

Toowoomba Masters AUSSI
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Issue 6/03 of The Tadpole Tales – December 2003

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Toowoomba Aussi Masters Christmas Party

The committee would like to invite all members and friends to a Christmas breakfast / party at The Glennie Pool this Sunday the 14th of December at 08:30. Have a swim, enjoy a light cooked breakfast and celebrate the festive season with your fellow Tadpoles. See you there!!!

President's Report

I hope that everyone will have finished their aerobic swims by now and are busy shopping for Christmas presents for me!!!

This newsletter also brings a renewal notice for Club Membership, included is a tick box to advise us how you would like your newsletter delivered. Please try and return this with your membership renewal.

Membership has been set as:

Full Membership	\$65.00	Health Care Card Holders	\$52.00
Life Member	\$51.00	Life Member (HCCH)	\$39.25

This may sound a fair amount, but did you know that only around \$11 is retained by the club, to fund the club administration, newsletters, Sunday morning breakfasts and some of the coaching expenses. The break-up is shown below:

	Full Membership	Health Care Card Holder
AUSSI	\$29.50	\$29.50
QMS (including QMS Affiliation)	\$24.50	\$11.95
QTW	\$11.00	\$10.55
Total	\$65.00	\$52.00

If anyone has any concerns, please contact me at the pool, by e-mail (nedsrag@hotmail.com) or at home 4636 5076.

Just a note that the club will be breaking for Christmas on Sunday 21 December 2003 and recommence on Sunday 4 January 2004.

On behalf of everyone on the committee, we wish you a merry Christmas and happy New Year.

CAPTAIN'S REPORT

Well here I am again - for the last time!! Hurrah!! (Don't worry we will have her back next year!! Ed.) I think we have all earned a break so we can party in place of the swimming!!

As mentioned last month, Rosalie Lutvey and I travelled to Canberra for the Australian Masters which was held at the AIS pool which contains a HUGE photo of The Glennie Pool's own Ian Finlay butterflying!!

Swimmers had come from around the world to compete so we were thrilled to come away with some medals.

The Brisbane Southside Carnival was held during November and the following five Tadpoles represented the Toowoomba Club:

Brian Luxton: 1st 400 BK, 2nd 200 FS and 3rd 100BR, 50BR & 50BK.

Ray French: 1st 100FLY, 2nd 50 BK, 400 FR, 200 FR.

Rosalie Lutvey: 1st 100 FR, 200 FLY, 2nd 400 IM, 3rd 50 FR & 50 FLY.

Stephen Gray: 1st 100 BR, 50 BK & 50 BR, 2nd 50 FR, 3d 50 BR.

Anne Todd: 1st 400 BR, 200 FR, 100 FR, 50 FR & 50 BK.

The Tadpoles also scored a 2nd in the Mixed Medley Relay.

The last carnival for the year is the Uni Wahoos on the 6th of December by now we should know how Rob Edwards, are sole representative has gone. A belated Good Luck. My best wishes to all of you for a Happy Christmas and a fantastic New Year. See you in the New Year for plenty of swimming and competing. Cheers Ann.

AROUND THE POOL WITH BIG TADDIE

During the Christmas period the Tadpoles last swim for 2003 will be on Sunday the 21st of December and the first swim for 2004 will be on Sunday the 4th of January.



CLOTHING

As mentioned in the previous newsletter the club has decided to go ahead with the purchase of new club polo shirts even though we are a couple short of the required number. The cost will be \$46. I will be contacting all those who indicated their interest by signing the order form inn the New Year, as we will require the money "up front".

Pictured on the left is one of the club's quite achievers. Dick Bianchi has had a recent holiday to Nth Qld and the Northern Territory. We can see him holding up one of the original poles from the Overland Telegraph Line. I think we may be able to get a few stories out of Dick about the NT at the Xmas Party!!

BIRTHDAYS

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

November

Peggy Turner 2 nd	Dorothy Stevens 3 rd	Margaret Conrick 5 th	Michelle Glasby 7 th
Peter McMonagle 7 th	Lionel Scotney 15 th	Peter Robinson 16 th	Ashley Welke 23 rd
Malcom McHardy 25 th	Jacqueline Charlton 27 th		

December

John Dorman 8 th	John Power 8 th	Thelma Doyle 9 th	Noel Holcombe 25 th
Bruce Smith 25 th	Paul Denning 27 th	Craig Waters 27 th	Norman Holcombe 31

COACHES CORNER

Hi All. First of all let me say both Troy and I have been very impressed with the effort the swimmers have been putting into the sessions. Everyone has been keen to extend themselves and accept the challenges. I will be away for all of January at State and having a holiday so be ready for my return. The first two Mondays in February I plan to introduce shorter faster swims for group 1 and 2 with emphasis on IM and short rest 25's for groups 3 and 4 with their emphasis on Back, Breast and Free. The 3rd Monday will be a heart rate set. What does this all mean? Lots of laughs and fun and some where in there is some fitness. I have thoroughly enjoyed the year coaching Aussi. I hope you have enjoyed the sets and our company. Enjoy the festive season, keep swimming, it will allow you to back up for all of those parties.

Enjoy, Keep Safe and Thanks for 2003.

Lindsay Clyde

AEROBICS

By the time you read this there will only be 1 day left to complete any aerobics.

The last date for an aerobic swim this year is Sunday the 14th of December.

Assistance on the day will be appreciated by Debbie to compile aerobic results.

5 TIPS FOR EFFECTIVE FREESTYLE

Following observing members from pool deck, I have put down a few thoughts to improve Freestyle that may spark some thoughts and debate:

Relax. 50% of the arm cycle, the entire recovery and glide phase of the stroke, should stay relaxed while the effort is being directed into the underwater pull.

Streamline. The speed you are moving when you dive in or push off the walls is the fastest you will be moving in the entire lap. Don't slow yourself down by lifting your head too soon.

Roll Hips. Don't rely only on your arms and shoulders for power. Involve the various muscles that extend down your back and side by driving your hips from side to side each time you extend your arms into the water in front of your head.

Extend. Push your arm back past your hips until your arm is fully extended at the elbow. Then exit the water by lifting the elbow, keeping the arm and hand relaxed.

Turbo Kick. A small kick seems to be all that is needed to balance your stroke and maintain a good body position. Large kicks take too long, take too much energy and produce too much drag.

SOCIAL ACTIVITIES

The club's bus trip to the Stanthorpe area has been postponed until February - April next year. This is to give everyone some time to organise their calendar. The trip will take in the Stanthorpe area, calling at a few wineries and the Berry Patch for afternoon tea. Bus fare is \$10 per person plus whatever grapejuice you decide to purchase. Let Rosalie know of your intentions ASAP. A list will be left on the sign in table. Also don't forget to leave a weekend free in March 2004 for a BBQ at Malcolm and Dorothy Stevens' house. They have been kind enough to offer their home as the location to celebrate the club's 21st birthday; not the 20th as was misreported last issue.

MEMBERSHIP

Renewal forms are included with this newsletter, remember to return them ASAP. Your membership expires on the 31st of December. Don't forget to complete and return the form detailing the delivery options for the club newsletter; post, pick up at the pool or e-mail. Alternatively e-mail me at bill.waterhouse@ergon.com.au and advise me of your delivery preference.

SOCIAL EVENT & DATE CLAIMERS

7th February
21st February

Sunshine Coast Seals
Miami Masters

Cotton Tree S.P.
Miami Olympic S.P.

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.

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.

The committee would like to wish all members and their families a safe and merry Christmas and looks forward to diving in with you in 2004.