

CHALLENGERS' CHATTER

OCTOBER 2020



Leg twists



Arm twists



Arm and leg raise



Concentration



Squats



Cat to Camel



Here comes Sofie !!

We are extremely lucky, to be able to take advantage of our two secured Grants. The first a 'Covid Safe Kick Start Grant' which enables us for the next 10 months to be able to spend 20 minutes stretching, every Tuesday and Thursday before squad under the guidance of Sophie Lewis an Exercise Physiologist from Sports and Spinal. These sessions are available to all members of Noosa Masters, the only requirement is that you turn up promptly at 7.10 am with a mat or a towel, and, as the weather gets warmer, a drink bottle will also be required. As you can see from the photos, swimmers are taking these sessions very seriously and are seeing improvements in both their flexibility and strength.

The second Grant is a 'Gambling Community Benefit Grant', which has allowed the 19 nominated members to take advantage of Sophie's expertise for 90 minutes once a month for 10 months, in the hall at the Uniting Church in Coolum. As well as paying for the hire of the hall and Sophie's coaching fee, we have been able to purchase mats and bands to assist us with our workout. The exercises that the members have taken part in have been sent to their emails to allow them to peruse and practise at their leisure. However, it is not all work and no play. At the completion of our 90 minutes, and the squad freshening themselves up, the party retires to the Coolum Surf Club bar and then the restaurant for a well-earned dinner. Drinks and food are paid for by members, but considering Sophie usually charges \$104 for a 30-minute session, everyone is getting more than their money's worth.

A big thank you to Queensland Government, Sport and Recreation, Sophie Lewis, Mick Jones and Jo Matthews.

... Jo Matthews



Bridges



60 YEARS BETWEEN THE FLAGS!

The 2019 /20 season was certainly one to remember for all volunteer lifesavers from all 314 Clubs around Australia - cut short by 6 weeks due to Covid-19.

The traditional annual dinner and awards evening in July was forced to be cancelled, but was replaced early October in the Ocean View Room at the new Sunshine Beach SLSC.

For Tony Frost, Life Member since 2000, it was an occasion to remember, being a member of the winning patrol for the season and awarded "Most patrol hours for season 2019-20."

As well as this, in a busy season, he was presented with an award from Surf Life Saving Australia (SLSA) for being an active patrol member for 60 years, a milestone achieved by only a few.

Tony joined Long Reef SLSC in 1959 and has since continued patrolling from 1989 at Sunshine Beach SLSC and since 2012 has also done a few patrols at Noosa Heads SLSC.

"Friendships made in surf life saving, whether sharing patrol duties or in competition - in Australia or overseas - has made the last 60 years special."

Tony has been a member of Noosa Masters since 1999 ... Ed

COACH'S TIPS



Coach : Jan Croft

Faster Freestyle

by Karlyn Pipes

For a Faster Freestyle, try to aim for a slightly wider than shoulder-width hand placement to help provide a more stable platform for your breath and to be in a good position to help set up a high-elbow catch.

~ Use the black line on the bottom of the pool to check your "spacing" (photo one).

~ Try to stay away from placing your arm inside the black line (photo two) as this can make it

difficult to set up a good catch and may make your pull go straight down or sweep under your body to counterbalance.

~ Don't forget to take a short (or long glide if you prefer) before setting up your catch.

Besides creating balance, the glide gives you a moment to be in the "off" position before going "on" for the power phase. Think of the top part of a golf swing. There's a stop before you go!

~ Set up your high-elbow catch by imagining you are swimming over a coral reef. Float the elbow up so you don't touch the coral, keeping the fingertips pointed towards the bottom.



photo one

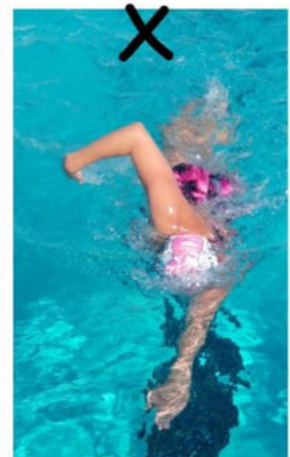
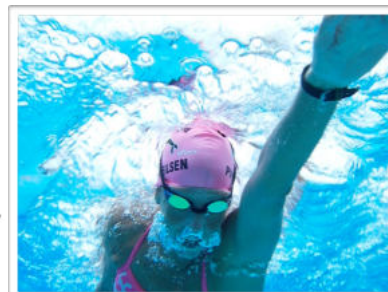


photo two



The Health Report #10

Information brought to you by Jane Powell



Inflammation and Ageing

Chronic inflammation is a major contributing factor in many diseases we associate with ageing... Parkinson's, Dementia, Arthritis, Type 2 Diabetes, Atherosclerosis & Hypertension ... in fact, many non-infectious diseases can be linked to inflammation.

Why?

Can we accept that it is because as we age we slow down, we exercise less, we gain weight, and therefore enter a treadmill of chronic inflammation?

Well, no! Certainly not in

this Swim Club!

But inflammation can accelerate the ageing process. We've all experienced injuries that, in former times, we would have bounced back from. Yet now an injury can be very problematic. As we age, so does our immune system, and we need to be more supportive of it, so it can support us to maintain optimal health and longevity.

Research continues in the field of chronic inflammation, but meanwhile with self care i.e.: living an immune system-supportive lifestyle, we can avoid the treadmill of chronic inflammation.

Exercise and rest, a diet of nutrient-dense low inflammatory foods, fellowship, spirituality, fun and creativity appear to be some ingredients in the recipe for ageing gracefully ... or disgracefully, as the case may be!

Ref: The Fat Emperor and the Irish Heart Disease Awareness Charity @IHDA.ie

This group recommends the Coronary Artery Calcification Scan

Ref: UQ IMB 'Edge' Magazine 12/19

Message from the President

Dear Members,

Thank you for your support since my return to the President role and I hope that we can plan with a little more confidence as we approach Christmas and the beginning of a new year.

COVID 19 has taught us many things during the last 9 months and the way forward may never fully return to the past. Not that we haven't experienced challenges before and adapted and modified our behaviours to suit. There will not be as many overseas holidays and adventures but more exploring our own back yard, not a bad thing. Just need the states to open their borders (may have happened by the time you read this) and club members will be off in droves.

We welcome the opportunity, once borders open, to enjoy the freedom of catching up with friends and family much more regularly and this Christmas may be the first time family are together since last year?

The planned Christmas get together along Gympie Terrace (opposite Como) will require social distancing this year so hugs and kisses will be off limits, elbow touches only!!

Our journey into the early part of next year will be a test as to how swim meets must be run under a safe COVID-19 Plan. The first swim meet for our region will be Hervey Bay in March closely followed by the State Championships at Kawana in early April, followed by the Nationals in Darwin and Great Barrier Reef Games in Cairns in May.

As you can see a very intense spell for those competing and the amount of training is expected to increase prior to these meets.

The more casual members can expect a return to Endurance 1000 next year (not yet confirmed) but this provides many of our members the ability to set personal challenges whilst contributing to the overall club points score. Keep it going!

Socially, we have high expectations that a COVID-19 vaccine or treatment will be developed and available by mid next year allowing us to gather more frequently in social settings and celebrate events. We haven't forgotten the Club's 20th anniversary celebrations. That will become a 21st celebration by the time we can hold it sometime next year!

I'm very pleased with the members of the Management Committee who have been working away in the background since the AGM to address what needs to be considered and acted upon, whilst also developing new ideas and plans going forward.

Thank you again and it is pleasing to see so many of the membership attending the NAC on a regular basis, keeping safe and healthy.

*"Success isn't final, failure isn't fatal,
it's courage that counts" (Alicia Coutts)*

Regards,

*Ian Tucker, President, Noosa Masters Swimming Club
Mob: +61 411 880 006 H: +61 7 5412 2980*

How to Master Butterfly Recovery

July 30, 2020

Try these stretches and technique tips for a better butterfly

On my age-group swim team, we called it “carrying a piano on your back.”

You know what I’m talking about: It’s that horrible phase of a race where you cannot get your arms out of the water, struggle with breathing, and seriously question if you’ll make it to the wall alive. For many, this proverbial piano drops from the sky at about 75 yards into a 100 butterfly, perhaps sooner.

And yet some folks seem to be able to endlessly swim piano-free butterfly. What’s their secret? They have an efficient recovery. While some are clearly mutants blessed with well-lubricated shoulder joints, there are ways us regular folks can improve our odds of getting to the wall without a baby-grand backpack. Let’s review terminology:

The term “recovery” has two distinct meanings in swimming:

1. The phase of a stroke that repositions body parts after the power (propulsion) phase to establish proper position to begin the next stroke, and
2. The time allowed for the body to replenish and rebuild itself after exercise.

Both are critical considerations for butterflyers. For most swimmers, the butterfly contains the most difficult recovery motion of any stroke, resulting in rapid fatigue. Training must focus both on reducing the effort and on increasing endurance for the specific movements required.

Starting on Dry Land

The butterfly recovery motion requires both arms to simultaneously move forward. To do this without dragging your hands and arms through the water (which costs forward momentum), your torso must elevate to a level where your arms can clear the surface.

- The less your torso elevates, the more forward momentum is maintained.
- Shoulder flexibility determines the amount of torso elevation required.

Routine behaviours (driving, typing, eating) draw your shoulders forward, as do many common exercises (push-ups, bench press, swimming breaststroke). Over time, these activities tighten your chest and limit the shoulder flexibility required for fluid butterfly recovery. [Dryland work](#) can counteract these influences.

Recovery enhancement exercises

Approach stretching with caution and patience; flexibility takes time and commitment rather than macho aggression. Payoffs come from gentle, consistent work (every day, multiple times per day). Stretching should be done within warm-up, cool-down, and during breaks in work sets, as well as at mealtimes, bedtimes, and breaktimes.

Stretch everything, but for butterfly, these two are

especially helpful:

- Hanging stretches (dangle from an overhead horizontal bar)
- Door stretches (lean into a doorway to open up your chest)

Strengthen the muscles involved in butterfly recovery with exercises that draw your shoulder blades together and work the rear deltoids and back muscles. These include:

- Bent over rowing and flies
- Cable rows
- Face-down “Y” dumbbell lifts on a balance ball.
- Bend to a horizontal torso and use light dumbbells to duplicate the entire butterfly recovery motion.

The key is to focus on the *movement* that draws your shoulder blades together rather than on the amount of weight lifted. The exercise should not only build your muscles for the recovery motion, but also train your brain to engage those muscles for a relaxed, low-to-the-water recovery.

Momentum enhancement exercises

It’s easier to elevate your torso for the arm recovery at faster speeds, so it helps to increase forward drive. Finishing your pull with good acceleration is essential, but during your arm recovery, your kick becomes the driver. Add dry land exercises to increase core and leg contributions.

- Ankle stretches
- Lunges
- Planks, V-ups, leg lifts, etc.

Fine Tuning in the Pool

There are as many butterfly variants as there are swimmers. Customise the time and effort spent on fine-tuning activities depending on individual capabilities.

Mindset

The first goal of butterfly recovery practice is to find the relaxation groove, where the recovery feels easy and infinitely repeatable.

- Floating face-down in the water, squeeze your shoulder blades together to initiate your arm recovery. With only gentle flutter kicking, slowly swing your arms forward to re-enter the water at shoulder width. This teaches that high elevation isn’t required for recovery if your shoulders are loose and your back muscles contribute to lifting your arms.
- Practice push-offs and breakouts with just a few full butterfly strokes to find your breathing and stroke vs. kick rhythm. Remember to exhale fully, and to keep your shoulders and neck as relaxed as possible. Try to keep your torso low during your breath, while feeling your kick as a whip-crack snap from your core all the way to your toes. Make sure your head leads your arms into the water and drives forward rather than downward.

- Do only perfect strokes; stop and start over if anything feels out of sync.
- Butterfly can and should be **an experience of glorious beauty**. Each butterfly set or drill should begin with this reminder.

Kick

Using a breaststroke kick during butterfly is legal in USMS meets. Determine whether dolphin kick or breaststroke kick will be the most effective. This may change with ageing, injury, level of fitness, or even the distance to be swum. Some athletes may benefit from experimentation to find the most efficient pull and kick combination. Use the clock to make the determination, as one combo may feel faster when evidence indicates the contrary.

Enhance abdominal thrust and leg tempo by isolating your legs with specific dolphin or breaststroke kick sets. Avoid kick boards (use a snorkel instead) to ensure full-body muscle participation during your kick sets and try these kick drills:

- Rapid vertical kicking with core engagement (20 seconds on, 40 seconds rest)
- 10-meter underwater kick sprints (easy recovery to the opposite end of the pool)
- 25s kick sprints with minimal breaststroke arm pulls (1 minute rest).

Training

The appropriate amount of butterfly training varies by individual. In general, I believe that every stroke of butterfly taken should be a good one; swimming with poor form from exhaustion simply trains us to swim with poor form. That said, it's also a fact that building strength and endurance requires asking the body to do more than it has done in the past. It's up to you to find the line where additional work becomes counterproductive. Remember to allow depleted muscles to rest and grow after they've been abused. But as long as you retain your love for the stroke and your ability to perform it well when it counts, there's nothing wrong with occasionally carrying that invisible piano through part of the workout.

About The Author

Terry Heggy

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 10K Open Water Championship in 2006, competed in the National Championship Olympic Distance Triathlon in 2014, and qualified again for USAT Nationals in 2015. The 2019 Jack Buchanan Service Award winner is the head coach of Team Sopris Masters in Glenwood Springs, Colo., a USMS-certified Level 4 Masters coach, and an NASM Certified Personal Trainer.

MSQ Calendar of Events January - July 2021



2021 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
Start 1 Jan	Postal	Albany Creek Postal	QAC	Sunshine	Q2/21	Yes	Any 25m or 50m pool
FEBRUARY							
8-10	SC	New Zealand Masters Games					Splash Centre, Springvale Park, Whanganui
27	SC	Sinkers Fun in Feb	QNS	Central	Q3/21	Yes	North Mackay High Pool
Finish 28 Feb	Postal	Albany Creek Postal	QAC	Sunshine	Q2/21	Yes	Any 25m or 50m pool
MARCH							
6	LC	Humpbacks Swim Meet	QHB	Central	Q4/21	Yes	Hervey Bay Aquatic Centre
27	SC	Townsville Aquaholics	QTA	North	Q5/21	No	Kirwan Aquatics
APRIL							
9-11	LC	MSQ State Championships	MSQ/QSC	Sunshine	Q6/21	Yes	Kawana Aquatic Centre
30-4 May		MSA National Championships					Darwin
MAY							
20-22	LC	Great Barrier Reef Masters Games	MSQ	North	Q1/21	Yes	Tobruk Memorial Pool, Cairns
23	OWS	Muddies Annual Crater Lake Classic	QCN	North	Q7/21	n/a	Lake Barrine
JUNE							
19	SC	Rum City Short & Sweet Meet	QBB	Central	Q8/21	Yes	Bundaberg Swim Academy
19	LC	Brisbane Southside Masters	QSM	South	Q9/21	Yes	Brisbane Aquatic Centre, Chandler
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q10/21	n/a	Any 25m pool

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.

MSQ Postal Time Trial Meet

... by Helen Malar & Rob Jolly (Club Captains)

This postal event was held in a virtual form to provide MSQ swimmers with an incentive to regain fitness lost during the COVID lockdown.

Congratulations to Lois Hill for successfully organising, conducting and supervising the 8 SC and 11 LC timed Postal Swim sessions during September and October. They were conducted under the rules of swimming to verify that strokes and turns were executed in accordance with Masters rules.

The sessions followed a COVID safe plan and guidelines. (very clean...very hygienic).

Thank you to our timekeepers and officials for your participation: - Linda Hogg, Kerry Blackwell, Jo Matthews, Helen Malar, Jacky Shields, Wendy Ivanusec, LiQun Hussey, Viv Merrill, Anne Besser, Rob Jolly and Lois Hill.

Well done for all the swims to the 10 swimmers who participated: - Jo Matthews, LiQun Hussey, Adele Tucker, Robert Jolly, Anne Besser, Wendy Ivanusec, Helen Malar, Robin Selby, Diane Scott-Davies, Wendy Nothdurft.

We often participated on cold mornings and on the last day even finished the session under torrential rain.

There were several PB's set and many other good swims after the time out of the pools. Some participants entered and were timed in an event for the first time!



Swimmers and some of the PTT crew of timekeepers & officials



PTT 'on your blocks' team.



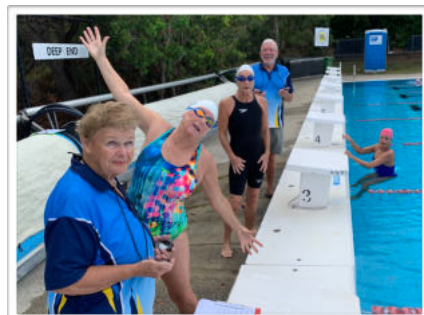
PTT Jacky & Kerry for the time fest



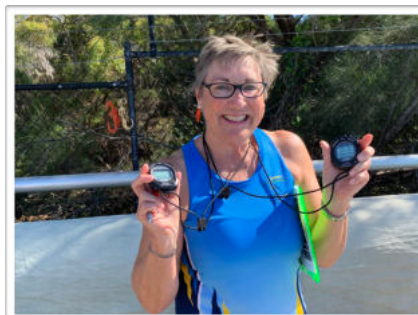
PTT - Diane Scott-Davies a 'newbie'



PTT Swimmers & timers all smiles



PTT rarin' to go



PTT Sun 4th, timer-Jacky



PTT last day, Anne B 1500FS Queen (Lone 1500 entrant)



PTT last day, long distance Queens, Anne & Adele



PTT spot timekeeper (Rob) in bush



PTT Rob running from cover to time Jo

MSQ Postal Time Trial Meet

... cont'd

On the last day of the series Jo Matthews' 400m Fly was her fastest this year closely followed by a fast 800m Free which was swum in torrential rain. It was her second fastest 800m Free time since arrival in Australia 4 years ago. A fitting end to a great series of timed swims.

Anne Besser did her first ever 200 Back LC! Also finished her 10th event of the series, the 1500m Free, punching the air and sporting a huge smile after her best time in 2 years!

Well done Anne, your enthusiasm is great to see.

LiQun Hussey 200 Fly, PB - 1st time ever survived!
Four tiny PB's in a full program.

Definitely the most improved swimmer.

Adele Tucker 50m Breast PB! We can see a good IM swimmer coming up there!

In a blonde moment, Adele did a fast 1500m LC Back (not in the program) but might be able to be entered as freestyle. Can be an Endurance swim anyway....

Great effort, Adele!

Results will be published to the event page of the MSQ website by Saturday 14 November. Results will be processed using the standard Masters' age groups.

Times will be uploaded to the MSA results portal and be available on Meet Mobile.

... Rob Jolly and Helen Malar, co-Club Captains



ENDURANCE 1000 REPORT OCTOBER 2020

Hi everyone,

Thanks to everyone who responded to the Endurance Survey. There were 13 people interested in the Endurance program this year, four additional people were 'maybe's and 15 said – I'm out (sadly, some due to injuries). Based on the survey results and the attendance we have been experiencing each Tuesday in October, we have decided to continue the Endurance Program on Tuesdays for the remainder of the year.

You will have two options on Tuesdays for the remainder of the year. You can participate in the Endurance program, or you can do a squad workout coached by Viv (or both for those who just can't get enough time in the pool).

Our lead swimmers are Irene Symons and Jane Powell. Gentleman, time for you to up your game! A notable swim was Zana Dare who is doing the Endurance program for the first time and she swim her first ever 800m breaststroke ...you rock Zana! And Jane Powell managed a 1-hour backstroke only a few days after recovering from not feeling well - that's dedication! I'm always inspired each Tuesday to see such great achievements. And then Mark Powell does an 800-fly AND a 1500 Breaststroke on the same day – ouch! It doesn't matter if you're doing a 400m swim in the 25m pool or an hour-long swim – it's all about staying fit, having fun, and getting some (fake) points this year!

There is always a highlight each month – and this one was a doozie. Rod is swimming an 800 Free and Jacky is timing him. Well, Jacky got a bit distracted (can you believe it?!) and when Rod asked if he had completed 700m, she said "no, you have 200m left to go". So, Rod figured he had miscounted his laps and kept his current pace.

Of course, Jacky then realised she had failed to write down one of his splits. So, when Rod came to the end of the pool with 800 metres complete, we tried to stop him from the sidelines waving and making lots of commotion. Well ... Rod thought we were cheering him on; so, he picked up the pace to swim harder! He didn't stop swimming until 875m when a kick board was used to finally stop him. I'm sure those watching from the sidelines were quite entertained. Jacky — we love you, however, focus, focus, focus!

We had another situation in October where a swimmer swam an additional 100 metres as the timer failed to write down a split. So... this is a reminder for all of us that timing is an important role, and we should write down a split as soon as the swimmer has pushed off the wall. I know we all love to socialise, but let's not forget about the swimmer we are timing for! And, if you haven't timed in a while and want some help, PLEASE let me know. We are all getting back into the swing of things and our rusty brains need to get re-conditioned too!

There is something for everyone now on Tuesdays. We can start the morning with stretches and then hit the pool for an endurance swim or squad – your choice. I always welcome feedback, so if you have ideas on how to improve the program, please let me know – decarlo4567@gmail.com or 0447 255 388.

Cheers,
Denise De Carlo
Endurance Coordinator

MSA NATIONAL CHAMPIONSHIPS 2021 (MSNT)

APRIL 30, 2021 @ 8:00 AM - 5:00 PM



<https://mastersswimmingnt.org.au/event/msa-national-championships-2021-msnt/>

Contact Us : Masters Swimming Northern Territory PO Box 418, Parap, NT

Tel: 08 8981 5919 Email: msnt@iinet.net.au

Meet Reg'n : \$75 Individual Event Entry : \$9/event Relay Event Entry : \$20/team event OWS Entry: \$60



WORKSHOP SERIES 2020

NOVEMBER

★ Postural re-connection ★

WHEN: Saturday 21 November 2020
WHAT TIME: 2 hours: 2-4pm
WHO BY: Adrienne Wilkins
HOW MANY: 12 max
HOW MUCH: Members \$33 Non-members \$43



Are you in pain when you move?
 Do you keep injuring yourself?
 Have you stopped doing what you love because it hurts?
 Come and learn to feel better, shed tension, improve posture, relax and reconnect.

Adrienne is a remedial massage therapist, rehabilitation assistant, performance athlete, and Personal Trainer with 20 years professional experience.

LEARN TO RECONNECT WITH YOUR BODY!

Practical ★ Hands-on ★ Individual advice



Happy Birthday

November

Owen Curtis	4/11
Julie Bott	5/11
Kathleen Gordon	8/11
Anne Besser	9/11
Corals D'Ott	15/11
Sue Silburn	17/11
Bill Burt	27/11

*Another candle on your cake?
 Well, that's no cause to pout.
 Be glad that you have strength enough,
 to blow the damn thing out.*



Please support our sponsors

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Tel: 5474 5688

**Noosa
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Tel: 5448 0288

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