

Toowoomba Masters AUSSI
PO Box 917, Toowoomba 4350.



Issue 2/03 of The Tadpole Tales – April 2003

• Annual General Meeting	• State Swim Details
• President's Report	• Swimming Courses for Club Members
• Captain's Report	• Big Taddie, Coach's Corner & More!!!

ANNUAL GENERAL MEETING

Sunday the 23rd of March saw a number of committee positions change hands. Ashley Welke, our outgoing president advised the club had enjoyed a very successful year with the highlight being our hosting of the state swim. The treasurer advised the club is in a very sound financial position. There were no other matters of any major significance except of course for the election of the new committee. This was duly carried out and the committee for 2003/04 is as follows:

President	Tony Garsden	Vice-President	Judy Wilson
Secretary	Ray Smythe	Treasurer	Ray French
Registrar	Nev Bambrick	Safety Officer	Peter McMonagle
Club Captain	Ann Todd	Swim Meet Director	Ashley Welke
Recorder	Lisa Brown	Aerobics Recorder	Debbie Klease
Social Director	Jainie Costigan	Publicity Officer	Jill Davidson
Catering Officer	Inga Savage	Newsletter Editor	Bill Waterhouse

PRESIDENT'S REPORT - APRIL 2003

At the outset, I wish to thank Ashley for his Presidency last year and recognise the efforts of all the committee members, but especially Lionel Scotney, who retires from the Social Director's role after a long time on the committee.

I also wish to thank the members for their confidence in electing me President; I am determined to focus on the Fun, Fitness and Friendship that is the ASUSSI motto over the next 12 months.

You only get out of your club what you put in to it. I want to invite members to become involved in the range of activities that we will offer over the course of 2003:

- Regular training;
- Aerobics;
- Carnivals;
- Educational Programs; and
- Social events.

For those who do not know me, I joined the club 2 years ago when my knee stopped me from running and joined the committee as Vice-President last year. I enjoy participating in the aerobic swims and love the feel of diving in – I can feel the stresses of the workday being washed away.

About you, did you know that the average member has been swimming for less than five years, but a significant proportion (30%) have been members for over 10 years – we still have some foundation members swimming with 20 years of membership. The average age of swimmers is 49 and most members are between 30 and 79. Approximately 25 members participate in the aerobic swims and about 20 regularly compete in carnivals.

If anyone wishes to contact me, please do not hesitate to talk to me on the pool deck, or e-mail me at nedsrag@hotmail.com.

Tony Garsden

CAPTAIN'S REPORT

The New Year has got off to a very exciting start, the first carnival for 2003 was held at Cotton Tree on the Sunshine Coast where six Tadpoles competed very successfully. These were Rosalie Lutvey, Beres Hindman, Ray Smythe, Ray French, Max Lennon and Brian Luxton. Ray French and Max Lennon have really got the bug - keep it up boys!!

The next carnival was at Miami on the Gold Coast where ten Tadpoles (getting better!!!) competed, again very successfully. Margie Smythe made a great return to competition with a

first, Dorothy Stevens 2 PBs, Rosalie Lutvey 3rd, Meryl Carafe 2PBs, Ann Todd 1st, Ray Smythe 3rd, Malcolm Stevens 2nd and another great comeback; Brian Luxton 3PBs and finally John Power with some PBs. A roast dinner and sweets were served beside the pool afterwards and as the sun was setting it really was picturesque. A Bush Dance followed dinner by the pool.

Next was Nudgee Brothers Carnival held at the school with the same name, unfortunately only 2 Tadpoles attended but the husband and wife team of Ray & Margie Smythe put in some great performances.

That brings us up to forthcoming events, the next being the State Titles at the Valley Pool, Brisbane. To date there are 9 Tadpole nominations with another 2 possibles. Nominations have closed but you still have time to nominate for the next carnival after the State Titles which will be at Samford on the 31st of May, this is always a small and friendly carnival so come on and "ave a go"!!!

During February three Aussie Masters swimmers from Toowoomba were nominated for the Darling Downs Veteran Sports Person of the Year. They were Donna Dalzell, Ann Todd and Peter McMonagle. I was hoping age would be taken into consideration but no such luck, a **young veteran** of 35 years won the award. Congratulations to all three for being nominated. In summing up my report I would like to say my job as Captain would be a disaster without the help of Marg Chipperfield who gladly times all the postal swims and Ray Smythe for all his help with those ghastly relay nominations for the State Titles. I felt I needed a University Degree to cope with that one!!! Thank you both for your efforts.

STOP PRESS: Rosalie Lutvey has returned from the Trans Tasman Challenge Championships at Newcastle NSW with quite a haul; Gold in the 50 and 100 Fly, Silver in the 400 Free and Bronze in the 50 Free. Congratulations Rosalie on some great swimming. Ann Todd Club Captain

STATE SWIM

The State Swim meet is almost upon us; next weekend the 2nd through to the 5th is when it "**all happens**"! You can check your individual entry details including heat and lane number by logging onto the AUSSI Masters Queensland web site' <http://www.aussimastersqld.com.au/>. Or you can check at the table at The Glennie Pool where a copy is available. To all those of you that are competing, good luck, swim fast and most of all enjoy the moment.

COURSES ON OFFER TO MEMBERS

Our president, Tony Garsden has been hard at it obtaining funding that will allow members to improve their swimming, fitness and obtain their Bronze Medallion. The courses are detailed below so contact Tony or pick up a form when you are next at the pool. Spaces are limited so don't delay. To book your spot, register on the form on the notice board at the pool, or talk to Tony Garsden (phone 46365076 / e-mail nedsrag@hotmail.com)

BRONZE MEDALLION COURSE

The club has reserved 15 spots at this year's Bronze Medallion accreditation for any members who wish to gain their Bronze Medallion. Remember that the club needs to ensure that a current bronze medallion holder is on pool deck at all times someone is in the water – no qualified members means no swimming on a Sunday. The course will be held on the 15th of June 2003 at the Glennie Pool. Nominations will close on the 2nd of June 2003. The cost is \$20.00 Refundable Deposit for members and \$65.00 for non-members.

The course includes the following topics dealing with:

- ◆ Theory;
- ◆ Resuscitation (EAR & CRP);
- ◆ Survival skills;
- ◆ Water Rescues;
- ◆ Accompanied rescues;
- ◆ Spinal Injuries.

LEVEL 1 COACHING COURSE

The club has reserved 6 spots at Queensland Masters Swimming's Educational Course for any members who wish to gain their level 1 coaching accreditation. The course will be held on 21/22 June 2003 at the Glennie Pool. Nominations will close on the 2nd of June 2003 and the cost is \$20.00 to QTW members.

The course includes the following topics:

- ◆Effect of age on performance;
- ◆Biomechanics of Swimming;
- ◆Anatomy and Physiology;
- ◆Stretching;
- ◆Diet & Nutrition;
- ◆Stroke Correction;
- ◆Technique – Freestyle, Backstroke, Breaststroke, Butterfly; and
- ◆Starts, turns and finishes.

STROKE CORRECTION, STRETCHING, DIET AND NUTRITION COURSE

The club has reserved 20 spots at Queensland Masters Swimming's Educational Course for any member who wishes to improve their stroke and learn more about stretching, diet and nutrition. The course will be held on the 21st of June 2003 at the Glennie Pool, in conjunction with the Level 1 coaching course. The cost is \$20.00 to QTW members. I attended this course in Brisbane last year and found it very helpful, taking over 30 seconds off my 400m Freestyle

AEROBICS

Aerobics has started for 2003! So far there are 24 enthusiastic swimmers who have begun their Aerobics swims for the year. You too can be a part of the Aerobics program. Just come along on Wednesday nights at 6:30 p.m. or on Sundays at 6:30 a.m. It is challenging as well as rewarding. If you would like to know more about Aerobics, feel free to approach me at any time. Aerobics can consist of any or all of the following combinations; 5 x 400m swims, 5 x 800m swims (the 5 swims have to be completed at the rate of 1 per month per stroke) and single swims of 1500m, ½ hour, ¾ hour or 1 hour! If you would like the challenge come along!! Debbie Klease

BIRTHDAYS

Happy birthday to all the following Tadpoles who are celebrating their birthday in April from everyone at the club we hope you have an enjoyable day.

April

Dick Bianchi
Donna Parker

John Bourne
Malcom Stevens

Beres Hindman
Judy Wilson

Ria Molenaar

AROUND THE POOL WITH BIG TADDIE

Beryl Thomas made a surprise visit during a recent Sunday morning session. We hope her recovery continues and look forward to seeing her back in the pool as soon as possible. Thirteen Tadpoles are off to the State Swim at the Valley pool for the May long weekend. That means that there will be some hard training sessions coming up to help them prepare, after all you do have to be fit to swim for 3 days and then party on the last night. We wish everyone all the best.

It has been good to see some visitors from other AUSSI clubs (Gladstone Gropers and Perth) joining our swim sessions recently and we hope that they enjoyed themselves.

Welcome to Bruce and Barbara Smith from Mackay Sinkers who have recently moved to Toowoomba.

It has been reported that John Bourne celebrated his 69th birthday with an enjoyable evening swim with Group 3 and topped it off by swimming an extra 100 IM at the end of the session just for the fun of it! Congratulations John I'm only jealous!!

On the 23rd March, the AGM finished with a full committee being elected (the first time in a few years, Congratulations everyone!). Afterwards we sat down to a great Breakfast and a little chat. Thanks to all involved in the organisation and cooking of our feast. At the AGM Bill Waterhouse was awarded the trophy as The Tadpoles Most Improved Swimmer in 2002, congratulations Bill.

Unfortunately as per our last issue photos still are at a minimum. However, the club still has an e-mail address for those of you who are into things cyberspace:

tmba_tadpoles@optusnet.com.au. The Big Taddie is happy to accept any rumours through this mailbox!

MEMBERSHIP

At the time of going to press the club has 90 financial members.

If you haven't re-joined or you know someone that hasn't, send in that enrolment form with a cheque ASAP. While I'm on about membership welcome to the following new members:

Paul Denning, Jill Keen and Stephen Gray

COACH'S CORNER (Troy Chandler / Lindsay Clyde)

It was Troy's turn this issue but it just hasn't happened yet. I know next issue will be extra informative and inspirational, right Troy!!! Probably an opportunity to warn everyone, Lindsay is away at a coaching workshop so get ready to enjoy those Monday nights!

SOCIAL EVENT & DATE CLAIMERS

3-5 th May	State Swim (SC)	Fortitude Valley Pool
31 st May	Samford (SC)	Samford Community Pool
1 st June – 30 th July	Sunshine Coast Seals (Postal)	Statewide
15 th June	Bronze Medallion Training	Glennie Pool
21-22 nd June	Coaching / Stroke Correction	Glennie Pool
1 st Jan. - 30 th April	West Auburn (NSW) Masters 5000M	Postal

To check on any upcoming swim events remember; **THE PURPLE BOOK** is always available on the pool deck. **THE BOOK** contains details of all State and National Swim Meets; the **what, where** and **when!** If all else fails contact a committee member for event details.

COMMITTEE CONTACT DETAILS

President:	Tony Garsden	4636 5076	Vice Pres:	Judy Wilson	4636 1349
Secretary:	Ray Smythe	4635 3326	Treasurer:	Ray French	4633 3556
Registrar:	Nev Bambrick	4636 1429	Club Capt:	Ann Todd	4638 0535

If any member has a change of address can you notify the club secretary ASAP as this will save us wasting postage and ensure you get your newsletter.

POOL HIRE AGREEMENT WITH THE GLENNIE AQUATIC CENTRE

A condition of this agreement is that the Toowoomba AUSSI Masters **MUST** have a Designated Safety Supervisor on duty whenever the club hires the pool, this person must be a current holder of a Royal Life Saving Bronze Medallion. Swimmers cannot enter the water if a Designated Safety Supervisor is not on duty. Peter McMonagle is the club's Safety Officer and is responsible for all the club's safety matters. The club has already organised a training day and some members have obtained their Bronze Medallion. Bronze Medallion, Coaching and Stroke Correction sessions are organised for June. If you are interested contact a committee member to ensure you don't miss out.

POOL FEES

SIGN THE BOOK and PAY YOUR \$2 BEFORE ENTERING THE POOL.

We operate an honour system and want to keep it that way so don't abuse the privilege! If you need an "IOU" write it in the book and write it in again when you pay.

CLUB SWIM TIMES	Programmed Swims	Aerobic Swims
Glennie Aquatic Centre	Monday 18:30 → 19:30	
Vacy St	Wednesday 18:30 → 19:30	Wednesday 18:30 → 19:30
Toowoomba	Thursday 18:30 → 19:30	
	Sunday 07:30 → 08:30	Sunday 06:30 → 7:30