



NEWSLETTER

July 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:

Italian Night Restaurant:	Sat 29 th July – see Moyra’s Social Report
Albany Creek Masters Meet:	Sat 29 th July {closed 11th July }
Social Golf Day:	Sun 6 th August 10:30 AM Meadow Park (see Tony S.)
Next Committee Meeting:	19 th August
James O’Lauchlin Comedy Club:	25 th August – \$15, numbers to Moyra by 11 th August
Brisbane Northside Carnival:	26 th August (Valley Pool)
Asia Pacific Masters Games:	September
Toowoomba Carnival:	9 th September
Annual General Meeting:	7 th October (all positions vacant)

Coaches:

(a clipping from the newspaper)

“Casino appoints HR chief”

“LYN Stanley, a former ABC Radio human resources manager, has been appointed employee relations manager at the Gold Coast’s largest



private sector employer, Conrad Jupiters.

Ms Stanley, who holds a bachelor of social science degree, worked for ABC Radio for nearly 10 years. She was human resources manager for NSW for years before moving to the Gold Coast in 1997. She since has worked for companies including Drake International, KHK, and Morgan and Banks.

Her Conrad Jupiters role will include overseeing all recruitment and selection processes, including recruitment for senior management positions."

Safety: It's up to you.



Swimming is one of the safer forms of exercise but there are some safety risks we need to be aware of:

Don't overdo it

- Be aware of your physical limitations
- Advise your coach of any potential medical risk
- Take heed of the coaches advice to slow down
- Complete adequate stretching exercises before and after training
- Take into account current health concerns
- Maintain fluid intake during training

Pool Hazards

- Lane ropes can cause abrasions
- Take care near lane rope strainers, they can release suddenly if disturbed
- Be aware of pool depth and your position with regards to pool walls
- Observe pool etiquette, be considerate of other swimmers and avoid collisions.

While most of these points are common sense, we need to keep safety foremost in our minds and look after number one.

Safe Swimming,

Rod Greensill, Safety Officer

Some trivia from the Registrar:

Norm Dash:

Our Club now boasts 105 members, including 16 new starters. At 30th June, 2000, we had 57 male members, and 48 female members and the average age of each group is the same: - 53 years young.



Not surprisingly, 40% live in the Burleigh - Miami - Robina area but we have swimmers who regularly commute from Tweed Heads, Mt. Tamborine, Nerang, Biggera Waters, and Boonah. One senior member is homeless, but fortunately Hank and Margaret's new home on the Sunshine Coast is nearing completion.

According to Australian Institute of Health and Welfare's 2000 Report, (Gold Coast Bulletin 24.6.00), more than a third of us do no physical exercise in leisure time (no comments thank you, Lyn and Steve) and 87% of us are overweight. I don't think so, do you? 15 male and 10 female members are smokers. They obviously don't exhale much, as I've never spotted one.

Making children has fallen from fashion, with fertility rates down more than 50% since 1961. Who said the Pill (1960) wouldn't catch on.

And don't be concerned with swimmer's ear, members. Chlamydia is the flavour of the month with infection rates up 80% since 1991!

Happy swimming everyone.

Notes from Committee Meeting 17-June-2000

Business Arising



Flippers: Club to purchase 12 pairs of flippers for training sessions. All members are encouraged to bring their own, if they have them.

Reports

Treasurer: Closing balance: \$5,043.63. Balance in AMP investment account: \$8,733.34.

Registrar: 106 financial members. Club presented with a stopwatch for introducing the most new members this year.

Safety: Following John Crisp's injury from the lane rope when the wire clip sprung open, rubber tubing has been placed over the clips to prevent them opening. Members are requested to report any matters of concern, to assist the Safety Officer, Rod Greensill.

Vice Captain: Club paid entry fee for National Titles for some members who did not attend. These members must reimburse fees. In future members should pay the fees and be refunded when they compete. Jason to enquire at In-2-Sport regarding navy blue / red embroidered jackets and report back.

General Business

Pool entry / coaching fees to remain at \$3.50 post GST until next Annual General Meeting.

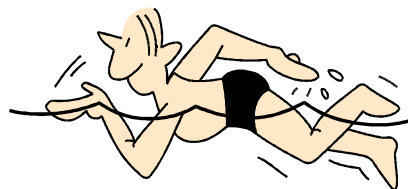
Aerobic Sets Dates:

Leanne Brown:

Starts 1:45pm before Saturday's training season:

- 22-07-00
- 05-08-00
- 19-08-00
- 02-09-00
- 16-09-00
- 30-09-00

Note the Aerobic Swim Session is half way so



check with Leanne which swims (400m & 800m) you have remaining to complete your program and gain points for the National Aerobic Swim Trophy!

About 12 members turned up at Southport Pool at 8 AM on Sunday 16th July for an aerobic swim, followed by a social breakfast.

NSW Masters Games:

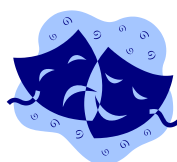
Toni Cameron rang from Coffs Harbour after the NSW Masters Games last weekend to report that our members Toni, Brian, John Crisp & Mark Fitzwalter all did well with Gold Medals and P.B.'s. Toni won a prize with the local Vet for a free immunization and consultation, but Brian absolutely refused to cooperate !

Social Notes From Moyra

Saturday, 29th July -6 p.m:
Dinner at "That Italian Place", Glenelg Avenue and Gold Coast Highway, Mermaid Beach. Cost approx \$25 (pay on the night), but social ladies would like to get a pretty close idea of numbers by Tuesday 25th. BYO and licensed and, from all reports, absolutely delicious food. (see Moyra, Margie or Kathy)



Friday, 25th August - Comedy Clubhouse (featuring James O'Loughlin - as seen on the ABC) at the Gold Coast Arts Centre, Bundall Road, Evandale. Doors open 7 p m, showtime 8.30 p.m. Cost \$15,



and light meals and refreshments are available. Booking has to be confirmed and paid for by 5th August, so if you are interested in having a really good fun night out see Moyra (with your money) before then.

Sunday 6th August: Tony Smith is organising a golf day, playing "Ambrose" in Teams, at Meadow Park, Cnr Connection Road and Clubhouse Valley Drive, Tallebudgera, at 10:30 AM, Golf \$8.80, Steak Lunch available at \$12, phone 5534 8444. See Tony Smith (Ph 5572 6213) if interested.



We are also contemplating a bush walk - watch the notice board.

28 October/5th November: ASPAC Master Games - - it is not too late to put your entries in, with the next round closing on 1st September. A few members have already entered and we would like to encourage a few more to make up a team. The entry package includes Unlimited Games Village Access, the March Past, Welcoming and Farewell Parties, ASPAC 2000 Sports bag, etc, plus two days of good competitive swimming at the fabulous pool in the grounds of The Southport School. Want to know more, speak to Toni, Brian or Moyra.

Get Well wishes to President Georgina, who was hospitalised recently, suffering pneumonia with asthma. Looking forward to seeing her back in the drink so to speak.

Sad note from Norm T., Beer and Wine prices have increased with GST, but Suzie B. noted that Bundy & Coke cans actually went down :<) !

Birthdays:



Phillip Follent	16 th July
Suzanne Johnston	20 th July
Rob Bradford	25 th July
Lorrie Bishop	27 th July
Jay Neville	28 th July
Margot Irwin	29 th July
Julie Stuart	30 th July
Jim Irwin	3 rd August
Bruce Parry	5 th August
Dulcie Nicol	13 th August
David Boylson	14 th August
Noel Dalglish	15 th August
Clive Robinson	17 th August
Hanna Wassenaar	21 st August
Geoffrey Morrison	26 th August
John Bullock	26 th August
Shirley Parker	27 th August
Toni Cameron	29 th August
Tony Compton	29 th August