



NEWSLETTER

November 2000

Vic Laws Pool, Pizzey Park, Miami, Qld.



SWIMMING CLUB INCORPORATED

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

Committee:

President:	Lyn Stanley	5576 0695	
Vice President:	Alan Grant	5575 4235	
Captain:	John Crisp	5591 6117	
Secretary:	Brenda Robotham	5576 3117	brobotha@caningerss.qld.edu.au
Treasurer:	Leanne Browne		
Newsletter:	Brett & Julie Stuart	5576 1989	b_stuart@onthenet.com.au

Coaches:

Lyn Stanley	5576 0695
Steve Cornelius	5538 7448

Training:

Saturday	3:45 pm (briefing and stretches) 4:00 pm Swim
Tuesday	6:30 pm Swim

Dates:

- Committee Meeting 3rd Saturday of each Month, 2:30 pm, 18th November
- Christmas Party at Lorrie Bishop's Home, (Isle of Capri, stay tuned for more details) Saturday 02nd December
- **Miami Masters Carnival** swim meet 3rd March, 2001
- State Championships 4-5 May, 2001 in Townsville.

Captain's Report:

I would like to inform you of two important swim meets next year. The first is our own **Miami Masters Carnival** swim meet on 3rd March, 2001.

Unfortunately, this date is a week later than our requested date and clashes with



another carnival in which several of our club members will be competing. Therefore to swim to our usual potential will mean all members on deck to assist in running the meet and competing to our usual level.

The other meet is the **State Championships** on 4-5 May, 2001 in Townsville.

My aim is to have a team of 20-25 members to compete and try to retain our rating of the top relay club team in Queensland. Admittedly, Townsville is a fair way up the

coast but with a little forward planning. I am sure we can field a strong team to defend our title, and have lots of fun with a great holiday thrown in. I have arrangements in place to find accommodation within a walk of the pool.

Please contact to give me support in my hope to keep our club where it is - on top.

John Crisp
Captain.

Hot Off the Press: Congratulations to Mark Falkner and Mark Fitz-Walter who have agreed to be joint Swim Meet Directors for our carnival next year. Maybe this will enable Mark Falkner to enjoy the relays: last year a very busy Mark was seen sprinting down the side of the pool and leaping in the water to compete in his leg of the relay!

Clothing Coordinator:

By Jason Neville (also club Vice Captain):
I really need your support with our clothing and accessories:



Badges:	17 only	\$2.00 ea
Swim Caps (White):	3 only	\$2.00 ea
Miami Swim Caps:	21 only	\$4.00 ea
Miami Clothing Patches:	37 only	\$1.00 ea
Female Togs:	1 only size 22	\$10.00
Shirts short sleeve:	2 only, Small	\$10.00 ea

New togs are being purchased soon.

When stock is cleared, I can then look for a new range, so hop into the old stock so I can bring out the "new".

I am taking orders now for togs, please place your name and size on the list by 18th November.

Committee Meeting Minutes

Held 21st October 2000

BUSINESS ARISING:

Fees: Annual fees are due now: Members: \$60, Pensioners/ Concession Card Holders: \$50.
Sausage Sizzle well received after AGM.



REPORTS:

SOCIAL COMMITTEE: Christmas Party to be held on 2nd December at Lorrie & Harry Bishop's home. Catering to be arranged, BYO. An estuary swim to be arranged between Christmas and New Year. Dress is "Special"!

GEAR: Moved John Crisp, seconded Tony Smith, that Rob Bradford purchase tent rods, pegs and umbrellas. Carried. Large box of club shirts to be sold at discounted rate. Room to be cleaned out Saturday 28th October. Location of video camera queried?

MERCHANDISING: Jay Neville has made a small profit from sale of fleecy jackets, and is looking into design and suppliers for swimsuits and tracksuits.

SPECIAL PROJECTS: Lance Kunde to handle Estuary swim and Townsville accommodation.

GENERAL BUSINESS:

COMMITTEE MEETINGS: To be held on the third Saturday of each month with reminders being given on the notice board and newsletter.

CHANGE OF DATE FOR AGM: In order to avoid overlapping of positions from one committee year to the next, it was decided to look into any constitutional ramifications re changing the AGM date to December.

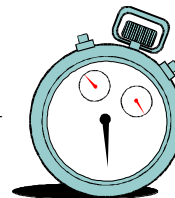
FUNDRAISING: Leanne Browne suggested raising funds to take team overseas for World Swim in 2002.

NEXT MEETING: Saturday 18th November at 2.30 pm
The meeting closed at 3.45 pm.

Give It A Go

From Russell Ogden, Qld Masters Swimming

So you go along to a carnival and you complete your swims, but what about the timekeeping? Who has timed your swim, or for that matter done the marshalling or check starting or even recorded your time.



These duties are more often than not left to a few members and sometimes non-members to perform so as you the swimmer can enjoy your swims. These same volunteers quite often don't get to swim even if they would like to. They unselfishly give up their time to help you but they enjoy doing so.

Now if you were to help out in any of these positions at swim meets even if only for an hour or so it would lighten the workload on the regular few. I can hear you say "But I can't do this I don't know how" well Q.M.S. can teach you We have a panel of Technical Sub-Directors that will teach you the necessary skills in a simple and pleasant way and it will not cost you anything. How's that for value and we throw in a cuppa as well. Then after gaining experience on the pool deck and accumulating your pool deck hours I

will finalise your accreditation, which you then have forever.

If you wish to become accredited as an official see your club executive and get them to arrange a training course in your area by contacting the Sub-Directors in the Gold Coast area, Ken Liddy 5524 5349.

Or myself Russell Ogden on 07 49782690 and I can arrange a course in your area or answer any queries you may have. Our motto of Fun Fitness and Friendship extends to our official duties as well so GIVE IT A GO !

Asia Pacific Masters Games

From Moira Galton:

Congratulations to all members who swam at the ASPAC GAMES.

Congratulations and a BIG Thank YOU to all those who volunteered to help with the running of this event.

Toni Cameron and Brian Deane are on the executive committee and they certainly put in many hours towards the successful weekend and quite a number of our members helped in other areas from the manning of the booth at the Games Village (Brenda was there at 6 a.m. on Saturday morning), result scrutineering, media, BBQ, cleaning up, time-keeping etc. Funds received from this event all help towards our Queensland branch operating so effectively.

Three of our members, namely HANNA, PHIL AND LORRIE were also ASPAC VOLUNTEERS, and gave a lot of their time working at the Games Village, but having a lot of fun at the same time. Well done, girls.

Congratulations to John Crisp — 5 individual gold medals, 5 games records, and named MALE SWIMMER OF THE MEET !

Phil Marshal and Marg Kelly were both chuffed with their Gold medal in the 280+ relay, thrashing by 2 seconds the highly publicised favourites, who were going for the record!

Editors note: Once again a gold medal performance for Moira Galton for her wonderful organization skills. Thanks to her and her connections, every swimmer received a big swim bag from Mitre10 (and we all know how useful they are). Moira is a scrutineer and is on the Swim-Meet Committee.

ASPAC RESULTS

Gold, Silver and Bronze Medal Winners:

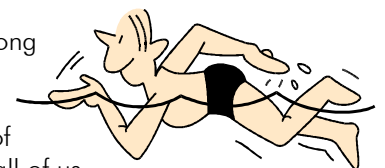


400 FREESTYLE - WOMEN
Jodia Newman (3), Karen McPherson (3) Phil Marshall (1), Margaret Kelly (3)
400 FREESTYLE - MEN
Don Leslie (2), John Crisp (1)
50 BREASTSTROKE - WOMEN
Pauline Benjamin (2), Dulcie Nicol (1)
50 BREASTSTROKE - MEN
Don Leslie (2), Brian Deane (3)
100 FREESTYLE - MEN
David Boylson (1)
50 BUTTERFLY - WOMEN
Toni Cameron (3), Pauline Benjamin (3)
50 BUTTERFLY - MEN
Mark Fitz-Walter (1), David Boylson (2), John Crisp (1)
100 BACKSTROKE - MEN
John Nicholls (3), Brian Deane (1), Don Leslie (2). John Crisp (1)
400 IND. MEDLEY - WOMEN
Toni Cameron (2)
400 IND. MEDLEY - MEN
Brian Deane (2)
100 BREASTSTROKE - WOMEN
Dulcie Nicol (1)
50 FREESTYLE - WOMEN
Dulcie Nicol (1)
50 FREESTYLE - MEN
Mark Fitz-Walter (2)
100 BUTTERFLY - WOMEN
Toni Cameron (2)
100 BUTTERFLY - MEN
Graeme Monaghan (2), Brian Deane (3), John Crisp (1)
50 BACKSTROKE - WOMEN
Pauline Benjamin (2)
50 BACKSTROKE - MEN
Brian Deane (1), Don Leslie (2), John Crisp (1)
MIXED FREESTYLE RELAY (240 plus)
Hanna Wassenaar, Toni Cameron, John Crisp, Don Leslie (1)
MIXED MEDLEY RELAY (240 plus)
Hanna Wassenaar, Toni Cameron, John Crisp, Don Leslie (3)
FEMALE FREESTYLE
Phil Marshall swimming with a team of "MIX UPS" (1) (280 plus)
MALE FREESTYLE
Don Leslie, Brian Deane, John Crisp and ? (1) (240 plus)

Pool Etiquette

By Alan Grant, Vice President.

It is timely to remind all members, both those of long standing and new members, that training in a lane with a number of other swimmers requires all of us to adhere to a certain standard of etiquette:



1. Arrive on time and listen to the announcements. You may learn something interesting.

2. Swim to the programme set by the coach. It does have a purpose.
3. Swim in a lane compatible with your capabilities.
4. Arrange that your lane is in the correct swimmer order from fastest to slowest.
5. Do not pass someone by swimming on the wrong side of the lane. Step across and swim ahead of them at the turn.
6. At the turn move to the right and / or push off to the right to avoid collisions.
7. Do not continue to touch another swimmer's toes. They should ask you to go ahead. If they do not, you should request to go ahead.
8. Step aside to allow others to finish at the wall. If this is not possible due to the number of swimmers in the lane, then remember it's the effort you put into the 99% of your swim that counts not the metre you cannot complete. Safety and lack of injury to you and others must always be the prime concern.
9. Swim at a minimum interval of 5 seconds after the swimmer in front of you in order to monitor your effort and avoid collisions.
10. Swim in your side of the lane. Be careful to reduce your breast stroke kick when it is likely to injure others.
11. Our members swim for many different reasons. Be tolerant of swimmers who have different priorities from yours.
12. Do not:
 - Expect to arrive late and do all the warm-up.
 - Stand at an end resting, and then get in the way of turning swimmers.
 - Start a new set if all of your lane have not finished the previous set.

Above all, remember our motto "FUN FITNESS & FRIENDSHIP" and add to it "Safe Swimming".

Down and Out:

Jean Walkden still recovering from major knee reconstruction surgery. Her bad fall at the Australian Masters in Darwin has hindered her recovery.

Lyn Pullar suffered a major wrist fracture on 3rd November, while riding her bike.



On a sadder note, we regret to advise the passing away of Bill Worrell, a past member of the Gold Coast, and then Twin Towns Masters Swimming Club. Bill's daughter, Sally is a close friend of editors Julie and Brett, and we were touched by the number of Masters Swimmers, including our own Miami Masters, who attended the funeral last

Thursday. His wife Alison is still very active and successful in her swimming.

Birthdays:



Rex Elkington	1-Nov
Fred Knudsen	8-Nov
Norm Toward	8-Nov
Rod Mcevoy	10-Nov
Graeme Monaghan	11-Nov
Barry Aplin	16-Nov
Anthea Trencher	16-Nov
Sally Hunt	20-Nov
Tony Smith	21-Nov
Valda Diffey	24-Nov
Rod Greensill	25-Nov
Damien Bridger	4-Dec
Tom Trembath	7-Dec
Eileen Farrell	8-Dec
Kevin Spicer	8-Dec
Lance Kunde	11-Dec
Leanne D'almeida	12-Dec
Bill Tedford	18-Dec
Norm Dash	21-Dec
Shaun Clarke	23-Dec
Desmond Peterson	26-Dec
Murray Browne	29-Dec