



SWIMMING CLUB INCORPORATED

P.O. Box 455

Mermaid Beach, Qld. 4218.

NEWSLETTER

March / April 2001

Vic Laws Pool, Pizzey Park, Miami, Qld.

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	brett.stuart@gpo.com.au

Coaches:

Lyn Stanley	5576 0695
Steve Cornelius	5538 7448

Training:

Saturday	3:45 pm (briefing and stretches) 4:00 pm Swim (3:00 pm starting 21 st April)
Tuesday	6:30 pm Swim

Dates:

- Social: Chinese Banquet, Lumi's at Q Centre 7th April, 2001 6:00 PM \$15 each
- Start of 3:00 pm Saturday Training Sessions 21st April, 2001
- Golf Day: Boomerang Farm 29th April, 2001, starting 9:00 AM
- State Championships 5th-7th May, 2001 in Townsville.
- Presentation night, Lonestar 18th May, 2001 starting 7:00 PM
- Masters Pan Pacs 28th October to 4th November 2001, Hong Kong

Coaches Tips:

HELPFUL HINTS AND TERMINOLOGY

By Lyn Stanley.

Particularly for the new swimmer or those training with us for the first time. Here are some helpful hints. More experienced swimmers or the coach will assist you with any questions so please don't hesitate to ask.



Helpful Hints:

- Swim on the left hand side of the lane.
- Take off 5 seconds behind the swimmer in front unless otherwise told by the coach.
- Try to work out where you should be in the lane (can be different for each stroke) or take the advice from the coach.

Some Terminology:

- R 20 = Rest 20 seconds

- RI 20 = Rest Interval 20 seconds
- Slow to Fast = the first one of a particular distance is your slowest, building to the last one being the fastest.
- Building 1 – 4 = same as above
- Descending 1 – 4 = 1st fastest, 4th slowest
- Drill = Will be stipulated by the Coach
- Drill of choice = you choose the drill which best addresses a particular stroke fault.
- Kick Flip = kick with flippers
- Kick = kick using no flippers
- 10 x 100's on 2 min = you have 2 minutes to swim 100 metres and rest before kicking off for the next 100.
- > 2 min = Greater than 2 minutes
- < 2 min = Less than 2 minutes
- 2-3-4-5 Hypoxic =
 - 2 strokes to one breath,
 - 3 strokes to one breath,
 - 4 strokes to one breath,
 - 5 strokes to one breath.
- Heart Rate = Take your pulse
- Step Aside = Swim into the wall to allow the next swimmer to do likewise.

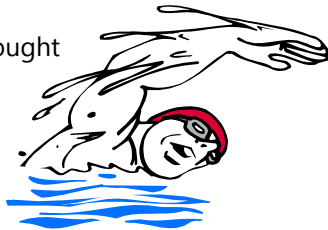
These may help and we'll add more another time.

“THE JOURNEY OF THE SWIMMER”

An article from the January edition of Aussie Masters Swimming Australia newsletter.

(Author: Laurin Weisenthal)

Swimming requires more thought and focus than many of the common sports others play. You don't contend with a ball, nor do you need to devise strategies and plays involving other people. But what makes it so difficult is the overwhelming emphasis on technique: forcing your body to move in just the perfect way to minimise resistance in the water and maximise the power of your stroke.



There are four different strokes in swimming, and for each stroke you must consider a multitude of tiny factors such as: where is your hand entering the water? How is your body positioned? Are your elbows bent enough on the catch? Are they bent too much? Are you over-reaching? Are you dragging your hips? Are you rotating enough? And much, much more. Resistance through water is a factor that is much more significant than resistance through air, and any little error can add time that builds up over the course of a race. You must feel

where your body is in relationship to the water, and there is always something you are doing incorrectly.

Swimming becomes an intricate dance of perfecting one thing and discovering another that is flawed. Even the best in the world, the Olympians and world record holders, are forever looking for even the tiniest adjustments in their technique to lower their times by mere hundredths of a second.

This quest for perfection involves endless repetition of unimaginable drills to discover the right niche for each athlete. You must always be thinking about what you are doing, feeling each element, to detect the flaws. At the same time you must be thinking about starts, turns, finishes, pacing and racing. You must be smart to be a swimmer.

North West United Sharx & Westside Swim Carnival

By **Moyra Galton**

We all had a great day at the North West United Sharx and Westside Swim Carnival on Saturday 31st March.



Much chatter and laughter on the bus to and fro with Jeannie Walkden reducing us to tears with her story of her early cooking years when she accidentally shut the door of her combustion oven without knowing the cat was still inside. The cat meowed, Jeannie let out her hot pussy, it lived, but didn't meow ever again.

Rob Bradford, Margaret Kelly, Peter McMahon and Jeannie Walkden won their respective age groups with Corrine Hitchings and Shaun Clark taking third placings.

Tony Smith did an excellent job driving the bus, Phil Marshall sorted out the relays which resulted in two first and one second placing, Peter Mitchell as usual was our steady time-keeper, and Moyra Galton (on behalf of the club) collected the Stop Watch which was the prize for the Large Clubs Average Points Score, which we won thanks to a great effort on everyone's part.

Corrine was over the moon about one of her swims and was delighted that she had an excellent pace in the next lane which spurred her on to a personal best. Didn't realise until afterwards the pace was swimming in the warm up lane!!!

It was great fun going altogether in the bus and we hope future carnivals can be arranged this way. Thanks to Rob and Tony for organising.

Breast Screen Queensland

I have received a letter from BreastScreen Queensland promoting free screening mammograms to all women over forty, with women aged 50-69 being especially encouraged to attend. I have been given brochures to distribute, so please see me if you are interested. Having been there, done that, believe me early detection is vitally important.

Safety Coordinator

A Safety Message:



Ear infections are a constant risk associated with our form of exercise. Some of us are more prone to it than others and we all have our own way of reducing the incidence, earplugs, bluetack, eardrops, etc. Here is a simple form of control that is inexpensive & has been recommended by a GP. Mix Two parts Metholated Spirit to one part Vinegar, place in a suitable non-breakable drop dispenser (Ed.: available at Pharmacies) & use after swimming, it works and you can hear during training.

Our new pool has been given the thumbs up by all! Just a point to remember is that if you need a rest or assistance whilst in the water in the new pool. 'You can't stand up'. If you do require assistance please follow the surfers request help procedure. Stop, Hold on to the lane rope, Raise your arm, Call for help.

SAFE SWIMMING

Rod Greensill
Safety Officer

Gold Coast Recreation & Sport Meet

By Alan Grant

Gold Coast Recreation and Sport held their annual swim meet at our pool on Sunday 18th March. It involved swimmers



from all over South East Qld. in events from 15 metres to 200 metres. Our members, who turned up on the day to assist, enjoyed themselves nearly as much as the competitors. With differing levels of disability, the participants could be very competitive and some spent so much time watching the adjoining lanes that their stroke was impeded. To watch a lass do five tiny arm revolutions to one breath in a 25 metre Fly event and take almost 2 minutes to complete the race is very humbling to most abled bodied swimmers.

A great day, see if you can find an hour or two next year. Special thanks to Alison, Phil, Brenda, Troy, Ted, Graham, Rob, Tony, Geoff, J.B. and Mike for their help and attitude.

Miami's New Pool

For the records, our first Masters training session in the new pool was 24-Mar-01.



Terry gave these statistics:

- Over \$2 Million dollars spent.
- Holds 2 ½ Million litres (that is nearly \$1 a litre, so don't drink it !).
- 50.03 metres long – allows for future electronic touch pads to make it 50.00 metres.
- 25.03 metres wide – as above, and gives 10 lanes
- Starting Blocks are STATE OF THE ART, developed since the Sydney Olympics, hand grips to be on both ends.
- Anti-wave design.
- A plea from Terry: no shade facilities in this year's Council budget, nor next years, so lobby your councillor to remedy this concern.

Birthdays:



John Sawyer	12-Mar
Julie Gunthorp	15-Mar
Leanne Browne	17-Mar
Peter McMahan	18-Mar
Diane Michaels	23-Mar
Peter West	23-Mar
Bronwyn Follent	30-Mar

Dick Dodds 7-Apr
 Jeanie Nestdale 7-Apr
 Jennifer Holden 9-Apr
 Rhonda Anderson 10-Apr
 Paul Eades 11-Apr
 Stephen Cornelius 12-Apr

Brenda Robotham 1-May
 Michael Macdonald 6-May
 Tom Marris 6-May
 John Nicholls 7-May
 Philomena Marshall 10-May
 John Bailey 19-May
 Pauline Benjamin 21-May
 Peter Mitchell 24-May
 Mark Falkner 27-May
 Margaret Waldock 28-May

SUNDAY 6 MAY

EVENTS

13. 50m Freestyle
14. 400m Own Choice
 - 14.1 400m Butterfly
 - 14.2 400m Backstroke
 - 14.3 400m Breaststroke
 - 14.4 400m Individual Medley
15. 100m Breaststroke
16. 100m Butterfly
17. 200m Backstroke
18. 200m Freestyle
19. 50m Butterfly
20. 4 x 50m Women Medley Relay
21. 4 x 50m Men Medley Relay
22. 4 x 50m Mixed Freestyle Relay

Each swimmer may enter a maximum of SIX (6) individual events including the postal swim.

PRESENTATION DINNER

in the gardens at the Mercure Inn
GO TROPPO THEME

MONDAY 7 MAY

ALLEN HOTEL OPEN WATER SWIM & BBQ RECOVERY BRUNCH

- OWS 1 1.5 Km Strand Swim
 OWS 2 3.0 Km Strand Swim

Townsville State Championships



5th-7th May, 2000
Tobruk Pool

POSTAL EVENT
 Event 1.

1500 metre Own Choice i.e.:

- o Event 1.1 1500 metre Backstroke
- o Event 1.2 1500 metre Breaststroke
- o Event 1.3 1500 metre Freestyle

FRIDAY 4 MAY

- o Registration
- o Welcome function at Tobruk Pool

SATURDAY 5 MAY

EVENTS & OFFICIAL OPENING

2. 400m Freestyle (no form strokes)
3. 200m Individual Medley
4. 50m Backstroke
5. 200m Breaststroke
6. 100m Freestyle
7. 200m Butterfly
8. 50m Breaststroke
9. 100m Backstroke
10. 4 x 50m Women Freestyle Relay
11. 4 x 50m Mens Freestyle Relay
12. 4 x 50m Mixed Medley Relay

Save some energy for Sunday!

Aussie National Records

The following has been approved as National Records since the last Aussie Masters Swimming Australia newsletter.



Long Course Men

John Crisp QMM 65 – 69 yrs

100m Butterfly 01m26.45 29-Oct-00
 200m Butterfly 03m37.90 15-Oct-00
 400m Butterfly 08m25.11 18-Nov-00
 800m I. Medley 14m40.08 15-Oct-00