

# NEWSLETTER

"Challengers Chatter"



## TEN IN A ROW FOR NOOSA MASTERS !



For the tenth year in succession, Noosa Masters Swimming Club has triumphed in the Vorgee National Endurance 1000 competition. This result was emphatic, with Noosa's 20,264 points leaving the 151 other clubs to tussle in Noosa's wake. The ten-year record has never been matched.

But the current celebrations have been tinged with some sadness. In 2013, the club's much-loved president Pat Mooney was suffering from inoperable cancer. Under Pat's leadership, Noosa had enjoyed unprecedented success at competitive meets, and moderate success in the Endurance competition. To lift Pat's spirits, and to honour his role in the club, the Noosa swimmers set out determinedly to win the coveted national Endurance trophy.

By the time of Pat's death in April, Noosa Masters were well on the way to their target.

It was a remarkable turnaround. In 2012, the club had posted 14,524 points. By the end of 2013, Noosa had grabbed the top spot on the national scoreboard with 25,161 points. Perennial trophy winners – Hobart's Talays – were stunned. But their dismay turned to admiration when, at the national championship's awards dinner, the campaign to honour Pat was explained to a hushed audience.

Since then, Noosa Masters have been unassailable in the E1000 national competition. Ten trophies line the display cabinet at the Noosa Aquatic Centre – one for each of the eleven years since 2013, except for the 'COVID year' of 2020, when the competition was suspended.

The E1000 competition is a year-long program of timed swims.

Gaining maximum points means completing 62 swims against benchmark times. All swim strokes are included, and the events range from 400 metres to a challenging 60 minutes.

In the true spirit of Masters swimming, the E1000 program is both democratic and competitive. Democratic participation is assured, as anyone who completes even a single swim over the year gains points for their club. The competitive impulse sees more capable and ambitious swimmers aiming to gain top points in all 62 swims.

In 2023, of the 63 swimmers around the nation who achieved top points, eight were from Noosa Masters. But the Noosa total of 20,264 was built on the efforts of all sixty swimmers from the club. Pat Mooney would be proud !

... Brian Hoepfer



# 10 in a row celebration

Sunday breakfast after squad - 25<sup>th</sup> February 2024

To celebrate this wonderful achievement, the club hosted a breakfast with coffees, teas and/or beverages paid for by the club. Thanks to Lanes 2 & 3 for providing such a wonderful spread!.





## RIVER CITY SWIM MEET

### Saturday, 23<sup>rd</sup> March 2024

River City Masters Meet was a short course preparation meet, which meant that competitors could swim as many events as they chose but there were no individual medals. There was an upsurge in the number of younger competitors especially in the 30-40 age groups which was great to see.

Seven members from Noosa Masters competed on the day with some outstanding results.

- \* Ian Robinson gained three firsts from three starts.
- \* Yvonne showed her depth of talent, competing in numerous events including backstroke, freestyle, fly and IM, also with multiple first places.
- \* One of our newer members, Robert Pugh, competing in the 40-44 age group, managed a 26.80 for his 50 free in a very competitive age group.
- \* Jo was back competing after injuries earlier in the season and won two firsts and a second for her fly events.
- \* Linda and Flick went head to head in the 50 and 100 freestyle with Flick taking first place and Linda second in both events.



Flick did an impressive 400 free after thinking she may be DQ'd. Thankfully it didn't happen.

- \* Jacky was the lone swimmer in her age group and consequently racked up many first places. It was good to see her back competing after several injuries earlier this year.

The meet was well run despite a couple of hiccups at the starting blocks. We all enjoyed the day out with much camaraderie and support for each other as we got into racing mode.

... Cheers, Linda Hogg

### RIVER CITY (SC) - 23 MARCH 2024

<b>Felicity Hawkins (62)</b>			<b>Robert Pugh (43)</b>		
50m Free	1	35:19	50m Free	3	26.80
100m Free	1	1:26.02	100m Free	2	1:00.94
200m Free	1	2:59.70	200m Free	1	2:24.78
400m Free	1	6:11.00			
			<b>Jacky Shields (70)</b>		
<b>Linda Hogg (62)</b>			50m Free	1	46.97
50m Free	2	40.37	100m Free	1	1:46.57
100m Free	3	1:34.22	200m Free	1	3:45.91
200m Free	2	3:19.23	50m Back	2	58.55
400m Free	3	7:02.64	100m Back	1	2:16.14
			200m Back	1	4:37.46
<b>Jo Matthews (69)</b>					
50m Fly	2	44.18	<b>Yvonne Mutton (66)</b>		
100m Fly	1	1:45.51	50m Free	2	35.15
200m Fly	1	4:07.10	100m Free	1	1:19.57
			200m Free	1	2:51.33
<b>Ian Robinson (61)</b>			50m Back	1	45.59
50m Breast	1	35.21	100m M	1	1:34.07
100m Breast	1	1:18.02	200m IM	1	3:24.58
100m IM	1	1:13.04			

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<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

#### 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)

## Masters Swimming Australia makes history

The formation of A.U.S.S.I., the organisation that eventually became Masters Swimming Australia began in March 1974 until the birth in September 1975. Next year in 2025 we will be celebrating three (3) anniversaries being:

- 50 years of Masters Swimming Australia
- (otherwise known as A.U.S.S.I., the Australian Union of Senior Swimmers)
- 50 years of the National Swim
- and 50 years of Masters Swimming NSW





# COACH'S TIPS



Here are some basic tips for freestyle ...

Hands should enter the water fingertips first and elbows set higher than the hand .

Throughout the pull the elbow is kept higher than the hand which gives maximum leverage .

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

The forward extension also places the body in a streamlined alignment.

The most important tip of all, the face should be forward as each hand enters the water and the swimmer should see each hand as it enters . This is a stroke fundamental.

Happy swimming - Cheers, Jan

## Birthdays of the Month

### April 2024

Linda Hogg	6/4
Connie Page	9/4
Tony Frost	12/4
Wendy Ivanusec	18/4
Terry Parker	23/4
Melissa Travers	25/4 (Big 60!!)

*It's better to grow old with a sense of humour than no sense at all !!*



Your editor is distraught ... somehow Bob Morse's birthday on 15 March went missing from last month's birthday 'remember' list !!

Not only that, but she also missed getting a photo of the birthday boy and the truly luscious and luxurious birthday cake he brought along on Sunday 17/3 to share with members after squad!! It must have been March Madness!

*Will your editor ever live one this down??*

Determined not to make the same mistake twice (in the same month), here is a photo of **Christine Cooper** whose birthday fell on 13 March with one of the two absolutely luscious

and decadent Black Forest cakes she brought along on Thursday 14/3 to celebrate with her Masters buddies.

### AND what about Denise ??? The BIG 60 !!



The NAC's rafters shook to the enthusiastic rendition of " Happy Birthday to you - dear Denise, happy birthday to YOU!" And we hope there'll



be many more happy, healthy birthdays to celebrate with you!

... Ed





## 2024 Starlight Swim

A big thank you to all my fellow Noosa Masters Club members who sponsored me in this year's Starlight Super Swim. I am SO humbled by your generosity.

It is something well worth doing and especially for me as we had a sick daughter in hospital having surgeries from age 2 to 5 years of age.

We loved going down and participating in activities that the Starlight Foundation had in the Children's Hospital in Sydney. They were wonderful!

Roll on 2025!!!

... Adele Tucker



Steve is the cyclist, Shereena is the runner and Denise is the swimmer.

## Team Triptych

Denise and two of her mates have now completed two Olympic distance team Triathlons and are having a blast! These Triathlons include a 1.5k ocean swim, 40k bike and 10k run.

On Sunday 9 March team Triptych successfully completed the Mooloolaba Triathlon in difficult weather conditions. The swells were so bad they changed the swim course to stay closer to the beach. It's a good thing or Denise probably would have been blown all the way to Noosa!

Our cyclist and runner battled wind gusts and some rain too! Ah, it was all part of the fun! We were all stoked about completing the event and placed 111th out of 212 mixed (male and female) teams. Quite respectable considering many teams had 2 males (we had 2 females).

Thank goodness for all the training I've done with the team. The endurance swims and squad workouts prepared me for this tough 1.5k ocean swim.

We had heaps of fun and plan to do it again next year!

If you haven't done a team triathlon, I highly recommend it. It may get you out of your comfort zone and give you a goal to work toward with some mates!

... Thanks. Denise



## Take a look



The website has been updated end-to-end so have a look. We have refreshed the photos, updated the content, and we have two new pages, Useful Links and Calendar. The Calendar page has a handy dandy 1-page document containing events for the whole year (swim meets, social events, special Endurance swims, and Volunteer opportunities). The Calendar will be refreshed each month as social events are solidified. The website is now compatible on mobile phones and tablets too. A big thanks to Linda Hogg, Helen Malar, Terry Parker, Mick Jones and Wendy I.

... Denise DeCarlo

## Did you know / remember ?

**World Aquatics**, formerly known as **FINA** (*Fédération Internationale de natation*), is the international federation recognised by the International Olympic Committee (IOC) for administering international competitions in water sports. It is one of several international federations which administer a given sport or discipline for both the IOC and the international community. It is based in Lausanne, Switzerland.

Founded as FINA (*Fédération Internationale de natation*) in 1908, the federation was officially renamed **World Aquatics** in January 2023.

*World Aquatics* currently oversees competition in six aquatics sports: swimming, diving, high diving, artistic swimming, water polo, and open water swimming. *World Aquatics* also oversees "Masters" competition (for adults) in its disciplines.



### LiQun Hussey competed for Noosa in the Atherton Swim Meet on 23 March with great results. Congratulations LiQun !!

Atherton Mountaineers Masters Swim Club		HY-TEK's MEET MANAGER 3.0 - 24/03/2024		
Atherton Mountaineers Masters Swim - 23/03/2024				
Meet Summary				
		Seed	Results	
<b>Noosa Masters Swimming Club</b>				
1 Hussey, LiQun - Female - Age: 54 - ID#: 796056 - DOB: 17/07/1970				
#2 Mixed 50-54 50 Breast Finals	56.83	57.07	(4)	7
#4 Mixed 50-54 100 Fly Finals	2:01.94	1:58.61	(1)	* 10
#9 Mixed 50-54 200 IM Finals	4:05.72	4:09.17	(1)	10
#12 Mixed 50-54 50 Fly Finals	51.93	55.77	(1)	10
#15 Mixed 50-54 400 IM Finals	8:49.42	8:50.53	(1)	10
Noosa Masters Swimming Club Total Individual Entries: 5 - Total Relays: 0				

## Lost Words from our childhood ?

**Poof**, go the words of our youth, the words we've left behind.

Where have all those great phrases gone?

The other day a lady said something to her son about driving a **Jalopy**; and he looked at her quizzically and said, "What the heck is a *Jalopy*?" He had never heard of the word *jalopy*! She knew she was old ... but not that old!

Well, I hope you are **Hunky Dory** after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included: **Don't touch that dial**, **Carbon copy**, **You sound like a broken record**, and **Hung out to dry**.

Back in the olden days we put on **our best bib and tucker**.

**Long gone**: **Pshaw**, **The milkman did it**. **Don't forget to pull the chain**. **Knee high to a grasshopper**. **Well, Fiddlesticks!** **I'll see you in the funny farm**. **Wake up and smell the roses**.

Leaves us to wonder where Superman will find a phone booth ...

We were **in like Flynn** and **living the life of Riley**; and even a regular guy couldn't accuse us of being a **knucklehead**, a **nincompoop** or a **pill**. **Not for all the tea in China!**



## SWIMMERS HELP RUNNERS “OVER THE LINE”



Shane's bride Carmel did her bit too. They were there until 11pm !!

*You guys gave many runners the uplift they needed to help them push through.*

*The site was always clean and tidy and the gear was stowed away safe and secure at the end of the event.”*

As a Club we will benefit financially because of the effort our members have put in on the day. At this stage I still haven't received a final figure as to what our payout will amount to. With our Club name clearly on the pop-up tent and many volleys wearing club shirts we made it clear to all who we were. Participating at events like this gives our Club a very positive profile in the local area.

Saturday, March 23 saw Volunteers from our Club provide hydration and encouragement to runners participating in the Noosa Ultra. This is an event that hosted over 1300 entries in six races ranging from 15 kilometres to the ultimate 100 kilometres.

Considered an important position on course, we were allocated Water Station 4, placed on Old Tewantin Road, 8 kilometres from the finish line. Our job was to help participants push through the last wet and muddy eight kilometres of their run. We were also able to provide Event Control important information regarding the position of runners and details of any incidents that Control would need to know about.

Nick Stewart. Event Director said ;

*“A big thanks to Noosa Masters for their contribution to a successful event on Saturday. WS4 is the final chance to give runners some much needed support to get them through the last eight kilometres to the finish.*

Wendy Nothdurft, one of the volunteers, said;

*“It was hardly onerous- at least for the shift I was on. In fact it was interesting to chat with some of the runners. I think they are all amazing- and maybe a bit insane “*

I am very stoked with the support and willingness to help out forthcoming from Club members - not only to those of you who gave your time on the day, but also to the many people who were unable to be there yet still inquired as to how it all went. It's nice to know we have that support in our Club.

Finally ... the pitch! Our next opportunity to raise some funds will be at Swim Noosa on Sunday, May 26<sup>th</sup>.

We have helped out there for several years and hope to be there again. I will ask for volunteers when the dust has settled after our Swim Meet.

... Shane Walsh  
Volunteer Coordinator

## How to increase arm and upper body strength

### 1. Add a pull buoy to your workout

Using a pull buoy, which you hold between your legs as you swim, allows you to swim using only your arms, helping to strengthen and tone your shoulders and arms – great for targeting “bingo wings”. Weaker swimmers can kick their legs slightly while using a pull buoy, but stronger swimmers should cross their feet to maximise the upper body workout.

### 2. Add sets using only your arms

Distance or speed sets using arms only work the muscles in different ways for a better overall result.

### 3. Create resistance

Using paddles will add resistance and work your arms harder. Make sure your technique is good on each arm pull, so that you feel the benefit on every pull through the water.



# ENDURANCE 1000 REPORT

## March 2024



This month we had four Tuesday swims, but one was in the 25m configuration due to the 25m pool being temporary closed. In addition, we have a Sunday swim coming up on Easter Sunday 31 March.

We now have 41 swimmers who have participated in Endurance this year, so our participation has increased to 55%. Nice to see so many of you giving it a go.

We continue to have less points compared to last year at the time. Hopefully, with the cooler temperatures, swimmers will start to do their longer swims to increase our point totals. If you're THINKING about doing a swim, just do it!

Some highlights for the month include:

- John Simonidis managed to do 4x400 swims on 5 March – Free, Breast, IM and Fly!
- Denise DeCarlo completed a 800-fly – her hardest event. Only 4 more to go ...
- Rob Lucas continues to do many swims throughout the month (Rob lives in Mackay) and he will be coming to our meet on 6 April as an Official
- Cristinlee took 2 minutes off her 400 backstroke time
- The team completed 21 postal swims on 19 March - Go Team!



Rod Alfredson gets the outstanding deckie award for the month. Rod had to organise 23 swims on 19 March ... eek! Because Rod was not able to swim on 19 March, he swam in Sydney a few days later to get in his Noosa Postal swim – that's dedication!

All binders in the Endurance cabinet will be audited in April. This is the first of three audits we perform each year. Common errors are missing timesheets, timesheets not filled out sufficiently, or the Summary sheet at the front of the binder doesn't match the swims completed. We will let anyone know if there is something amiss.

If you haven't done so already, I encourage you to check out your endurance swims in the portal to ensure all your swims have been recorded properly. If anything doesn't look right, please let Denise know. Below is the link.

<https://e1000.msarc.org.au/stats/index.php>

Go to History, Enter 2024 for the year and enter your MSA identification number. I suggest NOT searching by NAME – the system doesn't work so well with a name search.

Please note that in April there will be a transition from Denise to Terry Parker in the Endurance Coordinator role. Denise will be overseas in the US from mid-April until late September spending time with family (and a trip to Peru too!). Please be kind to Terry as he takes on this additional responsibility.

Denise will assist Terry "behind the scenes" and then will take over the Endurance Recorder role from Terry Carter in June – so you will still hear from Denise on occasion.

... Cheers, Denise

Denise DeCarlo  
Endurance Coordinator  
0447 255 388  
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## How to improve leg strength

### 1. Add a kickboard to your swim session

Invest in a kickboard to help you isolate your lower body and allow you to work on your leg strength. The larger the kickboard, the more it holds you up in the water, so stronger swimmers should opt for smaller floats (or hold them by the nearest end only) to get the most out of a kick set.

### 2. Vary your pace

Changes of pace, from steady to maximum effort, are ideal.

### 3. Increase the difficulty rating

A 'power kick', where you hold a small float upright, instead of flat, and push it through water, makes a kick set tougher and is great for work over shorter distances.

### 4. Vary your strokes

Mix up the strokes you use during each a kick set in order to work a wider range of muscles.

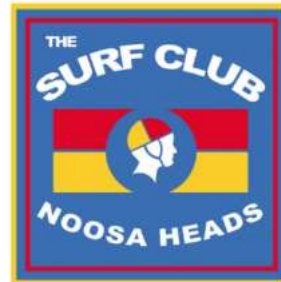
### 5. Add fins to your workout

Using fins allows you to move faster, which not only feels good, but can also work the legs harder because of the added resistance. (N.B Avoid using fins when swimming breaststroke).



**Noosa Masters Swimming Club  
thanks its generous sponsors  
for their support**

## PLATINUM



## GOLD



## SILVER



## BRONZE



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