

# CHALLENGERS' CHATTER

NOVEMBER 2021

Merry Christmas everyone !!



Join us on Sun 05 December 2021 to swim from First Bay to Main Beach (approx. 1.2km), to raise money for much needed Surf Rescue equipment for Coolum Beach SLSC.

This year, competitors have the option to either swim in a competitive race, or just a mates race to cruise through the course. Participants can now compete as young as 12 years of age (terms and conditions apply).

At the end of the swim, participants will be gifted with an official Bay to Beach tee-shirt and other goodies donated by our generous sponsors, as well as a refreshing breakfast to end the morning. To ensure this event complies with Covid safe plans, there are limited tickets, so get in quick!

Please select which group you would like to compete in.

- U18 Female
- U18 Male
- 18 - 35 Female
- 18 - 35 Male
- 35 - 50 Female
- 35 - 50 Male
- Over 50 Female
- Over 50 Male
- Mates Race

#### Ticket prices:

Early bird (October 21 - November 20) - \$39.95

Late entries (November 21 - December 02) - \$49.95

On the day entries - \$54.95

Book your tickets here - [www.trybooking.com/BUACP](http://www.trybooking.com/BUACP)

**Bay to Beach**  
COOLUM BEACH, AUSTRALIA

To welcome our 21/22 Summer season, Coolum Beach SLSC will be hosting our annual 'Bay to Beach'. Join us on the 5th December 2021 to swim from First Bay to Main Beach (approx. 1.2km), to raise money for much needed Surf Rescue equipment for Coolum Beach SLSC.

At the end of the swim, participants will be gifted with an official Bay to Beach t-shirt and other goodies donated by our generous sponsors. Feel free to wear flippers or use a board if you'd like!

**TICKET PRICES**

Early Bird (21 October - 20 November)  
**\$39.95**

Late Entries (21 November - 2 December)  
**\$49.95**

On the Day Entries  
**\$54.95**

**GROUPS**  
(Open to ages 12 and over)

- U18 Female
- U18 Male
- 18 - 35 Female
- 18 - 35 Male
- 35 - 50 Female
- 35 - 50 Male
- Over 50 Female
- Over 50 Male
- Mates Race

Scan the QR code to register

**TERMS AND CONDITIONS**  
Participants must be 12+ years of age

#### Extreme Weather

There is no doubt that coming into wet season, there is the potential that Huey may like to stir things up a bit. In the event of extreme weather, we will strive to offer alternative course options depending on the weather conditions.

However, obviously if the safety of participants is at stake and significant changes to the program need to be made, we will notify you as early as possible on the email address you have supplied.

We will post updates on our Coolum Beach Surf Life Saving Facebook page leading up to the event if extreme weather is expected.

We look forward to seeing you there!

#### Carla Gilbert

Lifesaving Administrator  
P: 07 5446 1148 (ext 7)

E: [admin@coolumsurfclub.com.au](mailto:admin@coolumsurfclub.com.au)

W: [www.coolumsurfclub.com.au](http://www.coolumsurfclub.com.au)

Facebook: [www.facebook.com/CBSLSC](http://www.facebook.com/CBSLSC)

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>JANUARY</b>							
<b>FEBRUARY</b>							
8-10	SC	New Zealand Masters Games		New Zealand			Moana Pool, Dunedin
12	LC	Miami Masters Meet	QMM	South	Q2/22	Yes	Miami Aquatic Centre
26	SC	Sinkers Fun Short Course Meet	QNS	Central	Q3/22	Yes	North Mackay High School Pool (19-2, 12-2)
<b>MARCH</b>							
12	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/22	Yes	Hervey Bay Aquatic Centre
26	SC	UQ Masters SC Preparation Meet	QUQ	Sunshine	Q5/22	Yes	UQ Aquatic Centre, St Lucia (or 19 <sup>th</sup> )
<b>APRIL</b>							
1-30	Postal	Albany Creek Postal	QAC	Sunshine	Q6/22	Yes	Any 25m or 50m pool
20-23	SC	MSA National Championships	MSA	NSW		Yes	Sydney Olympic Park
23-30	LC	Australian Masters Games		Perth		Yes	Perth
<b>MAY</b>							
7	SC	River City Short Course Meet	QRC	South	Q7/22	Yes	Murray Evans Aquatic Centre, Somerville House
15	OVS	Muddies Annual Crater Lake Classic	QCN	North	Q8/22	n/a	Lake Barrine, Atherton Tablelands
20-22	SC	MSQ State Championships	MSQ	North	Q1/21	Yes	Tobruk Memorial Pool, Cairns
25-29		World Masters Games		Japan			Kansai, Japan
31 May – 9 June		FINA World Masters Championships		Japan			Kyushu, Japan
<b>JUNE</b>							
11	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/22	Yes	Bundaberg Swim Academy (18-6, 30-7)
18	LC	Brisbane Southside Masters Meet	QSM	South	Q10/22	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q11/22	n/a	Any 25m pool
<b>AUGUST</b>							
13-14	LC	Belgravia Special Long Course Meet	QCD	Sunshine	Q12/22	Yes	Burpengary Regional Aquatic Centre
27	SC	Northside Short Course Meet	QBN	Sunshine	Q13/22	Yes	Valley Pool, Fortitude Valley
27	SC	Long Tan Legends Super SC Sprint	QLT	North	Q14/22	Yes	Long Tan Memorial Pool, Townsville (28,20-8)
<b>SEPTEMBER</b>							
10	LC	Aqualicious Masters Meet	QAL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre (3, 24 <sup>th</sup> also)
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
<b>OCTOBER</b>							
1-8		Alice Springs Masters Games					Alice Springs Aquatic & Leisure Centre
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre (22-10, 22-11)
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
6	OVS	Sinkers OVS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan (13, 20)
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
28	OVS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
<b>DECEMBER</b>							

**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.



The 2022 Alice Springs Masters Games are deferred to 2023.



## December

Ian Robinson	7/12	Jane Powell	19/12
Maree Warr	10/12	Mark Powell	23/12

*Live Life and forget your age !!*

# More about 2022 MSQ Swimming Calendar

## February 2022

### [Miami Masters Swim Meet 2022](#)

**February 12, 2022 @ 8:00 am - 5:00 pm**

*Miami Aquatic Centre, 80 Pacific Ave, Miami, Gold Coast, QLD 4220 + [Google Map](#)*

Save the date.

[Find out more »](#)

### [Sinkers Fun Short Course Meet 2022](#)

**February 26, 2022 @ 8:00 am - 5:00 pm**

*North Mackay High Pool, Valley Street, North Mackay, Queensland 4740 Australia + [Google Map](#)*

QNS Swim meet - save the date.

[Find out more »](#)

## March 2022

### [Hervey Bay Humpbacks Meet 2022](#)

**March 12, 2022 @ 8:00 am - 5:00 pm**

*Hervey Bay Aquatic Centre, 202 - 204 Boundary Rd, Torquay, QLD 4655 + [Google Map](#)*

Save the date.

[Find out more »](#)

### [UQ Masters SC Preparation Meet 2022](#)

**March 26, 2022 @ 12:00 pm - 5:00 pm**

*UQ Sport Aquatic Centre, Corner of Union Road & Blair Drive, St Lucia, Queensland 4067 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

## April 2022

### [MSA National SC Championships 2022](#)

**April 20, 2022 @ 8:00 am - April 24, 2022 @ 5:00 pm**

*Sydney Olympic Park Aquatic Centre, Olympic Boulevard, Sydney Olympic Park, Sydney, New South Wales 2127 Australia + [Google Map](#)*

[Find out more »](#)

## May 2022

### [River City Short Course Meet 2022](#)

**May 7, 2022 @ 8:00 am - 5:00 pm**

*Murray Evans Aquatic Centre, 4 Stephens Road, South Brisbane, Queensland 4101 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

### [Muddies Annual Crater Lake Classic 2022](#)

**May 15, 2022 @ 8:00 am - 5:00 pm**

*Lake Barrine Queensland 4884 Australia + [Google Map](#)*

Save the date. Lake Barrine OWS

[Find out more »](#)

### [MSQ SC State Championships 2022](#)

**May 20, 2022 @ 8:00 am - May 22, 2022 @ 5:00 pm**

*Tobruk Memorial Pool, 370 Sheridan Street, Cairns North, QLD 4870 Australia + [Google Map](#)*

Meet Flyer: More information will be available soon.

### [FINA Masters World Championships 2022](#)

**May 31, 2022 @ 8:00 am - June 9, 2022 @ 5:00 pm**

Updated 5 May 2020: The World Championships will take place in Fukuoka, Japan, from May 13-29 2022, governing body FINA have announced last week. The worlds were initially due to go ahead in the Japanese city from 16 July to 1 August 2021 but the rescheduling of the Olympic Games to 23 July-8 August that year because of the coronavirus pandemic meant new dates had to be found. The World Masters Championships will now take place on the island of Kyushu (JPN), from May 31-June...

[Find out more »](#)

## June 2022

### [Rum City Masters Short & Sweet Meet 2022](#)

**June 11, 2022 @ 8:00 am - 5:00 pm**

*Bundaberg Swim Academy, 25 Fitzgerald St, Norville, Bundaberg QLD 4670, Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

### [Brisbane Southside Masters Meet 2022](#)

**June 18, 2022 @ 8:00 am - 5:00 pm**

*Brisbane Aquatic Centre, Sleeman Sports Complex, Old Cleveland Road & Tilley Road, Chandler QLD 4155 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

## August 2022

### [Belgravia Special Long Course Meet 2022](#)

**August 13, 2022 @ 8:00 am - August 14, 2022 @ 5:00 pm**

*Burpengary Regional Aquatic & Leisure Centre (BRALC), 1 Aquatic Centre Drive, Burpengary, Qld 4505 Australia + [Google Map](#)*

Save the dates.

[Find out more »](#)

### [Northside Short Course Meet 2022](#)

**August 27, 2022 @ 8:00 am - 5:00 pm**

*Valley Pool, 432 Wickham Street*

*Fortitude Valley, Brisbane, Queensland 4006 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

### [Long Tan Legends Super SC Sprint 2022](#)

**August 27, 2022 @ 8:00 am - 5:00 pm**

*Long Tan Memorial Pool, Cnr. Fulham Rd & Lindeman Ave,*

*Heatley, Townsville, Queensland 4814 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

## September 2022

### [Aqualicious Masters Meet 2022](#)

**September 10, 2022 @ 8:00 am - 5:00 pm**

*Centenary Pool, 400 Gregory Terrace, Spring Hill, Qld 4000 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)



# More about 2022 MSQ Swimming Calendar - cont'd

## **Noosa Masters Meet 2022**

**September 24, 2022 @ 8:00 am - 5:00 pm**

*Noosa Aquatic Centre, 6 Girraween Court*

*Sunshine Coast, Queensland 4567 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

## **October 2022**

### **Maryborough Masters Meet 2022**

**October 15, 2022 @ 8:00 am - 5:00 pm**

*Maryborough Aquatic Centre, Corner of John and Kent Streets*

*Maryborough, Queensland 4650 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

### **Sunshine Coast Masters Meet 2022**

**October 29, 2022 @ 8:00 am - 5:00 pm**

*Kawana Aquatic Centre, LOT 801 Sportsman's Parade*

*Birtinya, Qld 4575 Australia + [Google Map](#)*

Save the date.

## **November 2022**

### **Sinkers OWS at Balnagowan 2022**

**November 6, 2022 @ 8:00 am - 5:00 pm**

*Pioneer River, Balnagowan, Pioneer River*

*Balnagowan, Queensland 4740 Australia + [Google Map](#)*

Save the date.

[Find out more »](#)

### **Pan Pacific Masters Games 2022**

**November 9, 2022 @ 8:00 am - November 12, 2022 @ 5:00 pm**

*Gold Coast Aquatic Centre, Marine Parade*

*Southport, Queensland 4215 Australia + [Google Map](#)*

PPMG22 Swimming will be held over four days: Wednesday 9 – Saturday 12 November 2022 at the Gold Coast Aquatic Centre. More information will be provided when available.

[Find out more »](#)

### **Big Barrine Bash OWS 2022**

**November 28, 2022 @ 8:00 am - 5:00 pm**

*Lake Barrine Queensland 4884 Australia + [Google Map](#)*

Save the date.



## Will you help Christina ?

### **MSQ Swimmer Profiles:**

Masters Swimming Queensland would love to share profiles of our members on our website and through Facebook from time to time. It would be great if each club would choose a member every month or so to write something they would be happy to share. Paragraphs can be based on answering the following questions, but plenty of creative license is encouraged!

We want to hear YOUR story, so please include anything you like. We want to profile a wide variety of swimmers' stories, as it is fascinating to hear about the range of factors that bind us together in the love of swimming. Several good quality photos would also be appreciated to accompany each profile (landscape orientation please).

Thank you for your assistance. Please email in Word format to Christina: [admin@mastersswimmingqld.org.au](mailto:admin@mastersswimmingqld.org.au)

How did you first become involved with swimming?

What do you love about swimming?

When did you first join Masters Swimming?

Most memorable swimming moment?

Favourite events?

How often do you swim, and where?

What motivates and inspires you?

Have you had setbacks to overcome?

Favourite things? Likes and dislikes?

What upcoming events are you swimming in?

Can you share a little about your family?

Your Career?

Other interesting/little-known facts about you?

Philosophy on life? Favourite saying?

What would you say to someone who is thinking of becoming a Masters swimmer?



# Gympie Races

An idea was born ... "Let's go to the Gympie Races!" ... suddenly it was a reality - the gazebo booked trackside, food and drink organised. Dress up and Turn up was the instruction. So, on Saturday 20 November, 13 Noosa Masters, friends and partners descended upon the track.

After checking out the competition, a few decided they might enter Fashions on the Field, only to discover that one was required to register beforehand, you couldn't just waltz up on the day! Bit of a pity really as we all felt John Simonidis was a cert to take out the men's award.

The gazebo was a god send. It was a hot day with just the occasional whiff of a breeze. Being trackside was terrific with a great view of the race, especially as the horses thundered past to the finish line. Being a small local event the TAB did not operate so we 'mug punters' put our bets on with the bookies who were delighted to accept even the smallest wager. No-one made a killing but it kept us interested in the five races that made up the programme and most collected their meagre winnings immediately after the last race and left.

However a few lingered over their last glass of wine enjoying the conversation only to discover that, by the time they were ready to collect their winnings and leave, the bookies had long departed and the music for the after races party had swung into action! "What to do?" Paula - Gympie Turf Club - went above and beyond the call of duty and by next day had finally tracked down the relevant bookie through Queensland Racing. Contact details were provided to the luckless punters who texted photos of the winning tickets and bank details to the bookie and "Hey presto" the money appeared in their bank accounts as if by magic! It all made for an interesting learning experience.

All's well that ends well ... Thanks must go to Social Co-ordinator, Chris Cooper for floating the idea and Jo Matthews for taking charge and co-ordinating the whole show.

... Ed



Potential winners ... regulations dashed the hopes of Noosa's "Fashions on the Field!" competitors.



Our 'team' helped along the charity fund-raising efforts of an Australian touring Priscilla stage show. 'Fame' reported very favourably on the show at QPAC recently. "...The classic Australian film is perfectly represented as it transforms into a stage show especially for the 10<sup>th</sup> Anniversary Australian Tour. It blew the audience out of the bar ..."



Jo Matthews, Wendy Ivanusec, Diane Scott-Davies



Julie & Greg Bott



Wendy Nothdurft, Jo Matthews, Diane Scott-Davies



Lorry Ryan & Wendy Ivanusec



Linda Hogg & Jacky Shields



Helen Malar & Trevor Mathews



### Noosa Library Service

*Do you or someone you know need help accessing a MyGov or Medicare account?*

We are here to help! We are currently taking expressions of interest for free, friendly one-on-one assistance to help you navigate MyGov and Medicare and access your COVID-19 vaccination certificate. If you would like us to contact you with an available time for assistance please register your name, phone number and email address (if you have one).

[Register your interest](#)

*Would you rather a printed certificate?*

You can request a copy of your vaccination certificate to be posted directly to you. Contact the Australian Immunisation Register on 1800 653 809. Be advised, your certificate may take up to 14 days to arrive via post.

*Did you know print at the library?*

You can print your vaccination certificate at our library branches. Choose to print from your own device or print using one of our computers. For more information about printing services [visit our website](#).

### Queensland Road trips courtesy RACQ

<https://www.racq.com.au/Living/Articles/RoadTrips/?>

[cmpid=GR:RA:ADV:LIV:ENG:LNEW:holidayherethisyear&ContactID=6E1E3655-C0CB-E811-80E1-0017A477308C](https://www.racq.com.au/Living/Articles/RoadTrips/?cmpid=GR:RA:ADV:LIV:ENG:LNEW:holidayherethisyear&ContactID=6E1E3655-C0CB-E811-80E1-0017A477308C)

### Convoy set to hit the road

*The Connecting Noosa Christmas Convoy is back from December 6 to 9, involving emergency service vehicles from QFES, Police, Ambulance, SES, Rural Fires, Volunteer Marine Rescue, Council's Local Laws team, plus Santa. Stand in your driveways and give us a wave. Find out when the convoy is coming to a street near you, visit the [website](#)*

### Free Holiday Buses return for festive season

*Free Holiday Buses return from December 11 to January 23. Council's Go Noosa Holidays transport program is once again providing free travel on five existing TransLink buses, plus an additional temporary route. [Read more.](#)*

### Noosa Regional Gallery

*Noosa Regional Gallery will be closed from December 24, 2021 until January 4, 2022. For more information click [here...](#)*

### Alexa swim caps now at the NAC shop

*Support local triathlete Alexa Leary's recovery after her horrific cycling accident in July. Designed by Alexa's sisters, the #moveforlex classic silicone swim caps are NOT FOR PROFIT. All net proceeds will be donated to Alexa's family for distribution to charities, organisations and/or facilities that will aid Alexa's recovery. Now in the NAC swim shop! It's great to see her back at the NAC restarting her swim training!*

### Christmas hours and program changes

*Crèche closes Saturday 25 December and re-opens Tuesday 4 January.*

*Adult and Junior squads finish Friday 24 December and are back Tuesday 4 January.*

*No Aqua Aerobics and Gym classes on Public Holidays, otherwise as normal.*

Saturday 25 December	Centre closed
26 – 28 December	Public Holidays (open 7am – 6pm)
29 – 31 December	Normal opening hours
Saturday 1 January	Public Holiday (open 7am – 6pm)
Sunday 2 January	Normal opening hours
Monday 3 January	Public Holiday (open 7am – 6pm)
Tuesday 4 January	Normal hours resume ...

*For full Centre information click [here...](#)*



# NOOSA MASTERS NEW CLUB SWIMWEAR

**N**ot sartorial splendour maybe, but pretty nifty just the same. Noosa's new swimwear got the tick of approval from members and orders flowed in. Thanks Jacky Shields for all the trouble you took to secure these and the new club shirts which are on their way.

... Ed



The girls



The boys



Some Noosa team members were happy to show off the new cozzies!

## It's on again ... Xmas in the Park

It's been two years since we celebrated Xmas together. We missed last year because of hideous weather. Let's make this year a great opportunity to catch-up, eat-up, drink-up and be Mary merry!!



• **Where:** Noosa River Park - opposite Robert St, Como Apartments

• **When:** Sunday, 12 December, 4.30 pm onwards

• **BYO:** Finger party food to share, drinks, chair and maybe a brolly.

- **COVID Care:** bring hand sanitiser, have a mask on hand and avoid shared bowls of food.

And for the fun stuff ... apart from eating, drinking and chatting.

- Bring a **Secret Santa** gift to exchange (gender neutral of course) with the added challenge of -
- **MAKE IT... BAKE IT... SEW IT... GROW IT**  
There will be some interesting prize categories !!

And don't forget the festive finery -

Who knows? You may win a prize!





## Noosa Regional Gallery

### Asia Pacific Contemporary: Three Decades of APT

A survey exhibition featuring a selection of artists celebrating almost three decades of this popular triennial. 10 Dec 2021 – 27 Feb 2022, free admission, more information [here...](#)

### Exhibition Opening Event

Join us to celebrate the official launch of QAGOMA's new travelling exhibition Three Decades of APT. Friday 10 Dec 2021, limited capacity, bookings essential, more information [here...](#)

## Library in your pocket

Borrow and read books by your favourite authors 24/7! Download eBooks and eAudiobooks from BorrowBox, Libby and Hoopla straight to your device to enjoy on the go. All free with your library membership! Take the library with you these holidays and never be without a good book. More information [here...](#)

## State by State Guide to Australia's best Spring Gardens

[https://www.tripadvisor.com.au/Articles-10Mk5FCTGTRE-Where\\_to\\_find\\_spring\\_flowers\\_in\\_australia.html](https://www.tripadvisor.com.au/Articles-10Mk5FCTGTRE-Where_to_find_spring_flowers_in_australia.html)

## Sports Dietitian

<https://www.sportsdietitian.com>

Not recommending. Initially the words 'free' and 'club' caught my attention, but just may be of interest to some. ... Ed

## Words of Wisdom

To me "drink responsibly" means don't spill it.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

... Ed

## 10 Reasons Why English is Weird

- |  |  |
|--|--|
| 1) The bandage was wound around the wound.                 | 6) The soldier decided to desert his dessert in the desert.                                |
| 2) The farm was used to produce produce.                   | 7) Since there is no time like the present, he thought it was time to present the present. |
| 3) The dump was so full that it had to refuse more refuse. | 8) A bass was painted on the head of the bass drum.  |
| 4) We must polish the Polish furniture                     | 9) When shot at, the dove dove into the bushes.  |
| 5) He could lead if he would get the lead out              | 10) I did not object to the object.  |

## Message from Karen & Rod Barton, UK ...

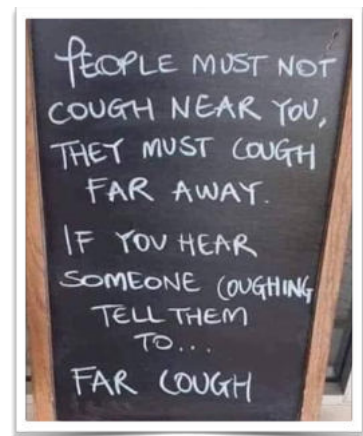
Rod and I just swam in our Nationals in Sheffield.

We had our Tri towels with us, our souvenirs of the beautiful Noosa, and both commented that we wished we were there.

Didn't do too badly at the gala though. Rod won a silver in 50 breast and I managed 2 silvers and a gold for the backstroke events.

Take care and stay safe.

Love to all at the club, and hope visitors are allowed soon. xx





# ENDURANCE 1000 REPORT

## November 2021



### **The Endurance Program ... what's the point?**

As 2021 draws to a close and we tally the final points from the Endurance Program, I ponder this question. Why do people bother, when they could just take a recreational swim, made more enjoyable by the heightened fitness they have gained from squad swimming? Why go to the trouble of organising timers and keeping tally over a year, of timing other swimmers or attending to the data entry and communication behind the scenes?

*It's a big job. What's the point?*

I enjoy the endurance program for a number of reasons...

It ensures I have that extra intensive swim each week.

It is more flexible than carnival attendance, and less costly.

I enjoy the camaraderie on the pool deck, which isn't possible with regular squads.

Times required to make top points are generous and achievable - I can do this!

I'm not alone in my enjoyment. Folk cleverer than I have analysed the data:-

We have 80 members and 58 Endurance participants, some of whom still did a few swims despite injury/illness.

This leaves 22 non-participants.

Of those, there are "non swimming members" for various reasons such as age, full time work and so on, and there are new members who perhaps are yet to try Endurance swimming.

I believe I can claim that each year the Endurance program is the swimming event most supported by our members.

Many of us remember Pat Mooney and his passion for the Endurance Program, which has led to Noosa Masters taking the national Endurance Trophy several years in a row now. It feels good to contribute to building the momentum and keeping that trophy in our grasp.

And to answer the original question, the point tally for 2021 is down on the same time for previous years, but there is still time to boost this number!

So, thank you, and please ... in 2022, continue to swim Endurance, for fun, fitness, fellowship ... and for that elusive trophy!

*Enduringly yours,  
Jane Powell  
Endurance Coordinator*

## COACH'S TIPS



### **A couple of drills to improve your Butterfly ...**

1) Butterfly with a freestyle kick is a simple way to improve your butterfly, with less undulation from your legs your chin will be in a better position above the water when you breathe. Flutter kicking also means there is less stop and go in your stroke promoting a more aggressive arm recovery.

2) 1-1-1 Butterfly drill

You take one stroke with right arm, one stroke with your left arm and then one full stroke, when taking single arm strokes breathe to the side to maintain a quick stroke rate, a great way to add more metres of butterfly to your workout without overtaxing your body.

*Happy swimming - Cheers, Jan*





Please support our sponsors

<p><b>Noosa Heads Life Saving Club</b> Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p><b>Noosa Aquatic Centre</b> Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p><b>Bunnings Warehouse</b> Noosa Road &amp; Gateway Drive Noosaville Q 4566 Tel: 5430 5400</p>	<p><b>Ironman</b> 24 Lionel Donovan Drive Noosaville Q 4566 Tel: 5430 6700</p>
<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>	<p><b>Karen Martin Barber Shop</b> 28 Sunshine Beach Road Noosa Junction Q 4567 <a href="http://www.barbernoosa.com.au">www.barbernoosa.com.au</a></p>
<p><b>The Great Little Bag</b> Shop 105 Eumundi Square Napier St Eumundi on Market Days Wed+Sat 7.30 -2.30 Fri 8.30 -2.30 <a href="http://www.thegreatlittlebag.com">www.thegreatlittlebag.com</a></p>	<p><b>Officeworks</b> 1 Gateway Drive, Noosaville Q 4566, Tel: 5449 5400</p>
<p><b>John Bird Jewellers</b> The Atrium 91 Poinciana Ave, Tewantin Tel. 5474 4639</p>	<p><b>Hinter-Coast Transport</b> Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632</p>
<p><b>Terry White Pharmacy</b> Shop 20, Noosa Junction Plaza Noosa Junction Plaza Tel: 5447 2244</p>	<p><b>Live Life Pharmacy</b> 22 Sunshine Beach Road Noosa Junction Tel: 5447 3478</p>

*Editor*  
Wendy Ivanusec  
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**Challengers Chatter**  
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