

NOOSA MASTERS SWIMMING CLUB

# NEWSLETTER

"Challengers Chatter"

NOVEMBER 2023



LTS Ben & Joy with Coach Wendy N and Hon Life Member Wendy I



Christinlee enjoyed the company

Noosa Masters hosted the Allianz Adult Learn to Swim (LTS) Members at a Club Breakfast on Sunday 26<sup>th</sup> Nov. In addition to warmly welcoming three of the Noosa Aquatic Centre LTS attendees, Ben Leo, Joy de Coster and Christinlee Hangad, we were equally delighted that the President of Masters Swimming Qld, Susanne Milenkovich took the time to drive from Brisbane to join the Sunday morning breakfast gathering.

Due to the generous donation from Allianz to assist with catering for the function, we were able to offer all attendees a complimentary beverage as well as a ticket in a

## Allianz Insures Club Breakfast's Success



ALLIANZ LEARN TO SWIMMERS

L-R : Christinlee Hanga, Joy de Costa and Ben Leo with Masters Swimming Queensland President

\$50 Voucher for goods or services from the Noosa Aquatic Centre.

The Voucher was won by Noosa Masters Member Adrian Wilson who is sure to put the voucher to good use.

The food provided by Club members was absolutely delicious, with both savoury and dessert tables laden with goodies.

Many thanks to Adele Tucker, Jo Edwards and Robyn Selby who all assisted with the set up and presentation of the breakfast feast and of course our gratitude goes out to all those members who provided the fabulous food for our hungry swimmers and guests.

The LTS members were warmly welcomed, and it was lovely to hear from Susanne about the relationship our governing body, Masters Swimming Australia (MSA) is cementing with Allianz in this inaugural Adult Learn to Swim Scheme.

By association with MSA, both Masters Swimming Qld and Noosa Masters are also benefitting from the Allianz program with not only funding but also access to potential new members who might wish to progress from the Adult LTS group to a Masters Club.

Hopefully it won't be too long before we see some of these LTS attendees joining our Club!!!

...Julie Bott

# 2023 Noosa Triathlon

## To the Noosa Tri Volunteers

Your efforts have helped significantly to cover the expenses we have as a club. Everyone who was able to give their time did so with enthusiasm and goodwill.

The contribution you made at the events this week are greatly valued, in particular could those who “roped in a friend/family member” .

please pass on our gratitude to them.

Thank you all very much.

*Shane Walsh  
Volunteer Coordinator*



*Noosa Tri 2023 - QNA volunteers and other supporters.*

*L-R Lani Pallister ,Wendy N , Mark P , vol 1 not QNA , vol 2 not QNA, Nic Sloman , Melissa Emanulli*



*Fun Run ...Pink*



*Noosa Tri 2023 - QNA volunteers and two lovely young European ring-ins*



# Noosa Aquatic Ukulele Orchestra wows the audience at ARCARE !

by Terry Parker



The Swimming Strummers performed at Arcare Noosa aged care facility last Thursday 23<sup>rd</sup> November.

Viv Merrill selected a well-received playlist for the residents, one of whom is her mother Monica aged 99 years young.

The café setting was well attended with many of the audience singing along and providing rousing applause.

*The orchestra Included:*

Chris Cooper, Julie Tierney, Melissa Travers, Anne Cronk, Viv Merrill, Gilly Benstead, Adrian Wilson, Kerry Blackwell, Robyn Selby, Mick Jones and Terry Parker.

The “orchestra” members enjoyed our many rehearsal sessions and consequently, we did a great job on the day.

Keep strumming and singing!

It’s that time of year ...

Merry Christmas,

... Terry



## December 2023

Ian Robinson	7/12 (Big 60 !)
Jane Powell	19/12
Mark Powell	23/12

*"The more you praise and celebrate your life,  
the more there is in life to celebrate."  
— Oprah Winfrey*



The Alice Springs Masters Games (ASMG), Australia’s first and longest-running masters games (and the second oldest in the world), are just a year away and the sports program has now been confirmed.

With 28 sports on the program, including archery, swimming, go karting, cricket and hockey, there’s an activity to suit everyone. Participants of all abilities are welcome to take part in the Games with Heart, in the heart of Australia.

ASMG entries are open now, with an Early Bird fee of \$80 valid until 31 December 2023. After that, the fee will increase to \$99. Sporting fees, set by each club, also apply for each sport you register for.

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>JANUARY</b>							
<b>FEBRUARY</b>							
17	LC	Miami Masters Meet	QMM	South	Q2/24	Yes	Miami Aquatic Centre
23 Feb-3 Mar	LC	World Aquatics Masters Championships					Doha, Qatar
24	SC	Sinkers 'Fun in Feb' Swim Meet	QNS	Central	Q3/24	Yes	Mackay North State High School Pool
<b>MARCH</b>							
3	SC	Rackley Masters SC Meet	QRL	Sunshine	Q4/24	Pending	Centenary Aquatic Centre
9	SC	Hervey Bay Humpbacks Meet	QHB	Central	Q5/24	Yes	Hervey Bay Aquatic Centre
23	SC	River City Masters Meet	QRC	South	Q6/24	Pending	Musgrave Park Swimming Centre
23	SC	Atherton Mountaineers Swim Meet	QAT	North	Q7/24	Yes	Atherton Aquatic Centre
<b>APRIL</b>							
6	LC	Noosa Masters Meet	QNA	Sunshine	Q8/24	Yes	Noosa Aquatic Centre
18-21	SC	MSQ SC State Championships	MSQ	South	Q1/24	Yes	Brisbane Aquatic Centre
<b>MAY</b>							
3-7	LC	MSA LC National Championships	MSA	NT		Yes	Parap Pool, Darwin
<b>JUNE</b>							
8	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/24	Yes	Bundaberg Swim Academy
29	LC	Brisbane Southside Masters Meet	QSM	South	Q10/24	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
<b>AUGUST</b>							
3-4	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q11/24	Yes	Burpengary Regional Aquatic Centre
24	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q12/24	Yes	Valley Pool, Fortitude Valley
31 Aug-1 Sept	LC	Nth Qld Masters Championships	MSQ	North	Q13/24	Yes	Townsville
<b>SEPTEMBER</b>							
7	SC	Genesis Spring Meet	QGA	Sunshine	Q14/24	Yes	Genesis Sports & Aquatics
<b>OCTOBER</b>							
5	SC	Toowoomba Tadpoles Meet	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
12	LC	Maryborough Masters Meet	QMB	Central	Q16/24	Yes	Maryborough Aquatic Centre
26	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q17/24	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
3	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q18/24	n/a	Pioneer River, Balnagowan
6-9	LC	Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre
<b>DECEMBER</b>							

#### Swimming in Co/Dual-Sanctioned 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 Results Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia, and the two clubs must be related as "one-clubs".

#### Criteria for MSQ/SQ/SA dual-sanctioned meets

Any "approved" SQ/SA meet, generally on the SQ/SA event calendar are automatically recognised as candidates for dual-sanction, subject to the following:

- Meets must be officiated by SA or their region's/state's recognised technical officials
- Meets must be held in pools that have a correct survey of length lodged with MSA

#### The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

[https://qld.swimming.org.au/events?keyword=&category=All&region=All&field\\_event\\_date\\_time\\_end\\_value=&field\\_event\\_date\\_time\\_value=](https://qld.swimming.org.au/events?keyword=&category=All&region=All&field_event_date_time_end_value=&field_event_date_time_value=)

#### Qualifying

When Masters swimmers enter SA/SQ meets they must follow the qualifying standards of that meet, and where required must qualify with proven times. There will be no relaxation for Masters swimmers.

#### Rules considerations

If swimming in an SA meet, Masters swimmers are obliged to swim by the stricter SA technical rules, e.g.:

- No double-arm backstroke
- No butterfly with breaststroke kick
- Strict start and turn consideration, including movement on the blocks
- No medical disability recognised, etc.

#### What do I need to do?

There are several items you will need to ensure have been completed. Please allow enough time as some may take time:

- Ensure you check that all the criteria and conditions listed above are satisfied
- If the pool has not been recognised by MSA, you will need to seek survey documentation from the pool hosting the meet. Click on Pool Surveys at <https://mastersswimming.org.au/rules-and-policies/> for listings
- Inform the MSQ Business Manager of the meet you will be competing at
- Enter the meet via Swim Central
- Inform the MSQ Business Manager once you have competed so MSQ can process your results: [admin@mastersswimmingqld.org.au](mailto:admin@mastersswimmingqld.org.au)

## DID YOU KNOW?

Proposed redevelopment of Royal Mail Hotel - makes for interesting reading ...

<https://www.sunshinecoastnews.com.au/2023/10/09/major-expansion-proposed-for-1880s->



# 2023 Customer Service Quality Survey - Noosa Aquatic Centre



This survey, conducted in conjunction with University of South Australia, is a nationwide survey of all major Aquatic Centres throughout Australia.

The acting Manager of Noosa Aquatic Centre, Tim Wilson, is keen for as many patrons who use the facility as possible to complete, as the results will influence a footprint for any future improvements of the Noosa Aquatic Centre.

With the 25 year milestone approaching since one of Noosa's best recreational facilities was opened for our

community to enjoy, now is our opportunity to contribute to any major development to make the NAC even better.

If any of our Noosa Masters Swimming Club members have not completed the survey, forms are at Reception of NAC - very simple to complete.

... Tony Frost

## 2024 QNA Welfare Officers

*It is with much pleasure I announce that Robyn Selby and Chris Cooper will be sharing the duties of Welfare Officer at Noosa Masters Swimming.*

*The Welfare Officer has several important duties within the club, one of these is of course celebrating every member's birthday whether this means sending a digital birthday greeting or for those all-important zero birthdays – organising a birthday cake for the members to share in the celebration.*

*But this is not the only duty of our Welfare Officers. The other important duty involves keeping an eye on our members and finding out the good and sometimes not so*

*good events that can occur in people's lives. If possible, the club then takes an action that is appropriate for these events. So, if you know of events associated with any members that you think the club should know about, can you please share this with the Welfare Officers. You can do this via our Club Secretary or directly to Robyn and Chris – whom I have Cc'd to this email.*

*I thank Robyn and Chris for taking on this important position for the 2024 year and hope that they enjoy the role.*

... Greg Bott

## Thursday 9 Nov, Impromptu Welcome Breakfast

LiQun and John Hussey made a flying visit to Noosa - what better excuse to bung on a brekkie?? It was a great opportunity for LiQun to catch up with her Noosa swimming buddies and we all made the most of it. Safe travelling LQ and John - keep in touch and send photos !!

... Ed



Rob Jolly, Li Qun, and Wendy Ivanusec



Jan Croft, LiQun and Lois Hill



Bruce Hammond and Chris Cooper found themselves spoiled for choice !!

# 2023 QNA MELBOURNE CUP

Tuesday 7<sup>th</sup> November 2023 at Robyn Selby's home

## Twice as many celebrations at our Melbourne Cup Event

Great fun was had by the many who attended the Melbourne Cup Social Function at Robyn's home in Noosa.

New life members Helen Malar, Viv Merrill, Ian Tucker and Brian Hoepper were officially welcomed and toasted with a warm round of applause (with cake and Champagne of course) for their wonderful efforts and achievements as active club members. Wendy Ivanusec (life member) performed her induction speech for the life members Helen and Viv with great aplomb. Julie Bott read a heartfelt message from Bob Morse (life member) to welcome Ian and Brian to the fold.

Congratulations to all our valued life members as we all enjoy the fruits of your long-term efforts for our club.



Many thanks to all who provided the copious nibbles for the afternoon and the delicious chocolate cake which was more than sufficient to go another round and was well appreciated after Thursday swim training as well.



**Chris Cooper** managed the race day sweeps (thank you) whilst **Julie Tierney** cleaned up most of the winnings and required security guards on the way home to safeguard the pot.

Well done all those who dressed to the nines with some pretty fancy headwear on display.

**Best dressed** went to Fran Wilson – with a very stylish couture outfit. Congratulations Fran!



Thank you Robyn, for making your home available to host our social function.

Thank you also to Julie Bott for organising a great day!

... written by Terry Parker

## About Giraffes



Over the last 30 years, giraffe populations across Africa have declined by what percentage?

- 25%
- 40%
- 55%
- 70%

Saving giraffes starts with awareness, especially since giraffe populations are rapidly declining while few people are aware, a phenomenon known as "silent extinction." One easy way you can learn more about giraffes and the threats they face is by taking our quiz!

We won't stay silent about the possibility of giraffe extinction, and we hope you'll **take our quiz**, share your results with your social network (and ask them to take it too), and join us in making noise about giraffe extinction so we don't lose these amazing animals forever.

[https://quiz.ifaw.org/test-your-giraffe-knowledge-AU?\\_hsenc=p2ANqtz--bBxBHftRNT9bD4BUYc4XQSusHcQtudVFbg6wOtNQihw hWQURvOZEIsb8iC9GUO\\_CvxO4ZrfkajdHilbKjI6VQL4R qNwgDIPTvMYe7BIDqKO8wB0g&\\_hsmi=77510396&cid=7013k000001f4bj&ms=AONDC231001002&utm\\_campaign=FY24\\_C231001\\_Giraffe&utm\\_content=77510396&utm\\_medium=email&utm\\_source=hs\\_email](https://quiz.ifaw.org/test-your-giraffe-knowledge-AU?_hsenc=p2ANqtz--bBxBHftRNT9bD4BUYc4XQSusHcQtudVFbg6wOtNQihw hWQURvOZEIsb8iC9GUO_CvxO4ZrfkajdHilbKjI6VQL4R qNwgDIPTvMYe7BIDqKO8wB0g&_hsmi=77510396&cid=7013k000001f4bj&ms=AONDC231001002&utm_campaign=FY24_C231001_Giraffe&utm_content=77510396&utm_medium=email&utm_source=hs_email)





# HONORARY LIFE MEMBERSHIP



There surely can be nothing more meaningful than to be so honoured. However, we need to recognise that such recognition is not simply a reward for past contributions but incurs a responsibility to stay actively involved in the club's future which is where their knowledge of what has worked and what has failed is a valuable reservoir of knowledge for successive committees to draw upon. It is sad but true that many members of clubs are reluctant to take on responsibilities, but each and every member who makes the smallest contribution to our club nurtures it and our club has been fortunate to have attracted so many people imbued with a great team spirit who will put their shoulder to the wheel when called upon. Our four newly appointed HLMs - Viv Merrill, Brian Hoepper, Helen Malar & Ian Tucker are worthy recipients of our club's highest honour!



The most magnificent cake !!



Julie Bott, Viv Merrill, Brian Hoepper, Helen Malar, Ian Tucker and Wendy Ivanusec



Viv, Brian, Helen & Ian cut the cake

# Congratulations!



## Useful Links for Noosa Masters

Noosa Masters Swimming Website Needs some updating  
(get a copy of the latest newsletter here !)

<https://noosamastersswimming.com.au/>

Home page for masters swimming

<https://mastersswimming.org.au/>

How to Renew or Join

<https://mastersswimming.org.au/memberships/>

Direct link to rankings ...How are you going in the national rankings for masters  
...these can be 3 or 4weeks behind

<https://portal.msarc.org.au/ranking/index.php?js=on>

What Endurance Swims have I done ?

..... use your MSAID to query your endurance record for the year

<https://e1000.msarc.org.au/results/results.php>

*Thanks a lot Terry Parker for taking the trouble to put this together for us !!*



## COACH'S TIPS

### PERFECT FREESTYLE ...



*Follow-on from last month's tips*  
**How to swim freestyle with perfect technique ...**

#### **Hips and shoulders**

Every time you take a stroke keep your head in place and use your hips to rotate left and right.

Focus on rotating only with your core instead of leading with shoulder twists.

Hips will initiate the movement and shoulders will follow .

The most important part of breathing in freestyle is to keep a neutral position.

Don't move your head forward or up

Keep one eye under the water and open your mouth to breathe.

it might feel like you are going to swallow water but your forward momentum creates a small air pocket large enough to take a quick breath.

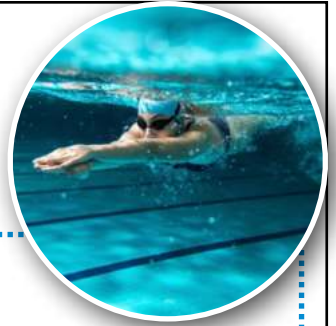
The opposite arm should be extended straight in front of your shoulder.

*Happy swimming  
Cheers, Jan*



# ENDURANCE 1000 REPORT

## prepared 29 November 2023



### November was a banner month for Endurance. Thanks to ALL who participated.

We had five organised Endurance swims this month: four Tuesdays and one Twilight swim.

**Twilight Swim** – Our final Twilight swim of the year was held on 17 Nov with a delightful sharing of food and drink at Ian and Adele Tucker’s home afterwards. We amassed an impressive 470 points in just 1.5 hours – wow! And several people participated that can’t make the Tuesday swims so that was great to see some additional Endurance swimmers. And the timers, wow, so many people showed up to time – THANKS!

**Points** - We might achieve our last year number of Points **if we keep up the current pace**. We don’t have any more Twilight swims this year, but we have four more Tuesday’s and a swim on Sunday 31 Dec for those who love to finish things “just in time”. And don’t forget we have the Endurance Buddy WhatsApp group for those who want to find a “buddy timer” and swim when it works for your schedule. If you’d like to be a member of the WhatsApp group, please reach out to Denise ([decarlo4567@gmail.com](mailto:decarlo4567@gmail.com)).

We now have 59 swimmers participating in Endurance (we have 82 Club members). So 72% of the team is participating. Can we achieve 75% by the end of the year?? If you haven’t done Endurance this year, you still have a chance to get in some swims. Every point matters. We have no idea how many Endurance points other teams have accumulated, so let’s not give them a chance to break our winning streak.

### Here are the impressive swims (that I’m aware of):

- 1) Sally Johnson completed a 1500M backstroke (in the rain)
- 2) Terry Parker did a 45-minute breaststroke (first ever I believe)
- 3) Adrian (Mr Sprinter) Wilson did a 1-hour Free and achieved 3100m!
- 4) Chris Cooper did a 30-minute of her not-so-favourite stroke (breaststroke)
- 5) Melissa Travers did a smashing 45-minute swim and “just” missed top points.
- 6) Studley Martin completed a 1-hour breaststroke.
- 7) Lynette Clemitson has completed several long swims.
- 8) Brian Hoepper continues to do MANY swims out of hours and intends to finish the full program by year end.

- 9) Mark Powell is smashing through many swims, also hoping to complete the program.

If anyone completes a significant swim (first ever for a given event, best time of the year, etc) can you PLEASE let Denise or the deckie know? We like to celebrate our achievements together and this makes our Chatter articles more interesting too!

### Audits

Denise is performing a year-end audit of each swimmer’s Endurance black binder. Most binders are spot on so well done. However, typical errors include:

- 1) Failing to indicate 25m or 50m pool.
- 2) Timer signature missing
- 3) Exact date of the swim
- 4) Timesheets not matching Summary Sheet (i.e. Four – 400s completed but only three recorded on the Summary Sheet).

When errors exist, Denise contacts the swimmer directly to resolve the issue. This is a reminder to double check your paperwork each time you swim to ensure the timesheet and summary sheet are accurate.

Want to see your total points for the year and verify your black binder matches the Endurance Portal? See Denise for instructions on how to do this. It’s easy and Denise will even run the report for you (if you ask nicely!)

Denise DeCarlo  
Endurance Coordinator  
[decarlo4567@gmail.com](mailto:decarlo4567@gmail.com)  
Mob 0447 255 388



Now that’s DEDICATION !! Thanks Timekeepers!



Noosa Masters Swimming Club  
thanks its generous sponsors  
for their support

## PLATINUM



## GOLD



## SILVER



## BRONZE



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