



NEWSLETTER

June 2000

Vic Laws Pool, Pizzey Park, Miami, Qld.



SWIMMING CLUB INCORPORATED

P.O. Box 455
Mermaid Beach, Qld. 4218.

Committee:

President:	Georgina Young	0413 129 601	gyoung@koalakoaches.com.au
Vice President:	Alan Grant	5575 4235	
Captain:	John Crisp	5591 6117	
Secretary:	Brenda Robotham	5576 3117	brobotha@caningerss.qld.edu.au
Treasurer:	Ted Pullar		
Newsletter:	Brett & Julie Stuart	5576 1989	b_stuart@onthenet.com.au

Coaches:

Lyn Stanley	5576 0695
Steve	5538 7448
Cornelius	

Training:

Saturday	2:45 pm (briefing and stretches) 3:00 pm Swim
Tuesday	6:30 pm Swim

Dates:

Buderim Masters Meet:	Sat 17 th June
Caboolture Masters Meet:	Sat 1 st July {closing 16th June }
Albany Creek Masters Meet:	Sat 29 th July {closing 11th July }
Asia Pacific Masters Games:	Early Bird entries close 30 th June (will be \$88 in September)

Coaches:

FOR THE COMPETITIVE SWIMMER -

(by Coach: Lyn Stanley)



If you concentrate on doing the little things right in training all the time, you can make your success

happen. If you just roll through training, not concentrating on great technique, missing out on sessions, don't stretch, etc., but try to turn it all around on race day, it's too late!

Make your success happen in training, then on race day, let the skills and techniques you have developed in training every day help you achieve

your goal. Success means leaving nothing to chance and setting realistic goals.

Success means not relying on luck. Success means taking control over your performance by working on doing the little things right in training every day.

Nothing can absolutely guarantee success. But you can increase the likelihood of success by MAKING things happen through your own hard work, commitment and dedication.

Effective Goal Management and working methodically towards your dreams by implementing a plan of action and doing the "little things" right each day, will keep you motivated and focussed.

Set goals that are clear, precise and measurable for sure, but most importantly, set into ACTION the process of achieving those goals immediately and work towards them in every session.

Be an achiever. Be the athlete who achieves through careful planning and daily actions, e.g. observe pool etiquette, swim into the wall, focus during drills, practice turns and starts, streamline off walls, eat and drink sensibly, listen to your body, don't smoke and most of all enjoy the camaraderie and social side of our club and have fun.

24 Hour Relay Swim:

24 Hour Relay Swim Report or "DOVER to CALIAS by CRAWL" (by Alan Grant)

What makes people put their heads in a million litres of cool water at 3a.m?



If it's not stupidity, it must be a good cause. So it was...the Miami Masters-Gold Coast Recreation & Sport 24 Hour Relay & Fund Raiser.

We had a great turnout of swimmers and time-keepers throughout the event and not only club members either. Our friends from Rec & Sport turned up at 11p.m. to swim and timekeep but it was good timing as that was when the free pizza's arrived from Pizza Hut. Thank you Louise. Thanks also to our other sponsors-Willy at the NIGHT OWL, Mermaid Beach, Peter at BLOCKBUSTERS Video, Mermaid Beach, Mike at WICKHAMS FARM BUTCHERY, West End, Southport, Ross at NERANG RIVER PLAZA Bakery & of course, Terry & Leanne at MIAMI POOL.

Everybody pitched in and helped as is usual with our club but special thanks to Leanne Browne, Norm Toward & John Bailey. A Big NO THANKS to Woolies at the Oasis for lack of assistance for the morning & evening BBQ's.

We splashed our way through more than 135km-half way up the River Seine to Paris. Did you know that our club, we believe, still holds the record for a 12 member Masters team over 99km.

Due to a rogue spider, Shaun was unable to swim at 4 a.m. so I drew the short straw and had to swim a second hour, giving me a total distance of 5675m, the furthest swim. Peter Mitchell got in and out FOUR times for his swims and a few others did 3 swims. Adam Tonakie from Norm's squad raised \$230 while Else Arabena chased up friends for over \$210, the most by any club member. Well done.

In all, we raised close to \$2,500 to assist Gold Coast Disabled Youth.

As darkness descended, beer & wine was flowing in moderate degree, as it's hard to tumble turn with a belly full of grog. As time progressed, sleep

on the club room floor was a bit difficult as some selfish individuals were shouting at the Super 12 Rugby Match on telly.

Dawn was superb! A mist hung over the pool spasmodically, which provoked some discussion as to whether it was temperature, barometric pressure or the breeze which changed the intensity. As the morning progressed, Leanne was smiling at the swag of aerobic points scored and the rest of us were thinking of our warm beds. Don was to do the last swim up to 12 noon, but we're not sure if Kathy Watt was a help or a hindrance in pacing him! A celebratory glass of bubbly at the finish was enjoyed by 10 or so still there. As for the suggestion that it was "So much fun we should do it again next year", count me out!

Olympic Torch Relay

Alan Grant will be a torchbearer on July 29th at Port Reilly, Victoria, running along the Great Ocean Road for 500 to 1000 metres. Although he works for AMP, a major sponsor of the Games, it was his active Community Service record that landed him a berth in this prestigious event. His wife Sheila was dubious about calling his charity work "Community Service"- "Isn't that what criminals do instead of a jail term?" In all seriousness, we want to congratulate Alan on this honour.



Byron Bay Aerobic Swim

By Sue Bertram:

It was a brilliant dawn at Pizey Park as we boarded the bus for Byron Bay. The day was perfect, the bay was calm. The small band of swimmers, Phil Marshall, Sue Bertram, Alan Grant and Peter Mitchell registered at the desk and



collected the T-Shirts. Next stop was Watego's Beach to get wet. There was no need for the disposable raincoats so thoughtfully provided. Alan suggested a pre-race dip in the chilly (for some) water, and thus the worst was over. We swam and swam until we reach those pine trees.

No sign of sharks but our supporters reported some whales further out. Phil was victorious in her age group and brought home the towel and the glory. Next stop was Byron Bay Hotel, the shops and the markets of the town.

On the way home there was complimentary beer on the bus followed by the traditional lusty singing of some very old tunes.

Thank you Miami Masters and Alan Grant for arranging this event, we had a great day out. (Many whispers were heard among our enthusiastic supporters about "doing the swim" next year – Go for it!

Annual Presentation Dinner Report

A very successful evening was enjoyed by over 50 members and partners on Friday 19th May. The meal was delicious, the company gregarious, the D.J. in fine form and the speeches gratefully short!



Congratulations to the worthy winners of the various trophies.

Mark Falkner

- MEMBER OF THE YEAR: All round commitment to the Club
- AEROBIC TROPHY: gained the highest points during year.

Pauline Benjamin

- CAPTAINS TROPHY: for points gained at meets, relay, participation & regular training attendance.

Kathy Kliendienst

- COACHES TROPHY: best effort and commitment at training.

Kathy Watt

- MOST IMPROVED: consistently improving, p.b's

Mark Fitz-Walter

- MOST IMPROVED: consistently improving, p.b's

John Crisp

- BEST CARNIVAL PERFORMANCE: highest ranking

Phil Marshall

- VIV SHOLER MMORIAL TROPHY: for overall involvement, in the first 2 years in the club.

President Georgina welcomed everyone and ran the evening smoothly, as is her style. She paid a special tribute to long-term member Hank Markus and his wife Margaret. They are moving to the Sunshine Coast, but Hank will continue his Miami membership. Hank has been a valued member of the club for 12 years. He's the first to volunteer, first to pay his money, first to tell a joke in lane 3 & first to leave when the music gets too loud. We wish them all the best for the future.

Hanna Wassenaar entertained and inspired us all with her award winning toastmasters speech.

D.J. Shaun cranked up the music and the squad hit the dance floor for some Twisting, Bus-stop, Rock'n'Roll & Corinne's



Conga line! Noel danced up a storm in the circle, as is his custom. We all did the Suzie O'Neill Celebration jig for good luck.

Our club is proud to welcome its 100th member: Aldo Savian, who joined in May.

Birthdays:



Pam Rendall	17th June
Ann Rerbgetz	18th June
Barry Galton	20th June
John Crisp	30th June
Else Arabena	2nd July
Alan Grant	4th July
Yvonne Holt	6th July
Jean Walkden	16th July