
	Insufficient body roll
Backstroke	Pull-through with elbow extended, resulting in a straight pull-through instead of an S-shaped pull-through
	Insufficient body roll
Breaststroke	Excessive elbow extension
Butterfly	Entering the arms into the water too far outside the line of the shoulder or with the arms too close together

On Land: Strengthen and Stabilize

Swimmers are subject to shoulder impingement for approximately 25% of their freestyle stroke cycle, even when using proper biomechanics. For prevention, focus on stretching and strengthening the following: rotator cuff muscles, scapula (shoulder blade) stabilizer muscles, and the core as well as correcting postural imbalances. You can also complement your training with yoga and pilates to help with core, balance and flexibility.

Rotator Cuff Exercises: The goal is to strengthen the four rotator cuff muscles of the shoulder. The external rotator muscles of the shoulder are usually weaker than the internal rotators in swimmers.

Shoulder Blade Stabilizing Exercises: Here the focus is to strengthen the muscles in the middle of the upper back and along the sides of the body. These muscles work in coordination with those of the rotator cuff and control the movement of the shoulder blade.

Core Strengthening: This is vital to all aspects of elite athletics, including injury prevention. To read about the importance of core strength and stability for athletes, click here.

If you think you have swimmer's shoulder or shoulder impingement, seek advice from a sports injury professional who can develop an appropriate rehabilitation program.

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
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<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

MAY 2015

Well as many of you know I've been away most of May playing big butch jillaroo. You've actually never seen so many cows roll their eyes and shake their heads at my antics trying to make them push up and come awn to the next paddock. Fortunately, the matriarchs of each herd finally had enough and took their mob to where they needed to go with me following 'sheepishly' behind. But no matter what I couldn't make the blighters swim – not even a bloody 400!

However, no fear as in my absence Endurance ran like clockwork due to the efforts of Marcia, Tricia and Rob Martin plus many others – thank you!

Lots of good points were gained, not least of all the 800+ from our own Noosa Carnival postals.

I'll soon be off for another short stint at the farm – ya gotta feel sorry for those cows. On my return we will be at the pointy end of the Endurance Year, and no one will be spared from being ever so nicely requested to help our great club make it three in a row as State and National Champions.

Until then ... many thanks to all Endurance Swimmers and Volunteers.

Mary Lester
Co-ordinator
Endurance 1000 Program.
MOB: 0401828371
marylester52@bigpond.com

STOP PRESS

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 standard 1-BR units, and 4 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.

Link to Nationals website <http://www.mastersswimmingvic.org.au/Portals/42/Events/2016/NATIONALS/Promo%20brochureNationals2016DL.pdf>



Birthdays
of the
Month

JUNE

Dee Mooney	14/6
Steph Jones	25/6 (big '0')
Sue Ellis	30/6

APOLOGY to Jim Barnes 27/5 - sorry you missed a mention last Chatter, Jim, but at least you didn't have to bring a cake !!

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!

SOCIAL EVENTS

Breakfast - Sun. 28 June
Lane #0

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

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...
<http://noosamastersswimming.com.au>

Challengers Chatter

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