

CHALLENGERS' CHATTER

SEPTEMBER 2017

MARYBOROUGH MASTERS SWIM MEET

Saturday, 23 September 2017



The Maryborough Club ran a smooth meet and the catering was excellent. Just ask Charley - for sure he set a new PB for desserts!!

Overall a good meet with a fun team!

... Mick Jones/Tricia Hughes

Five swimmers ventured north on 23 September to enjoy the hospitality of the Maryborough Masters Games.

There were mixed times as some were carrying injuries, however success came by way of medals. Rob Jolly secured gold with five first places and Tricia a bronze (there was a tie for the gold medal).

Tricia won three events with two seconds making it a second overall for Tricia?

Wendy I gave her usual solid performance and won the 100 IM, an event that she almost owns. Also notable was another first in the 50m Fly.

Charley Moore - thinking the event started at 1pm - failed to greet the starter for his first three events, but managed creditable swims in the 50m back and 25m fly.

Mick "The Glacier" Jones swam in three events. A first competitive 50m for him which he handled very well even though he was not comfortable at all and cursing Tricia for entering him in the event.

However, the caretaker of the pool said that Mick finished strongly when he was closing the complex that evening.



WELCOME OUR 2016-17 COMMITTEE



Annual General Meeting : 3 September 2017

It was pleasing to see so many new and old members attend the AGM.

The meeting went well and the reports covered the highlight events from the past year and the wonderful opportunities we look forward to. Again I must thank the incredible members who take on roles in the Management Committee, "Appointments" and general volunteer/ timekeeper/official and support roles.

I welcome our newly elected President Jo Mathews and members of the Management Committee, a good blend of new enthusiasm and experience.

Let's continue to promote Fitness, Friendship & Fun for the balance of 2017 and 2018.

... Ian Tucker
Immediate Past President

New Management Committee for 2018

President:	Jo Mathews
Deputy President:	Quentin Lee
Secretary:	Linda Hogg
Treasurer:	Viv Merrill
Club Captain (M):	Greg Bott
Club Captain (F):	Lois Hill
Endurance Representative:	Rod Alfredson
Social Co-ordinators	Robyn Selby Helen Malar



OCTOBER 2017 CLUB BREAKFAST

Sunday breakfast for **October** will be held on **Sunday 29 October**.
As the 29th is the fifth Sunday in the month,,it has become traditional to hold a special Endurance swim in place of our usual training session with breakfast will follow.
.It is the turn of Lane #2 to provide breakfast

... Carola Henderson

MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
DECEMBER						

Birthdays
of the Month

OCTOBER

Wendy Twidale	06/10
Grindle Rudder	10/10
Charley Moore	11/10
Robyn Selby	14/10
Rob Ellis	15/10
Ian Tucker	21/10
Quentin Lee	22/10 (60)
Helen Malar	24/10
Lynette Clemitson	29/10 (70)
Tricia Hughes	30/10

Happy Birthday everyone !

*The more birthdays you have ...
The longer you live !!*



dreamstime.com

COACH'S TIPS



Backstroke drills and why head position matters in backstroke.

Two drills ...

1. To establish good head position in backstroke, kick in streamline position on back, allowing face to go slightly underwater after each breath followed by swimming backstroke using similar head motion - do 25m kick drill, 25m full backstroke.
2. Scull on back, arms extended over the head allowing face to drop beneath the water after each breath- again do 25m drill, 25m backstroke repeats.

When backstrokers rotate their body they put their shoulders into a more favourable position for a stronger pull.

With more rotation , shoulder joint moves into a position of greater strength, straight arm weakens the pull. A quick rotation of the body is also critical to attain more propulsion

Happy swimming ... Cheers, Jan

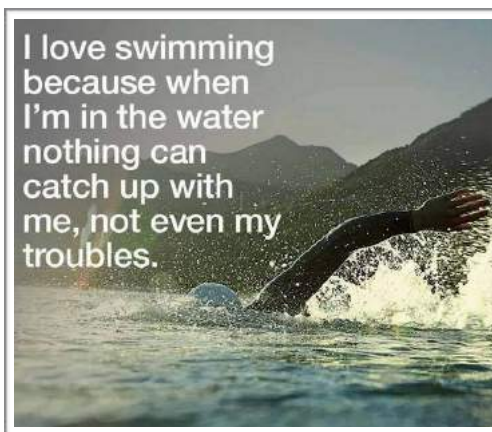


belated

(bī-lâ 'tīd) adjective
The art of sending things after the fact, so yours is noticed more.

**Belated but warm birthday good wishes to
MARY LESTER for 22 September !!**

I love swimming
because when
I'm in the water
nothing can
catch up with
me, not even my
troubles.



Thought for the day

*When the mind is at peace,
The world too is at peace.
Nothing real, nothing absent.
Not holding on to reality,
Not getting stuck in the void,
You are neither holy or wise,
Just an ordinary fellow
Who has completed his work.*

P'ang Yün – 8th century Zen Master

ENDURANCE 1000 REPORT

September 2017



Overview

It is with some trepidation that I have taken over the reins of Endurance Coordinator from Quentin.

Quentin and his masterful team have left a great legacy and I look forward to working with the team and continuing the tremendous effort achieved so far in 2017.

Our goals remain the same – a minimum of 200 points for every swimmer and 20,000 points by the end of spring.

As of mid-September 2017, the Club will still need to “rack up” approximately 6000 points by the end of December 2017 to equal our 2016 target. Many swimmers have put in fabulous efforts to date but I would encourage those members who have not opened their book yet or made many swims to come and join us, have some fun and put a few points on the board. Your participation will be critical to the Club achieving at least our 2016 points tally.

29 October 2017 : Please keep this date in mind as we propose to run an Endurance event in lieu of the usual Sunday training session, followed by our monthly breakfast.

Endurance Interview ... with RobLucas

Rob is one of our outstanding and inspirational performers over the past few years. If we could emulate his efforts in the pool, the Club would have a very successful year in Endurance. Perhaps, even more noteworthy is that Rob lives in Mackay and successfully manages his Endurance program. Now it is over to Rob ...

“I am a ‘Sandgroper’, born in Perth as a WWII war baby. After the war the family moved to Darwin where I learnt to swim by falling through the centre of the inner tube I was floating on at a local fresh water spring and scaring the hell out of my father by mostly being underwater and only surfacing to breathe.

But I never developed a fear of the waterland was always looking for ways to go swimming.

Back to Perth at age 10 via an epic journey through central Aus for health reasons (eyesight) partly on the original “Ghan” - Very exciting for a young boy, but stressful for my mother.

I spent my teenage years in Como, a suburb of Perth, next to the large expanse of water known locally as Swan Reach, part of the Swan River.. Any time I wanted to be away from other people I would go swimming way out in the Reach. I remember one Saturday being out there in amongst all the yachts doing their races and after nearly being run over, being dragged on board and chastised. I then developed an interest in sailing, which I have kept for most of my life. Another Saturday, I went down to the local jetty, which had a projection to the side that was 50m wide to try out for the local junior swim club. As the ‘50m pool’ was open to the river, there were barnacles on the pilings. Naturally, I tried to swim fast, which resulted in my not seeing the post, bashing my hand on it, cutting deeply, bleeding everywhere and refusing to go back.

Moving to Melbourne in my early 20s and living there for 14 years and 364 days too long - did not swim or sail but joined the CMF (Army Reserve) as a spare time activity - learnt a lot about being pushed physically and mentally; marching long distances, rock climbing, abseiling, scuba diving and parachuting. Got married and had many jobs, culminating in truck driving. Buying my own meant interstate travelling, which meant I ended up moving, via the Gold Coast to Mackay where I have now lived for 37 years - most of my life.

There, the “Beautiful one day and perfect the next” weather rekindled my interest in sailing and I purchased a windsurfer. Finding my fitness had suffered since leaving the army reserve years before,

I complained to my then milkman, a bloke named Bob McCausland, (Hon. Life Member) who suggested I go along to his swimming club, the Mackay Masters. This I did, and joined on 1 October, 1988. Well, that was it for sailing and back to swimming as my passion,

I am sure many members will be aware of Bob’s passion for distance swimming and he quickly instilled that same passion in me so that, in this year, I have participated in the aerobic/ endurance program for the 28th time: done all swims 19 times and earned top points 15 times. Phew! no wonder I sometimes get tired! I am fit tho’!

That is one of the main things I love about Masters swimming in general ... the encouragement of one’s fellow members to help maintain each other’s discipline to keep up fitness.

Another program that Masters has is the Vorgee Million Metre Awards. Again, I quickly learnt to keep a record of the distances I was doing in training, by entering on the summary sheet every time I went home from training. Being a bit of a computer nerd over the years, I developed a large Excel spreadsheet which tells me how many metres I have swum, what my average is per day/ week/ year, as well as how many days and weeks I have been swimming since joining Masters and my lifetime.

My current goal is 10 million metres and at the time of writing I have reached 9,575,100 metres. I am aiming to reach this goal in October next year, my thirtieth year in Masters.

What do I see as the main benefit of the endurance program? Knowledge! After many years I can see precisely when I have worked hard or slacked off in the times I swim, especially the 400 and 800 metre swims.

Although I am not a competitor at meets these days, I have used my Endurance swims to set my nomination times when I did.



... Rob Lucas cont'd

I have also encouraged many sprint swimmers to try the aerobic/ endurance program to better assess their basic aerobic fitness level and thus know how they are likely to go at meets.

Some of you may be aware that after the Mackay club folded in 2011 I decided to follow

Bob & Olga and join Noosa as my club as I wanted to stay in Masters for all the benefits I see it has given me over the years.

Noosa has proven time and time again to be a great club to belong to and I hope to help my fellow members by strongly encouraging anyone and everyone to participate in the Endurance program and gain the

enormous benefits it gives any individual and also thus help the club achieve its goal of topping the table again."

Thanks, Rob
Rod Alfredson

Coordinator
Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com

BEST FRUITS AND VEGETABLES

Remember, if at all possible, buy - or even better - grow, organic!

Fruits and vegetables with the most pesticides in descending order; WORST at the top.



1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet bell peppers (capsicum)
9. Cucumber
10. Cherry tomatoes
11. Snap peas (imported)
12. Potatoes
13. Hot peppers
14. Kale / Collard greens

Fruits and vegetables with the LEAST pesticides in descending order; BEST at the top.



1. Avocado
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas (frozen)
6. Onion
7. Asparagus
8. Mango
9. Papayas (pawpaw)
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe (rock melon)
14. Cauliflower
15. Sweet potato



2017 COME & TRY PROGRAMME

The first session of the 4 week programme starts on Tuesday 3 October 2017 at 9.30am at the NAC and will be coached by Karen Martin

There will be 3 follow up sessions on 10, 17 and 24 Oct 2017

Noosa Masters has produced a couple of flyers which we have asked members to distribute to local golf clubs, U3A, Probus, Tennis, Bridge and or any other clubs/ associations where people could be interested to Come & Try.

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 PH: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 PH:5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 PH: 5449 8800</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>Hinter-Coast Transport <i>Charters-Schools-Weddings-Tours</i> 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 (02) 8883 7351</p>

Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Brian Hoepper

Tel: 0421 884 809