

CHALLENGERS' CHATTER

MAY 2019

2019 SWIM CAMP

Queensland Recreation Centre, Currimundi - 18-19 May

by Christine Cooper

What an inspired flash of genius to apply for the "Get Going" grant, enabling the club to hold such a terrific event with such high quality presenters, including our very own coaching team... huge thanks to Jo and Mick.

Well, we certainly did get going ...

On arrival we were "wrist-banded" (just like a music festival but without the music) and directed to our cosy cabins. After a quick housekeeping briefing, the program was underway.



Happy Campers ready and waiting

Georgina Madison, Fitness trainer from Noosa Aquatic Centre, certainly got us off to a flying start with a very active session, where many of us found muscles we didn't know we had.

Georgina presented us with two fast-paced circuits. One focusing on mobility, flexibility and stability and another on strength building. Her message "*Don't let an old person move into your body*" came across loud and clear.

I wonder how many of us remembered our flexibility warm-up before squad .?????



Happy Campers ready to take on the circuits

After a substantial morning tea, Dr Gary Slater, Sports performance dietitian and sports physiologist, gave a really informative session on nutrition for athletes and training. His extensive experience working with top athletes in rugby and at the AIS, is founded on "evidence-based" research to inform his recommendations.

We completed a most enlightening checklist about our eating behaviour around training and competing. This highlighted areas that we may want to change based on what the research is saying. The main message ... *What you eat day in day out matters.*

Gary's handout had a wealth of suggestions and stressed that the "*cornerstone of your success will come down to your meal plan choices using 'real food'*" and how hard you train.



Gary with Nutrition inspired Noosa Masters

After a substantial lunch, Physiotherapist, Emily followed on with a presentation with a focus on Ageing Well with a particular emphasis on maintaining activities that prevent osteoporosis, increase strength and mobility to prevent the "pitfalls" associated with ageing. Emily had us jumping, balancing, lunging, squatting, stretching, bending and again, using muscles that don't get a workout in swimming.

We will sleep well tonight

Happy Campers working on "Keeping the Old person Out"



2019 SWIM CAMP ... cont'd

Happy Campers working on "Keeping the Old person Out"



Our fabbo coaching team of Jan, Ian Viv and Greg had put in lots of preparation to design a program which focused on key specific skills for each of the strokes and was different from our regular squad program. We watched a preparatory video highlighting the area of focus, then ... we head to the pool for swim technique training not to be deterred by the black clouds. With four coaches and 16 swimmers, the had lots of opportunity for personal feedback and specific coaching. The 25 metre pool was ideal... short and a pleasant temperature for a focussed session. Ian supplied us with photo reference material from the Queensland Academy of Sport for each of the strokes. Ask any of the Happy Campers for a look.



Concentrating



Concentrating

Viv, with her extensive background in officiating at swim meets, giving a rundown on the nitty gritty of competition rules.



And then we had dinner – yes, more food ...



Dinner was followed by the Sports Trivia Quiz. OMG that was hard! I think Mick took great pleasure in seeing us squirm, trying to dredge lost information from aged brain cells – What was known as the “Berkhoff blast-off”? Who still remembers??

Bed-time at last. We dragged our tired bodies off to the cosy cabins. The crackle of stiff mattress covers took a bit of getting used to. Fortunately we were a little worn out with the intense activity and information of Day One!

Day 2 : Breakfast at 7am with a bit of a hitch with the hot water. We were all hanging out for the morning cuppa. However, hot water problem soon solved, and off for another swim technique session. Starting with focussed videos then into the pool. Again, this was a great opportunity for specific feedback and clarifying the specifics of each technique drill with the coaches.

After a warm shower and – yes ... morning tea ... a few happy campers explored the nearby beach

Image 50 90 5091

After at the morning's activity we were ready to hear what Kai Morris, Sports Psychologist, had to present. Kai, like Gary, works with top athletes to improve performance. He has worked with the Queensland Institute of Sport and UQ.



Kai and Mick.

Kai presented us with a strategy to help us focus on what will help us move towards what we want and love about our swimming.



2019 SWIM CAMP ... cont'd

Being aware of what thoughts, actions and triggers happen when we train or compete, can help us to make deliberate plans that help us move towards what we want. Develop mantras that cue us to focus on executing skills rather than focussing on distractions. The message ...

Be aware, Be deliberate, Be free!

Kai referred to research that showed that mindful breathing can improve focus.

Our final session was taken by Di Martin, Noosa School of Yoga, who took us through some poses to develop strength followed by a restful relaxation. I think we were all pretty relaxed by then.



Raise a glass to Jo and Mick for instigating and organising the Swim Camp and to Jan, Ian, Viv and Greg, our Fabbo Coaches who developed such a great training program especially for our camp.

For all members ... Don't miss out on all the wonderful information we received. Chat to any of the Happy Campers and ask for notes and handouts ... and most of all to quote Georgina, *"Don't let an old person into your body"*

Ed: Thanks Christine for this great wrap of the Swim Camp weekend.

Noosa Masters Swimming Club applied for and received a grant from the Department of Sport and Recreation to run this very successful Swim Camp. It provided valuable opportunities for attendees to benefit from highly personalised coaching in all 4 strokes and receive valuable advice from health professionals in areas of cross training and nutrition with a friendly social group.

The club is extremely grateful to the Dept of Sport and Rec for the great outcomes provided through this funding package.



Members Meeting

A reminder that the next **Members Meeting** will be held on **Sunday, 23rd June at 9.30** in the Creche at NAC

Robbie & Ceri Weeks House-sitters Extraordinaire



Robbie Ceri & Bonsai

We will be house sitting until 17th July in Noosa Waters, but would love to stay in the area until around the end of August.

If you or anyone you know would be interested in having us house sit, we would love to hear from you.

We're open to all areas around Noosa and surrounds but from where we can easily cycle and also not too far from the NAC. Have housesat in Noosa, Peregian, Marcus Beach and Coolum areas previously.

Please contact us on 0407 048 921 or email ceri.weeks@hotmail.com

We'll be overseas from 17 May – 16 June so email is the preferred contact during that time.



Crew assemble on the beach in the early morning



Clinton and Mark finish a leg together



Noosa Masters swimmers cross the line together



Proud finishers with Medals to prove it !

Noosa Masters Team

Swimmers

Ian Tucker, Clinton Stanley, Phillipa Tucker, Dianne Macfarlane, Michael Besser and Mark Powell

Safety Paddlers

Adele Tucker and Ian Tucker

Support Crew

Jane Powell, Susan Stanley, Chris Stanley

Non Swimming Fundraisers

Susan Stanley , Corals D'Ott (injured), Anne Besser (injured)

From early in the week prior to the event it was probable that if the weather forecast held, we would be swimming the alternative course around Mooloolaba Bay rather than around Mudjimba Island.

At our briefing on Tuesday night we were inspired by the work the teachers and staff do with the funds we raise for the schools and we were apprised of all the safety arrangements that we needed to make and were being made on our behalf.

On Thursday morning the call was made that we would swim the contingency plan around the bay and, although disappointed, we needed to err on the side of caution when so many people are involved in a large event on the open ocean.

As the line of storms moved through on Friday night it became clear the correct call had been made.

Meeting on the Spit Beach Mooloolaba at 6.20am our team was ready for all contingencies with warm clothing, hydration, sunscreen, wetsuits and our cheer squad!

Mark Powell hit the water at 7.25am as part of a staggered start which had seen the individual swimmers go from 7.05 am.

Mark swam the first of the 2.5 km laps tagging Ian Tucker as the second swimmer at the start finish line. Poor Adele had a tough time paddling along the back of the course near the river mouth as the offshore breeze there was quite strong threatening to take her straight out to sea and "back across the Ditch".

Clinton confidently swam the beach section of the third lap passing the baton to Michael Besser.

Michael battled the strong breeze at the back of the course but not before the rock wall reverberation backwash unseated our safety guy not long after he took the paddle from Adele (how undignified !)

Phillipa took over for the beach side swim to start the last lap.

Di Macfarlane was escorted out to the back of the chevron shaped course by paddler Ian Tucker.

All the other swimmers joined Dianne for the final 500 metres to the finish line crossing under the arch to receive our medals at 10.20am, giving us an elapsed time of 2 hours 55 mins.

Our fundraising reached \$4685 with a few more donations yet to be collated.

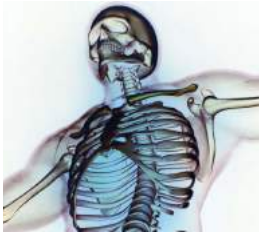
The atmosphere of welcoming support and thanks from the pupils and the parents and teachers of the two special schools makes the event very gratifying indeed.

... by Mark Powell

Four Myths About the Human Body Quashed

... by Marissa LaLiberte

Take a look at the mysteries surrounding the human body that are more fiction than fact.



How many of these biological claims do you believe?

Myth 1: Blood is blue in your body

WIKIPEDIA



A widely shared myth is that blood is blue until it is exposed to air or replenishes its oxygen.

Because veins are a greenish blue, that theory sounds reasonable enough.

But the fact is, human blood looks the same in your body as outside: red.

That hue is brighter when it's oxygen-rich and darker when it needs that oxygen replenished, but it's red all the same.

The tissue covering your veins affects how the light is absorbed and scattered, which is why the blood circulating your body looks blue.

Myth 2: Humans only use 10 percent of their brains

WIKIPEDIA



The idea of unlocking hidden brain power might make a compelling storyline

for a movie, but it simply wouldn't happen in real life.

One fact playing into the myth is that 90 percent of brain cells are "white matter" that help neurones survive, and only ten percent is the "grey matter" of neurones in charge of thinking.

But that white matter could never be used for brain power, so claiming 90 percent of our brain is wasted is like saying you waste peanuts when you throw out the shells.

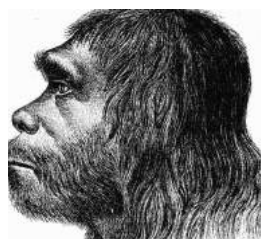
Any MRI scan will show you that even saying a few words lights up way more than ten percent of your brain.

Scientists haven't uncovered any area of the brain (much less 90 percent) that doesn't effect thought, movement, or emotion in some capacity.

Myth 3: Neanderthals were a less evolved human ancestor

WIKIPEDIA

First of all, let's get one thing straight: Neanderthals aren't ancestors to modern humans.



The two species lived at the same time, mostly in different areas of the globe.

When the species did cross paths, there's even evidence that they interbred.

But evidence doesn't suggest they were cognitively inferior to humans.

Fossils show Neanderthals made tools, used fire, cleaned their teeth, ate medicinal plants, buried their dead, and maybe even cared for their sick and wounded.

Scientists no longer think Homo sapiens wiped out their Neanderthal cousins.

Neanderthals likely were already dying out as the climate changed, while modern humans' trade networks, diverse diets, and innovative tools helped them survive.

Myth 4: Genes determine race

PIXNIO

You might think people who look superficially different would have big differences in their genes, but that's not the case.



According to the National Human Genome Research Institute, humans share 99.9 percent of their genes with each other.

Even that 0.1 percent doesn't have any racial markers.

In fact, a groundbreaking 2002 study revealed there is more genetic diversity between people of African descent than between Africans and Eurasians.

You can use your genes to trace your ancestors' geography, but that doesn't directly tie in to race.

Case in point: Sickle cell anaemia isn't a general "African" disease, as it's normally described; it's more common in West Africans, but also in Mediterranean, Arabian, and Indian populations.

Source: RD.com



2019 Noosa Masters Biggest Morning Tea.

Our annual Cancer Council Morning Tea this year was yet another success. I would like to thank everyone who brought along a plate of food and sold raffle tickets. A big thank you to Carola who was a great support in setting up for the event and Robyn for selling more tickets and collecting the \$5 entry fee. We managed to raise \$608.00 which I know personally will go to help someone in need who is going through cancer or towards further cancer research.

Anne Cronk (friend of Gillian Benstead) won the quilt and Bruce Hammond the basket of goodies – I hope you both enjoy your prizes.

Our craft group is getting together on the 6th June to put our heads together to settle on another quilt which we will make for next year's morning tea

.... Adele Tucker

Carola & Adele, hard working hostesses



Adele, Tricia, Robyn, LiQun



Carola, Mick, Helen, Julie



Some of the many Noosa Masters supporters



Charley, Adele, Kerry, Rob



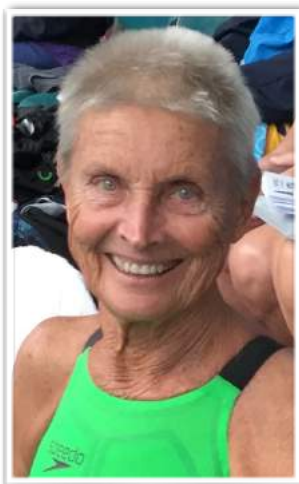
Carola surveys a veritable feast !!



Anne about to sample the "veritable feast" !



COACH'S TIPS



Hello again ...Tip Time !! SOME BASIC FREESTYLE TIPS THIS MONTH

Hand enters water and elbow set higher than the hand, Throughout the pull, the elbow is kept higher than the hand, elbow up ... which gives maximum leverage and reduces water slipping off the hand.

Maximum elbow bend is reached halfway through the stroke and from a smooth transition is made into the push phase back to the hips, the stroke finishes with the arm not quite extended.

Swimmer tries to pull in a direct backward plane.

The forward extension of each arm as it enters causes the body to roll on to its side, a motion that brings into play the large trunk muscles to aid the power phase of the stroke.

Relaxing the wrist keeps water pressure on the hand, which keeps the hand planing directly backwards.

The face should be forward as each hand enters the water and the swimmer should see each hand as it enters – this is a fundamental of swimming

Happy swimming - Cheers, Jan

YERONGA PARK SWIM MEET REPORT ... by Lois Hill

After lots of rain, we had a lovely day for the QYP swim meet on **Saturday, 11th May.**

This year we had a small select group of 11 entered for the carnival, but due to injury and other events three had to cancel (bad luck for Greg Armitage, Pieter Santifort and Lois H).

So the remaining eight, Annie Collins, Chris Cooper, LiQun Hussey, Rob Jolly, Jo Matthews, Viv Merrill, Charley Moore and Adrian Wilson had a busy day as the events ran very fast (good job Yeronga Park!)

We were joined on the bus by supporters Olga & Bob McCausland, Wendy Ivanusec and Richard Hill and 12 members from Sunshine Coast Masters. The bus trip raised a few heart rates as we did a detour through the city, and were late arriving, so those doing first events didn't have much warm-up time. Will have to check the driver's Sat-Nav next time!

Although our club did not feature in any of the club award placings, we did very well in the age group placings ...

- Gold to Rob Jolly
- Silver to Annie Collins (equal), Jo Matthews, Charley Moore (equal)
- Bronze to Viv Merrill and Adrian Wilson

Many PBs were set, and other amazing swims

Individual results-

- **Annie Collins:** Great swims with 5PB's (incl '18,'19)
- **Chris Cooper:** swam another 100 IM! PB in 25 Back, plus three 2019 PBs
- **LiQun Hussey:** More improvements with 5PB's (incl '18,'19)
- **Rob Jolly:** Star of the day, winning all 5 events (Brian H. left him to it this carnival!), with four 2019 PBs

- **Jo Matthews:** On the way back! two 2019 PBs -

- **Viv Merrill:** Viv often is beside the pool officiating, so it was good to see her in the pool, racking up some fine swims, resulting in 2 age group PBs!
- **Charley Moore:** No PBs this meet, but three 1sts and 2 other placings in his 5 swims. Well done Charley
- **Adrian Wilson:** anchored our only 4x50 Mixed Freestyle relay team with a blistering swim to finish in 2nd place. Adrian was 2nd in all his events as well!
- **Our 280-319 4x50m Mixed Freestyle relay team** of Charley Moore, Annie Collins, Jo Matthews and Adrian Wilson swam magnificently and came second to Miami, who set a State record. The Noosa team relay swim is the 2nd fastest in QLD so far this year, and the 5th in Australia – WELL DONE!

Noosa supporters, Olga & Bob McCausland, Wendy Ivanusec & Lois Hill worked as time-keepers the whole day-MANY THANKS for giving your time. Also thanks to LiQun who joined the timekeepers after her last event. Lucky it was a hot day, as it was a wet job for all the 25 metre events with the races finishing at the shallow end. Worst ones were the fly and the "Top Gun" heats!

At the finish of the races QYP fed us with their usual excellent BBQ before the presentations

Congratulations to all our swimmers, and all those competing and THANK YOU Yeronga Park for an excellent, fun Carnival!



Noosa medallists

L-R : Viv Merrill, Rob Jolly, Jo Matthews, Adrian Wilson, Annie Collins, Charley Moore



Timekeepers at work



Viv Merrill + medal



Jo Matthews + Noosa members at presentation



Charley Moore + medal



Sustenance for Timekeepers



Annie + medal



Adrian + medal

2019 Runaway Marathon - Swim Volunteering

In the pre dawn gloom on Sunday morning I was very grateful to see so many of our club members turning out as promised to volunteer for the Noosa Runaway Marathon Swim for 2019.

We have over the years volunteered in many iterations of this event.

2019 SWIM saw over 800 swimmers competing over 4 distances 500m, 1km, 2km, 3.8 km in

perfect conditions in Laguna Bay - a few brave souls completed all 4 distances.

As volunteers we had 26 members and one guest (thanks Anka) working on "Registration and Check-in", "Numbering", "Beach Marshals Main Beach + Little Cove".

All volunteers performed their tasks with the cheerful enthusiasm we have come to expect but always appreciate.

This event is a major fundraiser for our club and as such deserves the wide support demonstrated by our members.

Thank you from Robyn and myself for your cheerful help.

*Cheers, Mark Powell
Volunteer Coordinator*



Open Water Swim Results - Sunday 26 May

Conditions do not get any better than they were on race day, so different from the wet miserable day we had a year ago! Wonderful turnout from the Noosa Masters volunteers again – as always, so generous with their time.

Steph and Ross were the Golden couple, both having big wins in the 1 and 2km races .Steph actually beat her male counterpart by 37 secs – that rarely happens!

Okay here are our club results ...

2 KM SWIM

Steph 1st in the very quick time of 29 .53

Jan 2nd in 38. 18

Greg 3rd and well placed in 31.41

Felicity 7th in 34.44 and improving in every swim

Bruce Hammond 13th in 37.47 and was very happy with his swim

1KM SWIM

Ross 1st in a slick time of 14 .27

Studley 7th also fast in 15 .08

Tony 2nd also showing good speed in 19.18

Note - all swims were in 10 age groups which is always tough!

... Jan Croft



Congratulations to our Open Water medallists -
Ross Kee, Steph Jones, Greg Bott, Tony Frost, Jan Croft



Almost the last vollaie left standing... Jo



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JUNE							
15	SC	Rum City Short & Sweet Meet	QBB	Central	Q10/19	Yes	Bundaberg Swim Academy
29	LC	2019 Rat Races	QRT	North	Q11/19	No	Tobruk Pool, Townsville
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q13/19	n/a	Any 25m or 50m pool
6	SC	Brisbane Southside Masters	QSM	South	Q28/19	Yes	Brisbane Aquatic Centre, Chandler
20	SC	Genesis Masters	QGA	Sunshine	Q14/19	Yes	Genesis Aquatic Centre
AUGUST							
3	SC	Townsville Aquaholics	QTA	North	Q15/19	No	Kirwan Aquatics
5-18	LC	Fina World Masters		Gwangju, Korea		Yes	Nambu University Municipal Aquatics Centre
24	SC	Brisbane Northside Masters	QBN	Sunshine	Q16/19	Yes	The Valley Pool
24	LC	Long Tan Legends	QLT	North	Q17/19	Yes	Long Tan Memorial Pool
SEPTEMBER							
1-30	Postal	Rocky Crocs Postal	QRH	Central	Q29/19	n/a	Any 25m or 50m pool
14	LC	Noosa Masters	QNA	Sunshine	Q18/19	Yes	Noosa Aquatic Centre
28	SC	Maryborough Masters	QMB	Central	Q23/19	Yes	Maryborough Aquatic Centre
28-29	SC	Lismore Masters Games	QTR	South	Q19/19	Yes	Trinity Aquatic Centre
OCTOBER							
5-12	LC	Australian Masters Games		Adelaide		Yes	SA Aquatics & Leisure Centre
12	SC	University of Qld Masters	QUQ	Sunshine	Q20/19	Yes	UQ Aquatic Centre
26	LC	Sunshine Coast Masters	QSC	Sunshine	Q22/19	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS Balnagowan	QNS	North	Q24/19	n/a	Pioneer River, Balnagowan
9	LC	Aqualicious	QAL	Sunshine	Q25/19	Yes	Centenary Pool
24	OWS	Trinity Lismore Masters	QTR	South	Q26/19	n/a	Shaws Bay Ballina
DECEMBER							
1	OWS	Big Barrine Bash	MSQ	North	Q27/19	n/a	Lake Barrine

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia Meets

*A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) 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. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour-coded.

SAVE YAROOMBA THE SUNSHINE COAST'S HIDDEN JEWEL

In June last year, the Sunshine Coast Council approved a controversial proposal by developer Sekisui for a high-rise, high-density residential, retail and hotel development at Yaroomba - a significant turtle nesting site for endangered loggerheads and one of the Sunshine Coast's last untouched coastal jewels.

This was despite years of community opposition and Sekisui's proposal being contrary to the Coast's town plan – a contract with the community to protect our beautiful Coast from developments just like this and to respect our values.

Community groups, the Sunshine Coast Environment Council and Development Watch, have taken developer Sekisui to court contest the controversial approval of a mass development at beautiful Yaroomba on Queensland's Sunshine Coast.

This is a people-powered case and they need help to save vital turtle nesting populations along one of the Sunshine Coast's last remaining untouched coastal dune systems.

<https://unitedtosaveyaroomba.raisesly.com>

Birthday News



Rod Alfredson celebrated his BIG 70 in fine style with his Masters buddies as well as family and friends. His was the only birthday photo we managed to snap this month, but it WAS a biggie! Best wishes for many more healthy, happy birthdays to come, Rod !



June

Dee Mooney	14/6	Evelyn Druce	18/6
Georgie Hawkins	15/6	Stephanie Jones	25/6
Clinton Stanley	15/6		

*Happy Birthday.
Another year to prove that
Older doesn't necessarily mean wiser !!
Older / Wiser / Longer Life
<http://https://www.youtube.com/watch?v=D5WAAejUkSI>*

Happy Birthday

The phone my sister has (she's six)



The phone I had when I was six



AMM

JUNE CARNIVAL CORNER - Upcoming Meets

15 June: Rum City Short & Sweet Meet at Bundaberg – Short Course. Warm up 12pm, **start 1pm** Lots of relays if more men enter!

Most are staying at the Golden Palms, with Viv & Geoff camping. If you've not entered by now, please do so. Please remember to pay your entry fee directly to the Rum City bank account. We need a few more men to balance the team !!

For those arriving Friday, dinner suggestion is at "Rowers on the River" see "Rowers on the River Restaurant and Function Centre" on Facebook or Trip

Advisor: If anyone doesn't recommend this, please let me know – we'll choose something else! Otherwise, please email captain and give me numbers so a booking can be made – from 6pm onwards Saturday night after the carnival we will have drinks, nibbles (if we have room after the huge feed at the pool) & post mortems on the day's events at the Golden Palms, around the pool.

6 July: Brisbane Southside Masters: Short Course at Brisbane Aquatic Centre, Chandler, 10am start

There are **No Postals** for this. Relays are both MIXED: - 4 x 100 metres Freestyle and 4 x 50 metres Medley Entries will close for Noosa Swimmers on Monday 24 June for relay selections.

15 September: NOOSA CARNIVAL - PUT IN YOUR DIARIES NOW!

Please send replies/queries to Captains at captain.noosaqna@gmail.com
See Summary from Masters Web site for 2019 in other part of the Chatter.

ENDURANCE 1000 REPORT

Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

- **THREE ENDURANCE SESSIONS BEFORE THE TEMPORARY CLOSURE OF THE NAC**
- **GET YOUR SWIMS IN !!**

We have three sessions left before we leave NAC and commence our endurance sessions at the Good Shepherd Pool where we have been able to secure three lanes. The sessions will be restricted to one hour's duration.

However, on a more positive note we have secured the use of a pool whilst the NAC renovations are

being done and what a great opportunity to undertake some swims in a 25 meter pool. Butterfly perhaps?

Between now and the transfer to Good Shepherd we still have three remaining sessions;

4 June; 11 June and 18 June. Let's make the most of this and knock up some points for Endurance.

We are well behind the eight ball with regard to points in comparison to last year's tally. We are in excess of 1200 points behind what we had amassed last year at the same point

in time.

This combined with the reduced availability for Endurance swims means we need to put the pedal to the medal. We need to amend the deficit and turn in a surplus like all good federal budgets.

See you at the pool. The pool is delightfully warm despite the onset of winter.

... Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program

In this clip of Australian breaststroker Sarah Katsoulis, watch for three things: narrow knees, turned-out ankles, feet together and pointed after each kick. <http://gosw.im/2nebCTq> #goswim #breaststroke



Thank you to Mark Powell & Robyn Selby for organising the volunteers for the Noosa Runaway Marathon.

Congratulations to Wendy Nothdurft who took home the cap and the magnet for organising accommodation, so that she and Rob Jolly could volunteer at the Runaway

Marathon Swim last Sunday.

Congratulations to Gillian Benstead's friend Anne Cronk who won the quilt and to Bruce Hammond who took home the Hamper prizes drawn at the club's Biggest Morning Tea on 23 May. *Thanks* to Adele & Co for organising & quilting.

Congratulations to Ross Kee for being awarded his 100m Freestyle National Record Certificate and his Albany Creek Certificate, Jo Matthews who received her Vorgee Endurance Certificate for completing all the E1000 swims in 2018, Jan Croft who received her 800m Record Certificate, her long course National Relay Certificate and her Albany Creek Certificate, Steph Jones who received her Platinum Excellence Programme Certificate, her National Relay Certificate and her Albany Creek Certificate, and Tony Frost who received his Silver Excellence Programme Certificate and cap.

Congratulations to The Yeronga Team and the Mudjimba Team, awesome efforts guys and great results. The Yeronga team was supported by 5 timekeepers! LiQun Hussey took home the cap and the magnet for swimming 5 Pb's!

Congratulations to MoMo who received the cap and the magnet, welcome to Noosa, we hope that you decide to join us on a regular basis.

Congratulations to Kerry Blackwell who received her Albany Creek certificate and the cap and the magnet for moving up into Lane 1, Mark Besford, Rod Alfredson who received their Albany Creek certificates and Tricia Chalmers for completing her first Endurance Swim.

Welcome back our "Swallow" from NZ, Maree Warr and Corals D'Ott for returning to swimming and receiving the cap and the magnet,

Monday 24 June the NAC closes until 19 August. Lane space secured at the Good Shepherd Pool:

3 Lanes on Tuesdays from 7.00-8.00 am

4 Lanes on Thursdays from 7.00-8.00 am

The whole pool on a Sunday from 7.30-9.00 am.

Please support our sponsors

**Noosa Heads
Life Saving Club**

Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

**Noosa
Aquatic Centre**

Girraween Court, Sunshine Beach
Tel: 5448 0288

Bunnings Warehouse

Noosa Road & Gateway Drive
Noosaville Q 4566
Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

**Bank of
Queensland**

Tewantin Noosaville Branch
cnr Gibson Road and Mary Street
Noosaville Q 4566 Tel: 5470 3100

**Karen Martin
Barber Shop**

28 Sunshine Beach Road
Noosa Junction Q 4567
www.barbernoosa.com.au

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Napier St Eumundi
on Market Days
Wed+Sat 7.30 -2.30 Fri 8.30 -2.30
www.thegreatlittlebag.com"

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1 Gateway Drive,
Noosaville Q 4566,
Tel: 5449 5400

John Bird Jewellers

The Atrium
91 Poinciana Ave,
Tewantin
Tel. 5474 4639

Hinter-Coast Transport

Charters-Schools-Weddings-Tours
1300 658 971
0410 602 632

Terry White Pharmacy

Shop 20, Noosa Junction Plaza
Noosa Junction Plaza
Tel: 5447 2244

Live Life Pharmacy

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