

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JULY 2024

Historical Culture and Educational History for QNA members

by Julie Bott

Club members who travelled to Brisbane to attend Purcell's "Dido and Aeneas" Opera at the Playhouse, QPAC on 16th July were also able next day to enjoy a boat trip to St Helena Island, one of Brisbane's most notorious penal settlements.

They were treated to two vastly different, but equally riveting, outings organised by our super organised and fun-loving member, John Simonidis.

On a windy and chilly Tuesday evening in mid-July, about fifteen members, partners and family friends

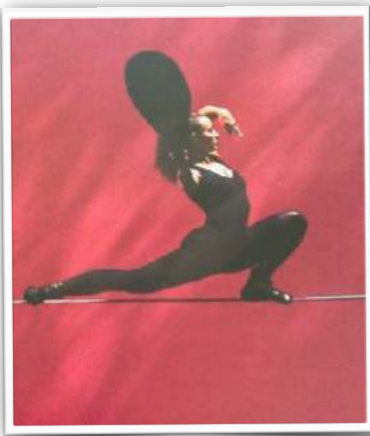
met up pre-show in a Spanish inspired bar, just inside the foyer of the Playhouse Theatre in South Brisbane.

Adorned in finery and ready to enjoy the 18th century Opera, the lively group mingled and chatted, then wined and dined before heading upstairs to the theatre for the main event.

The opera, a timeless tale of love and tragedy, was performed in just over an hour; the interpretative acrobats who accompanied the talented

operatic stars made for a very unusual and entertaining experience.

The next morning, with continuing chilly conditions, most of the QNA opera attendees met and huddled on Hamilton Wharf before boarding our sun-filled vessel, the Lady Brisbane which took us on a rolling 45-minute boat ride into Moreton Bay to arrive on windy St Helena Island - but not before warming us with hot beverages and delicious muffins on the outward journey!



River Cruise – Budapest to Regensburg

by Jo Matthews

The journey

I was very lucky to be flying from Brisbane to Doha with Qatar airways, because the largest lady I've ever seen, came and sat down next to me!

Luckily there was quite a lot of room in front of the seat and the seats themselves were quite generous. When I got to Doha, they changed the gate we were leaving from to fly to Budapest, so after a mission of getting to B1, I then had to trek to C23, rather stressful!

On the plane however, I got the three seats to myself, so I was able to lie down all the way to Budapest.



Outside Harrods, Doha

Budapest-Hungary

I had organised a transfer to the hotel, and had very little time before the quarterfinals of the European Cup were starting. Reception told me that most pubs would be showing the game, so I wouldn't have to walk far!

Without really taking note of where I was, I marched off and eventually found an Irish pub - they were still showing the game in Hungarian! but it didn't seem to matter because you can still see the players and their techniques and when we won, that was a huge bonus!

I hadn't been able to get any food at the pub because I am coeliac and they had nothing to offer me, so after three large glasses of red wine, I had to negotiate my way back to the hotel. I'm glad to report that 45 minutes later, I did arrive.

The trip to the harbour to embark on the ship was very easy and I was most impressed with my state room. Budapest was fascinating, and I enjoyed the cathedral that was called St Stephen's.

Later I found out that at every port we stopped at, *their* cathedrals or churches were also called St Stephen's. It's a bit like when I was in the UK, believing that every Australian man was called Bruce.

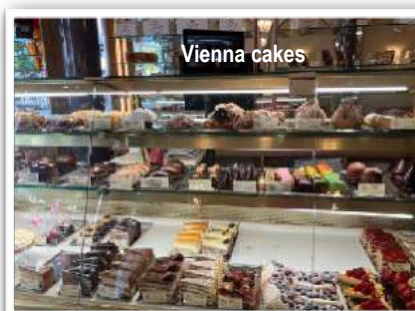


St Stephens



Vienna-Austria

We then sailed to Vienna, where again many churches and cathedrals were observed. I also visited a coffee shop to eat the all-important gluten free cake.



On the second day in Vienna, I decided to take up the option of swimming in the morning in the Danube. It was a little frightening getting into the water, when no one else was swimming!

I headed off for a bridge in the far distance, but when I came within spitting distance, I decided that I better turn around in case the current was very strong, and I wasn't going to make it back to the boat! It was only later; I was told there was no current in that part of the river. Oh well, I still managed a 53-minute swim, so not too bad for a holiday, where I didn't expect to get any swimming in at all.



Palace - Vienna



Souvenirs

River Cruise – Budapest to Regensburg

cont'd

That afternoon, my tour was an e bike ride. It was fun cycling in the Vienna

countryside. Arriving back at the boat, there was time to dress for dinner and then the all-important semi-final match, which again we won, so I had to go back to the bar to celebrate. It was a very long day!

Krems-Austria

We then headed to Krems and Gottweig Abbey, which was extremely interesting and very well positioned on top of a hill with amazing views.

I really enjoyed my time at the Abbey reading all the historical information and enjoying some wine tasting, plus trying out as a nun.

Passau-Germany

In Passau I went on a walking tour to the old town which again was fascinating.

Regensburg-Germany

Another walking tour, around the old town, while exploring the Jewish heritage.

Munich-Germany

I transferred to a hotel in Munich, time for another swim, in a indoor pool, felt very sluggish and could not believe it was taking me so long to swim a length, relieved to find out it was 33.3 metre pool and not 25 metres. Then the all-important final of the football game, not so good that we lost to Spain, but they were the better team.

Conclusion

I would highly recommend Viking Cruises; you are really looked after. I was relieved to find on my return home, to have only put on one kilo. Very surprising, after all the food and drinks, but then I did walk over 10 thousand steps every day and I had the two swims, the second swim was 3200 metres.

I loved dressing up every night and buying little souvenirs in each port.!



Birthdays of the Month

August 2024

| | |
|-----------------|--------------|
| Kerry Blackwell | 2/8 (Big 80) |
| Jo Matthews | 7/8 |
| Brian Hoepper | 8/8 |
| Sandra Lyons | 16/8 |
| Terry Carter | 26/8 |
| Rob Lucas | 29/8 |

Age and glasses of wine should never be counted !



<https://youtu.be/ydVVBnZBSN4?si=7tw2uO5GX10y5O1M>

| DATE | LC/SC | CLUB/MEET | CODE | REGION | SANCTION | SURVEYED | VENUE |
|------------------|-------|--------------------------------------|------|----------|----------|----------|---|
| AUGUST | | | | | | | |
| 3-4 | LC | Belgravia Masters Long Course Meet | QCD | Sunshine | Q11/24 | Yes | Burpengary Regional Aquatic Centre Cancelled |
| 24 | SC | Brisbane Northside Short Course Meet | QBN | Sunshine | Q12/24 | Yes | Valley Pool, Fortitude Valley |
| SEPTEMBER | | | | | | | |
| 7-8 | LC | Nth Qld Masters Championships | MSQ | North | Q13/24 | Yes | Townsville |
| 7 | SC | Genesis Spring Meet | QGA | Sunshine | Q14/24 | Yes | Genesis Sports & Aquatics Cancelled |
| OCTOBER | | | | | | | |
| 5 | SC | Toowoomba Tadpoles Meet | QTW | South | Q15/24 | Yes | Glennie Aquatics, Toowoomba |
| 6 | OWS | Whitehaven OWS | MSQ | Central | Q20/24 | n/a | Whitehaven Beach, Queensland |
| 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 Cancelled |
| NOVEMBER | | | | | | | |
| 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 |
| DECEMBER | | | | | | | |
| 7 | SC | Hervey Bay Humpbacks Meet | QHB | Central | Q5/24 | Yes | Hervey Bay 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®ion=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://masterswimming.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@masterswimmingqld.org.au

COACH'S TIPS

Reason Why We Do Drills

Fist swimming ... closing your fists and swimming can really improve your stroke technique.

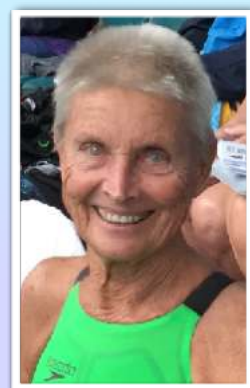
At first you will feel clumsy and awkward but it actually forces you to rotate your hips.

Catch up free ... shows swimmers where their best leverage is.

At the first 1/3rd of their stroke, shoulder above elbow, elbow above wrist, wrist above fingers, helps teach swimmers the best hand position for taking a breath.

These are just a couple of the many drills we incorporate into our swim sessions.

... Cheers, Jan



**Xerox and Wurlitzer will merge
To produce reproductive organs.**

A Deep Dive into Innovation

contributed by Ian Burvill, Canada

Groundbreaking innovations may appear to be strokes of genius, but they are most often the product of context, consequence and coincidence.

... Edward A Wasserman

As you watch Michael Phelps swim the butterfly stroke, you marvel at the amazing co-ordination of his muscular arms, legs and torso. These powerful motions seem to have been perfectly planned to outpace his rivals in what is the most demanding of all swimming strokes. What you may not appreciate is that the butterfly stroke was never planned. Not for decades following its debut was it even an approved stroke in the Olympic Games.

Because of its striking suitability to specific situations, the butterfly stroke may appear to have been ingeniously and foresightedly designed. More often than not, however this and many other's creative acts actually arose "as if by design." A deep dive into the history of this innovation provides a firmer grasp on the very nature of behavioural creativity. What emerges is an intricate web of causation involving three main factors: context, consequence and coincidence.

By concentration on the process rather than the product of innovation, behaviour emerges as the very centre of creative human endeavour - for it is truly behaviour that produces the innumerable innovations that have captivated thinkers' imaginations. Those most splendid theories, goods, gadgets - and swimming strokes - would never have come into being without the behaviours of their inventors.

We admittedly remain far from fully understanding how creative behaviours originate and evolve. But I firmly believe that we'll gain ground far faster by abandoning fruitless fictions such as genius and insight and by focusing instead on what can be observed and investigated.

As if by Design

Genius, Inspiration, Insight, Foresight. Without deeper inquiry most people blithely accept that these are the dominant forces that foster game-changing innovations by highly celebrated heroes. That's largely because it's all too easy to tell tall tales without doing the hard work of exploring the factors that actually participate in advancing the human condition.

But, the insightful or eureka moment is a myth: an altogether naive and fanciful account of human progress. Innovation actually arise from an intricate web of historical, circumstantial and adventitious influences.

However, don't be intimidated by such complex determinism. A simple law of behaviour is actively at work in the creative process. The *law of effect* inescapably and mechanically strengthens actions that have succeeded in the past over actions that have either failed or been maladaptive. The law of effect knows no bounds. It operates in all realms of human endeavour: sports, the arts, politics science medicine and technology. Originally formulated in the late 19th century by psychologist

Edward Thorndike, the law of effect debunks the myth of creative genius and closely parallels Charles Darwin's theory of natural selection. Indeed, this "selectionist" law is every bit as controversial as Darwin's evolutionary theory.

From its naturalistic perspective, the law of effect asserts that the strongest creative forces lie outside rather than inside of us. Most pointedly, we don't deliberately, foresightedly and intelligently design our own behaviour; rather, our behaviour is shaped by our own past history and by the unique circumstances in which we find ourselves. That behavioural shaping process is often a haphazard, trial and error affair with no obvious end in sight; yet it can generate innumerable innovations that significantly advance the human condition and deceive historians into incorrectly interpreting them as due to flashes of creative insight or foresightful design.

Creativity lies at the heart of all adaptive action. Although we rarely appreciate it, each of us innovates every day as we adjust to life's many trials. Large and small, those innovations enable us, as individuals and as a species, to thrive

The law of effect generally promotes adaptive behaviours, retaining successful actions and eliminating unsuccessful ones. Yet, this decidedly trial and error process is neither rational nor infallible. Whatever its limits and liabilities, the law of effect provides our best means of surviving in a harsh and uncertain world.

As a psychological scientist concerned with how both humans and animals adjust to the frequently changing demands of survival, I find it perfectly clear that the most creative of those behaviours have posed the greatest challenges to existing theories of learning and behaviour.

Behavioural innovation is often said to be overdetermined. Even singular effects can be determined by multiple causes. Those causes can be boiled down to context, consequence and co-incidence. These three C's may each participate in behavioural innovations, but to varying degrees in any individual instance: One size fits all most assuredly doesn't fit all.

Everything happens at a particular time and in a particular place: its context. This overall setting is frequently referred to as the prevailing *zeitgeist* - the defining character of a particular period of history as shown by the ideas and beliefs of the period. But that context is usually much more limited when we consider the circumstances in which individuals find themselves. Furthermore, individuals have their own personal experiences that they bring to the historical moment. Laboratory research tries to minimise such conspicuous idiosyncrasies, but history celebrates and respects the contest of creation.



A Deep Dive into Innovation - cont'd



Michael Phelps (shown here in the London 2012 Summer Olympic Games 100-meter butterfly in which he went on to win gold) has disproportionately long arms and flexible ankles that are perfectly suited to swimming's most challenging stroke: the butterfly.

The story of how this flashy swimming style developed from the more mellow breaststroke is an example of how context, consequence, and coincidence can result in behavioral innovation.

Novel behaviours must have consequences if they are to take hold. The odds are decidedly against the strengthening of novel behaviours. Take the analogy of the forward pass in football. Two out of the three possible things that can result are unfavourable: an incompleteness or an interception. Only the completed pass is a favourable outcome. The same goes for novel behaviours. Nothing good or something bad is likely to follow. Only a good outcome will reinforce a novel behaviour. It's no wonder then that, under stable conditions, people respond in highly regular ways. It's only when uncommon circumstances arise that routine responses falter and novel actions emerge.

Finally, chance may bring people and possibilities together. Good fortune is what comes from taking full advantage of those possibilities. Of course, you can't plan on luck to get you out of a jam. Nevertheless, opportunities can arise from adversities. And, when they do, exploiting them makes the proverbial lemonade out of lemons.

Components of Butterfly

Phelps is arguably the greatest Olympic athlete of all time. He is unarguably the most decorated. Over the course of his extraordinary five-game Olympic swimming career, Phelps earned a total of 28 medals; 23 gold, 3 silver and 2 bronze. The butterfly was his signature stroke. In this particularly demanding event, Phelps individually earned 6 gold and 2 silver medals in the 100-200 metre races.

Those unfamiliar with the butterfly stroke are sure to find it baffling. The windmill motion of both arms, first flung upward and forward out of the water, and then thrust downward and backward into the water, coupled with the rhythmically undulating torso and powerful leg kicks, create a seemingly chaotic concatenation of strenuous bodily manoeuvres. Perhaps because the butterfly has been called the most aggressively athletic of all swimming strokes, it's rumoured to be Russian President Vladimir Putin's favourite, thereby flaunting his manliness.

No less baffling than the stroke's peculiarity is its origin. As with most origin stories, the history of the butterfly stroke is a rather frustrating evolutionary tale to tell.

The patchy story line involves a host of disconnected contributors, anecdotes of dubious authenticity, and a wealth of unresolved controversies. Further contributing to the story's complexity is the fact that the two main elements of today's butterfly stroke - the flying or over-the-water arm stroke and the fish-tail or dolphin leg kick - are historically unrelated. Finally, there is the fact that the full butterfly stroke did not suddenly emerge, it gradually grew out of the already familiar, but far less flamboyant, breaststroke.

As far as the double over-the-water arm stroke is concerned, many writers credit its invention to Sydney Cavill. This Australian swimmer emigrated to the United States in the early 1900s, where he coached several competitors at San Francisco's Olympic Club. Also adopting the over-the-water stroke was German swimmer Erich Rademacher, who competed in the United States in 1926 and 1927, as well as in the 1928 Olympic Games in Amsterdam, the Netherlands. In some of these breaststroke events, Rademacher has been claimed to have incorporated a single over-the-water arm stroke as he approached the turns and at the end of the race.

Occasional use of the over-the-water arm stroke or 'fly-away' technique is also credited to the Spence brothers, Wallace and Walter, both of whom trained and coached at the Brooklyn YMCA.

However, most often discussed in connection with the fly-away arm stroke is American swimmer Henry Myers of Brooklyn's St. George Dragon Swim Club. Myers used the fly-away stroke for the entire breaststroke leg of a three-stroke medley race at a 1933 YMCA competition in Brooklyn. His success in that race and in later events convinced Myers - and his competitors - that this innovation could greatly enhance swimmers' breaststroke speeds. Myers also perceptively suspected that this double arm motion might inspire much greater interest in this aquatic event, as even he found it rather unexciting to watch a breaststroke race. Adding the fly-away - with its spectacular splashing and violent arm motion - to the breaststroke might be more likely to spark fan fervour.



A Deep Dive into Innovation - cont'd



This bronze relief sculpture by artist Larry Nowlan commemorates University of Iowa swimmer Jack Sieg's contributions to the invention of the butterfly stroke.

In the 1930s, Sieg and coach David Armbruster combined an over-the-water arm stroke with a dolphin leg kick to create a new stroke that was faster and more exciting to watch than the breaststroke.

Other authors have been intrigued by the possible role that American Volney C. Wilson played in developing the underwater dolphin kick. Wilson is said to have explored its possibilities before beginning work on nuclear fission and the atomic bomb in the Manhattan Project. Wilson was a strong swimmer and an alternate on the 1932 Olympic water polo team, who was allegedly inspired to explore this technique by his informal studies of fish propulsion at Chicago's Shedd Aquarium.

Putting it all together

All of that colourful history notwithstanding, the full realisation of the dolphin kick and its successful integration with the over-the-water arm stroke is truly an Iowa story. The first public notice of Iowa's contribution to this evolutionary tale came in the August 1936 issue of *Esquire* magazine. In "Frog, Butterfly and Dolphin" G. Clifford Larcom, Jr., teased readers with a titillating subtitle "Traditional strokes go the way of bloomer bathing suits as the engineers revise swimming." He then proceeded to describe several current developments in swimming techniques. Most noteworthy among those developments were the dramatic modifications then underway in the breaststroke.

The latest breast stroke creation, a muscle devastating affair, is the dolphin stroke, modelled by Jack G. Sieg and tailored by Coach David A. Armbruster, both of the University of Iowa. Mr Armbruster's coach's eye was caught one day by the sight of young Mr Sieg rushing along under water with no other means of propulsion than the undulating, wriggling motion of a fish. Alert Mr Armbruster incorporated this type [of] kick with the double overarm and the results were sensational for the good old breast stroke.

The stroke completely junks the old breast stroke kick and eliminates the checking forces developed in the old method ... If sanctioned, it would correct the one factor that retards interest in the ordinary breast stroke - its slowness.

Contributing to the development of the butterfly stroke were the advanced facilities that were available to the University of Iowa swimmers. On October 25, 1925, the Iowa State Board of Education authorised construction of the world's largest fieldhouse, including the world's largest indoor pool. A 20-yard pool in the campus Armoury was also available for conducting controlled swimming experiments.

It provided facilities for underwater photography and motion picture recording. In and of themselves, those facilities might have given Iowa swimmers a modest edge in training. They might also have attracted some of the nation's best swimmers to the Iowa City campus. But it was Iowa's famed coach that most surely contributed to swimming history.

David Alvin Armbruster, Sr., never participated in a competitive swimming race. Nevertheless, he was the University of Iowa's first swimming coach, serving for 42 years (1916-1958) and compiling over 100 all American honours. He coached 14 National Collegiate Athletic Association (NCAA) champions as well as both gold medal (Wally Ris) and silver medal (Bowen Stassferth) winners in the Olympic Games. Nevertheless, he is perhaps most famously credited with inventing the butterfly stroke - the most recent swimming stroke for national and international competition, joining the freestyle, breaststroke and backstroke - as well as originating the flip turn.

Armbruster was widely recognised as the scientific 'dean' of competitive swimming from the 1930s through the 1950s. He earned that esteemed reputation because of his careful and detailed studies of swimmers' various techniques, stimulated in part by his colleague and occasional collaborator C.H. McCloy. America's first giant in the bioscience of physical education and exercise, McCloy was a staunch advocate of strength training (which Armbruster adamantly rejected for his swimmers, believing that it would make them 'muscle bound').

At a 1911 swim carnival in Toronto, Armbruster saw George Corsan, Sr., (who went on to become one of his early instructors) demonstrate the fish-tail kick. Later in 1916, Armbruster attended another of these swim carnivals, in which various entertaining stunts were performed involving imitations of animals. In it, Corsan performed a 'butterfly' stroke by swimming the breaststroke kick and fluttering his hands at his sides on the surface of the water, not above the water. The stunt bore little resemblance to today's butterfly overarm stroke, yet its name may have subliminally registered with Armbruster.

Most importantly, at a subsequent swimming exhibition, Armbruster witnessed a young boy perform what he called the *Italian crawl*: a double overarm pull combined with the standard breaststroke (frog) kick.



A Deep Dive into Innovation - cont'd

figure 1.

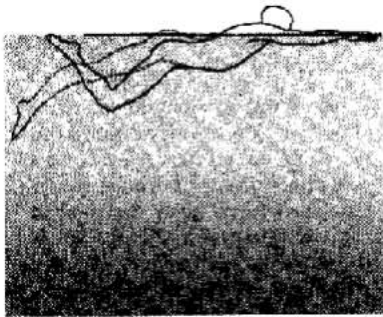


figure 2.

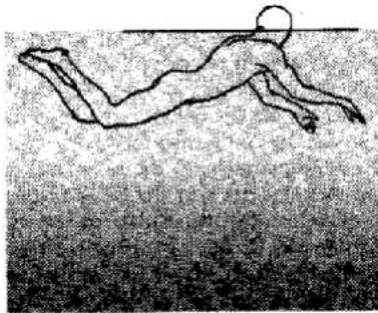


figure 3.

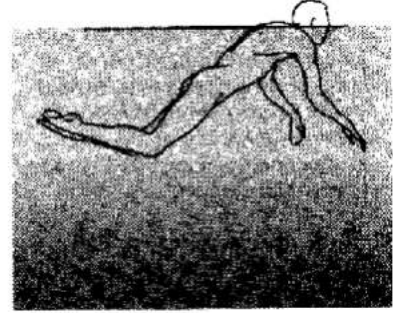


figure 4.

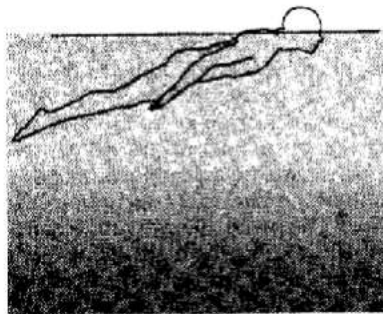
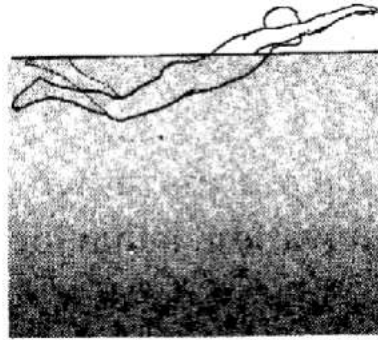


figure 5.



In a 1935 article, Armbruster and Sieg described their new "dolphin breast stroke" as resembling the more common freestyle stroke, but the arms and legs move in unison rather than alternating. The legs kick twice for every arm stroke, and that power propels the swimmer's torso and arms out of the water in the distinctive "flying" motion. These line drawings are adapted from diagrams that appeared in the original article and were based on observations of Sieg swimming at the University of Iowa.

Although unsanctioned by the Amateur Athletic Union, that arm motion was used in many later exhibitions and, after certification, in competitions. The seeds may thus have been sown for future breaststroke development.

While coaching at Iowa, Armbruster had empirically determined that performing the breaststroke with the butterfly pull and the orthodox frog kick proved to be a poor mechanical combination. The kick was actually a retarding action compared to the faster, more powerful action of the flying arms. To take full advantage of the increasingly popular overarm stroke, something had to change. But, what?

Beginning in 1932 Armbruster began to put the pieces together. In a 1935 article co-authored with Sieg, Armbruster described the way he went about connecting and integrating the overarm stroke with the dolphin kick.

One day, in a moment of relaxation and play, [I] saw Jack Sieg go under the water, lie on his side, with his arms trailing at the sides imitating a fish, imitating the undulating movement with his head. I have often seen boys do this in water but never saw anyone derive the speed that Sieg was able to attain from it. We then tried it with the body face down, and the result was even greater. We then had him do it for speed against some of our best flutter-crawl kickers - no-one could beat him. This was very impressive, to say the least. He then tried the double over-arm recovery of the breast stroke using this kick with it for several strokes. The leg rhythm was a natural movement and adapted itself perfectly to the rhythm of the double over-arm recovery. We then started to train for longer distances and adjust the breathing in order to cover one hundred yards.

Several weeks practice brought results of greater speed, but at the cost of greater energy output. The stroke is an exhausting one.

The team of Armbruster and Sieg eventually called the innovative merger of these two techniques - the butterfly overarm recovery plus two dolphin kicks - the dolphin butterfly breaststroke.

But, their work was far from finished. Because the entire kick is performed underwater, Armbruster conducted additional mechanical analysis with the aid of slow-motion pictures, taken both from five windows below the surface of the water and from above the Armory's smaller 20-yard pool. Further experimentation produced several additional refinements, which in turn yielded still greater boosts in speed while better conserving the energy of the swimmer.

Going Mainstream

The new butterfly stroke generated considerable controversy because it did not comply with prevailing breaststroke rules, leading to its painfully slow acceptance by the competitive swimming community. By special permission, the full butterfly stroke was first used in the medley relay in a dual swim meet with the University of Wisconsin on February 25, 1935. The Iowa team included Dick Westerfield swimming the backstroke leg, Sieg swimming the butterfly in place of the standard breaststroke and Adolph Jacobsmeyer swimming the freestyle. Sieg's time was some five seconds faster than the best previous 100-yard breaststroke!

Soon thereafter, Armbruster attempted an even more persuasive demonstration.



A Deep Dive into Innovation *cont'd*

At the 1935 NCAA meet at Harvard University, Armbruster staged an exhibition for the Rules Committee of what he then called the dolphin breaststroke. Sieg impressed the committee members with his demonstration of the new stroke, but they did not alter the NCAA rules to allow for the breaststroke variation. Armbruster's efforts over the ensuing years continued to be unsuccessful. Only in 1952 did the Federation Internationale de Natation (FINA) sanction the butterfly stroke as a new event. Finally, in 1956, it was added to the Olympic Games in Melbourne, Australia as a separate competition.

Over the years swimmers and coaches have continued to refine and develop the butterfly stroke. It is now the second fastest stroke in the water after the freestyle. And, to many swimming fans, it is the most exciting.

While Armbruster and Sieg were developing the butterfly stroke, they were also experimenting with a new and faster turn, which they called the *tumble* or *flip turn*. In 1938, the pair believed they had perfected the manoeuvre and used it for the first time in the NCAA Championships at Rutgers University. Their innovation is still the fastest turn in the water; it is currently used by all speed and distance swimmers.

In a 1968 letter to Buck Dawson, executive director of the Swimming Hall of Fame, after being named the 1966 Honour Coach, Armbruster confessed that, "As I ponder

over all of [my] awards and thrills, I will choose the creation of the Dolphin Butterfly stroke and the 'flip turn' as giving the greatest source of satisfaction. These two creations will live long and beyond my time in the swimming world."

In the 1936 Esquire article, Larcom made a point that should be stressed: namely, how these important evolutionary changes in swimming actually came about.

These latest in streamlined swimming strokes are developing out of their incipient stages. Speed becomes greater because waste motions have been discovered and eliminated and the strokes have been polished to smooth precision [Although other strokes have continued to evolve] it is the breaststroke ... that has had the most universal development.

As in countless other areas of human endeavour, trial and error assumes centre stage in the unfolding of behavioural innovation. No-one, not even Armbruster or Sieg - could have envisioned the final result of their extensive aquatic experiments. Today's butterfly swimmers - including Michael Phelps - may have little knowledge of the stroke's origins. But, if we are to gain a proper appreciation of this significant sporting achievement, its history is essential. Given that extended history, it is obvious that today's butterfly stroke is no "stroke of good luck"!

.... reproduced from *American Scientist*, Volume III

Heirloom Wholefoods Sponsors Noosa Masters Swim Club

Healthy food and regular exercise synchronised perfectly when Heirloom Wholefoods recently offered to provide financial sponsorship to Noosa Masters Swim Club.

Heirloom Wholefoods owners, Jason Mills and Andrew Nardi run two bustling and vibrant eateries. One is in the heart of Peregian Beach with the other in the Beach shops opposite the Coolum Surf Club.

Noosa Masters member, John Simonidis is a regular customer of the Peregian café and was delighted when Jason offered to provide sponsorship to his Swim Club.

To thank the café for this generous support, thirty Noosa Masters members gathered for brunch at Peregian on the

last Wednesday in July where they enjoyed a shared meal and presented Jason with a framed appreciation certificate.

Specialising in fast, fresh, and healthy dining options, the club's members were treated to Asian inspired salad bowls, decadent toasties, Acai bowls, scrumptious fries, sweet treats and locally sourced coffee.

Heirloom provided not only great food but also exceptional service, so it was easy to appreciate the smiling faces and satisfied expressions on all who attended this club gathering. Heirloom has something for everyone, and Noosa Masters will be back on a regular basis for more delicious and wholesome food.



Congratulations!



Left: Brian Hoepper with his Vorgee certificate for completing all swims in the 2023 Endurance Programme !!
Great effort Brian !!



Right: Linda Hogg & Jacky Shields delighted to receive a certificate recognising their achievement of a Top Ten placing in MSA's 2023 Swim Series



Left: Jo Matthews stoked to place in the Top Ten in MSA's 2023 Swim Series AND recognition from Vorgee for completing all swims in the E1000 programme in 2023 !!



Right: Lois Hill, the quiet achiever was pleased to receive a certificate recognising her Top Ten placing in MSA's 2023 Swim Series

Happy 80th Birthday!

With her fine complexion and lovely smile it is hard to believe 'our' Kerry is 80 !! For the benefit of our newer members, President Greg made mention of Kerry's valuable contributions to the Club through the various roles she has so willingly assumed during her 10 years of membership before leading a rousing rendition of the "Happy Birthday" song! Kerry responded with a few kind words of her own.



ENDURANCE 1000 REPORT : July 2024



Hi All,

With only one month of Winter still ahead, the days are lengthening and the air temperatures will begin to warm which will no doubt cause an upsurge in the number of eager Endurance swimmers.

A motley but brave crew has manned the decks and stopwatches to soldier on through the past month, even though some cooler mornings dampened the spirits of our potential swimmers.

I'm sure many of you are inspired by Ariarne Titmus's Gold Medal in the Women's 400m Freestyle and will be glued to your seats working out your tactics for your upcoming 1500m swims and beyond. Maybe it will be "goggle eyes" rather than swim goggles with we armchair Olympians working hard over the next two weeks.

Special credit should be given to Jo Matthews who has attained 840 points to date and is only 6 swims away from completing the full program with maximum points.

As a club we are tracking a little behind our cumulative total for last year, but hopefully we can come home strongly in the latter part of 2024.

Don't forget that, apart from our Tuesday morning session, we use a WhatsApp group called Endurance Buddy to partner up swimmers and timers informally.

Mark your calendars for our next Twilight Endurance Session on ...

Saturday, August 10th from 2:00pm until 3:30pm

Thanks as always to our on deck crew.

See you all next Tuesday morning!

... Terry Parker
Acting Endurance Coordinator



Big pool - Tue 27-7-2024
"Scotch" had a busy morning !

"That's enough Bruce" (left)
"Are you ready, Terry?" (right)
"Nearly there, Viv!" (below)



Little pool - Tue 27-7-2024

Wendy I timed Jo M over 800 Fly ! while Terry C, Adrian W & Linda H waited for the lane. Then Linda timed Adrian for his swim.

The Aqua Aerobics music and the enthusiastic, athletic instructor kept us all entertained !





Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



GOLD



SILVER



BRONZE



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