



# SWIMMING NEWSLETTER



## January 2001

Vic Laws Pool, Pizze Park, Miami, Qld.

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:	Moyra Galton	5532 2239	galton@qldnet.com.au
Treasurer:	Leanne Browne	5591 8234	
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:

- Sunshine Coast Swim Meet: 3<sup>rd</sup> February, 2001
- **Miami Masters Carnival** Swim Meet: 24<sup>th</sup> February, 2001 (Nominations in by end January)
- State Championships: 4-5 May, 2001 in Townsville.

## MINUTES OF MIAMI MASTERS COMMITTEE MEETING

SATURDAY 16th December,  
2000.

### BUSINESS ARISING:

Video Camera - \$70 to be paid for service to camera. Rob Bradford concerned that we would have recurring problems. Moved John Crisp, seconded Rob Bradford that the camera be discarded. Attempts to be made to sell camera and housing.



Warren Robotham has measured up for tarpaulin for carnival. Pegs and ropes checked. Cheque received from Gold Coast City Council re carnival hall hire.

**CORRESPONDENCE:** Leanne Browne stated that she thought the fees and explanatory letter received from Brokken Keel & Co completely unacceptable. Agenda item re necessity of annual audit for next meeting to be discussed with Mark Fitzwalter. Mark also to be asked to write to them expressing our dissatisfaction. Moved Tony Smith, seconded Jay Neville that the correspondence as listed be accepted.

Carried.

**TREASURER:** Leanne Browne presented Treasurer's report for November, and expressed the view that the gate takings were out of proportion to coaching fees - hopefully takings will pick up during summer months. Moved Alan Grant, seconded Jay Neville that the Treasurer's report for November as tabled be accepted. Carried.

**REPORTS:**

**GEAR:** Rob Bradford to purchase tents, ropes and four more pairs 9-11 Flippers.

**MERCHANDISING:** Sales of fleeces, bags all under control and new swimmers arriving this week. Jay will look at track suits and shirts early in the New Year.

**REGISTRAR:** Fifty member registrations received to date for 2001. New faces to be targeted to pay fees early. Lyn Stanley expressed concern re CPR litigation re unpaid members.

**SOCIAL:** Christmas party very successful - small profit to provide nibbles for swim on 23rd December. Decided to eat and drink at club after Currumbin estuary swim rather than a BBQ.

**Members to be asked via newsletter for social function suggestions.** (see Social Committee Rep: Kathy Watt or Margaret Watts or Tony Smith)

Musician for carnival organized, and social committee to organise food for carnival.

**CAPTAIN:** Competition pretty quite at this time of the year. Pool etiquette has improved, but swimming order a bit slack - coaches to watch.

**GENERAL BUSINESS:** Swim Meet - Flyer to be sent out this week to other clubs, and Alan Grant will liaise with Mark Fitzwalter. List of events to be published in December newsletter. Letters to be sent seeking sponsorship for carnival to local businesses.

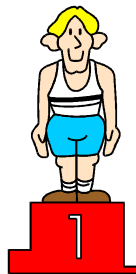
**NEXT MEETING:** Saturday 20th January, 2001, at 2.30 pm. The meeting closed at 3.45 pm.

**Miami Masters Annual Swim Meet Program**

SATURDAY 24<sup>th</sup> February 2001

Venue: Miami Pool, Miami

Time: 9.30 am



**POSTAL EVENTS**

Limit of 5 individual events including max 1 postal.

- 1. Postal 1500 m own Choice (one 1500 m only)
  - 1.1 1500 m Back
  - 1.2 1500 m Breast
  - 1.3 1500 m Free

- 2. Postal 400 Own Choice (one 400 m only)
  - 2.1 400 m IM
  - 2.2 400 m Fly
  - 2.3 400 m Back
  - 2.4 400 m Breast
  - 2.5 400 m Free

**COMPETITION DAY EVENTS**

- 3. 200 m Own Choice (one 200 m only)
  - 3.1 200 m IM
  - 3.2 200 m Fly
  - 3.3 200 m Back
  - 3.4 200 m Breast
  - 3.5 200 m Free
- 4. 50 m Back
- 5. 50 m Free
- 6. 100 m Own Choice (one 100 m only)
  - 6.1 100 m Fly
  - 6.2 100 m Back
  - 6.3 100 m Breast
  - 6.4 100 m Free
- 7. 4 x 50 m Mixed Freestyle Relay
- 8. 50 m Fly
- 9. 50 m Breast
- 10. 4 x 50 m Female Medley Relay
- 11. 4 x 50 m Male Medley Relay
- 12. Fun Relay — 8 mixed swimmer relay. Entries taken during meet, put in hat then drawn randomly to form fun teams (prize awarded)

And straight after join us Poolside for food & entertainment cost: \$20 swim & meal one cost for all GST inclusive.

Our president Lyn encourages all members to contribute sponsorship ideas in money, or kind.

**Social Notes:**

**Currumbin Estuary Swim:**

On Saturday 30<sup>th</sup> December, some 20 or so members met at 4:00 pm at Currumbin Creek just before the bridge on the left hand side, at the old Palm Beach Bowls Club. Geoff Ross started us off with a swim across to the beach for a dip in the surf. This was followed by a swim to the southern bank of the Estuary, followed by a swim back to the start.

That was the warm up. The canal was used for laps for freestyle,



followed by Medley training. We were then split into two teams, half of each team sent over to the far bank on the opposite site of the channel, and a Relay Race was on. The race swimming was deceptive, what seemed like "just to the other side" was in fact over 100 meters, and with no lane ropes or bottom line to guide us, we weaved all over the place, having to do repeated surf swim drills to regain some bearings. Coach Lyn participated in the race, and swimmers kindly offered copious advice to her on completion of her leg "Make sure you pull all the way through the water, Watch where the hand enters in front of you, ....." , all tongue in cheek of course, we could not resist ! The swim ended unbelievably in a dead even heat, with both Brett and Graham sprinting to the finish.

The evening ended with a pleasant meal and drinks at the adjacent Currumbin RSL Club.



We agreed we should do this more often, many thanks to Geoff Ross for organising this fun event.

## Miami Masters Aerobic Program:

**1 January - 31 December 2001**

National Aerobic Trophy Aim:

To promote Aerobic Fitness by providing an incentive (in the form of Club points) for members to swim longer distances. In this way, due recognition will be given to the aerobic fitness aspect of swimming, as points are awarded according to relative degrees of fitness.



Miami Masters, its time to 'Have a Go' at this trophy. So, all members are invited to participate in the National Aerobic Point score, it's a great way to improve your fitness and endurance. See Troy to check your age group point score table, I'm sure you will be surprised just how easy you will be able to gain points for your swims.

Challenge yourself to improve your times over 400 m, 800 m and longer distances while gaining points for the club - (no 'High Pressure' competition as at swim meets). You have 12 months to complete your swims eg. 5 x 400m all stokes must be swum in 5 different months ie. Swim one 400m Freestyle in Jan, Feb, Mar, Apr, May etc.

Aerobic swimming is a great way to develop controlled swimming to even out your 100 m splits or go one further and negative split a swim, which would make the coaches very happy.

Another plus for Aerobic Swimming - Swimming and Weight Loss. The latest reports state that if you want to lose weight then you have to be swimming at a slow pace

over longer distances. So, if you want to get rid of those unwanted kilos, plan a long swim at a slow pace, drink plenty of fluids and don't work too hard.

Aerobic swims will take place at 3:00 pm (Summer time) and 2:00 pm (Winter Time) on Saturdays before training twice a month on the second and fourth Saturday in each month.

January:	13 <sup>th</sup> ,	27 <sup>th</sup>
February:	10 <sup>th</sup> ,	24 <sup>th</sup>
March:	10 <sup>th</sup> ,	24 <sup>th</sup>
April:	14 <sup>th</sup> ,	28 <sup>th</sup>
May:	12 <sup>th</sup> ,	26 <sup>th</sup>
June:	9 <sup>th</sup> ,	23 <sup>rd</sup>
July:	14 <sup>th</sup> ,	28 <sup>th</sup>
August:	11 <sup>th</sup> ,	25 <sup>th</sup>
September:	8 <sup>th</sup> ,	22 <sup>nd</sup>
October:	13 <sup>th</sup> ,	27 <sup>th</sup>
November:	10 <sup>th</sup> ,	24 <sup>th</sup>
December:	8 <sup>th</sup> ,	22 <sup>nd</sup>

Any questions or further information, please come and see me, or just come along and give Aerobic Swimming a go.

Thanks,

Troy Doyle (Ph 5593 5229)

## Birthdays:



Warren Robotham	3-Jan
John Ashley	5-Jan
Geoff Ross	9-Jan
Lyn Stanley	13-Jan
Karen Mcpherson	21-Jan
Ted Puller	21-Jan
Kathy Watt	22-Jan
Glenn Last	28-Jan
Hank Markus	31-Jan
Moyra Galton	6-Feb
Liz Crilly	7-Feb
Winifred Henry	9-Feb
Brett Stuart	13-Feb
Don Leslie	14-Feb
Brian Deane	17-Feb
John Irvine	29-Feb