

Around the Pool with Big Taddie

The Big Taddie has heard that Inga Savage deserves a big rap for organising a great feed on Australia Day and making sure the raisin toast is there on all the other Sunday mornings. Unfortunately its been brought to the Big Taddie's attention that some members are entering the pool **BEFORE** paying their \$2 swim fees and signing the book. This places the club (and your fellow club members) in a difficult legal and moral situation if something were to go wrong. So please do the right thing,

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

Swim & Carnival Results

The Miami carnival was held on the 22nd of February and 9 Tadpoles competed. Without going into great detail all 9 performed well. The results can be viewed on the Queensland Aussie Masters web site, www.aussimastersqld.com.au.

The upcoming state swim at the Valley Pool is also detailed on the state web site. Our recorder Lisa Brown has been busy compiling the results of members who participated in carnivals, mini carnivals and aerobic swims in 2002. Some of the information is as follows: 51 club members (28 female & 23 male) ranging in ages from 25 to 76 entered the water 420 times and covered distances from 25 metres to 3750 metres. Our most prolific swimmer was Peter Wolff who entered 32 events.

Stroke Correction Swim Camp

For those of you who can get away at short notice, AUSSI Masters Swimming Queensland is holding an "Intensive Stroke Correction Swim Camp" at Lennox Head. The camp starts this Friday the 7th of March and runs until the Sunday afternoon. Cost is \$160, which includes all meals and accommodation. For more details contact Therese Crollick on 02 6624 2289.

Coach's Corner

(Troy Chandler / Lindsay Clyde)

Troy's approach the other day was, "your turn to write for the Masters Newsletter". Thank you Troy!!

Swimmers I have been hearted by the manner in which you have taken on some of these sets. I look at Lenny at the end of the pool sometimes and wonder if I should call 000. Our objective is to challenge you on occasions and please feel free to tell us if you feel the programs are too easy or too hard. Between Troy and myself we are endeavouring to get a balance of aerobic and speed work. Rectifying stroke problems can be very frustrating for both swimmer and coach. Try to be aware of the pressure of the water on the palms of your hands and the position of your body in the water at all times and that will go a long way to helping you get to other end of the pool easier.

Keep up the great work; we look forward to seeing your smiling faces every week.

Lindsay Clyde

Unfortunately our photos are at a minimum this issue due to the loss of all data on my computer and our web site being off air. 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!

Social & Event Date Claimers

| | | |
|---|----------------------------------|---------------------------|
| 15 th March | Hervey Bay Humpbacks (LC) | Hervey Bay Aquatic Centre |
| 23 rd March | QLD Nudgee Brothers (LC) | Boondall, Brisbane. QLD |
| 1 st April – 31 st May | Brisbane Southside (Postal) | Nationwide |
| 5 th April | Noosa Aquatic (LC) | Noosa Aquatic Centre |
| 23 rd -27 th April | AUSSI Masters National Swim (LC) | Perth, WA |
| 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: | Ashley Welke | 4634 6084 |
| Vice Pres: | Tony Garsden | 4636 5076 |
| Secretary: | Ray Smythe | 4635 3326 |
| Treasurer: | Janine Costigan | 4630 6090 |
| Registrar: | Neville Bambrick | 4636 1429 |
| Club Capt: | Ann Todd | 4638 0535 |

Pool Hire Agreement with The Glennie Aquatic Centre

All members should have received a brief letter advising that the club has signed a new 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

Unfortunately some members have been entering the water before signing the book and paying their money. This places the club in a difficult legal position and disadvantages the large majority of members who are doing the right thing.

EVERYONE please ensure they place the correct money (\$2) in the money tray when they sign the book AND before entering the water for a swim.

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 |

Some members might like to try something different; the West Auburn Masters are advertising their 5000 metre "TURTLE SWIM". The swim can be completed by an individual or as a relay with other members. Gold plated certificates are guaranteed and T-Shirts are optional extras! Details on the notice board.

An extract from the AUSSI Masters Queensland flyer advertising the state swim is included on the next page. For complete details view their web page or contact me and I will arrange a full copy.

2003 State Swim and Club Championships

(Short Course)

VENUE

The Valley Pool, 432 Wickham St, Fortitude Valley, Brisbane

Saturday, Sunday and Monday 3 - 5 May, 2003

The pool will be configured as two 25m pools. One will be the competition pool and the other utilised as the warm-up and swim down facility.

Owing to exceptional circumstances, the Branch will be hosting the 2003 State Swim. This decision was made only recently; hence some compromises have had to be made. We are conducting the meet in the SE corner of the state, close to Branch Headquarters – this will make planning and management easier for the Branch Management Committee. In doing so however, we have encountered issues with venue and nearby facilities. Following lengthy discussions, which included cost of venue hire, the decision was made to use the Valley Pool in Brisbane, and to trial the idea of hosting a short course State Swim.

We have included 25m events (as well as the 100m IM) to make the meet more attractive to you, the competitor. These 25m events will be in addition to the standard State Swim program. In order to keep the days events to a reasonable time, we are limiting the number of individual swims to five (5). This will also give more swimmers the chance of taking home a medal. The Branch has also decided that a major percentage of the profits from this meet will go directly to projects that will benefit **all** Clubs in Queensland. We will therefore be seeking the assistance of individuals and Clubs to help with the running of the meet. Suggestions from Clubs as to projects that may be funded are most welcome.

Swim Events on offer

| | |
|---------------|--|
| 25m | Freestyle, Breaststroke, Backstroke & Butterfly |
| 50m | Freestyle, Breaststroke, Backstroke & Butterfly |
| 100m | Freestyle, Breaststroke, Backstroke, Butterfly & Individual I.M. |
| 200m | Freestyle, Breaststroke, Backstroke, Butterfly & Individual I.M. |
| 400m | Freestyle, Breaststroke, Backstroke, Butterfly & Individual I.M. |
| 800m | Freestyle, Breaststroke, Backstroke & Individual I.M. |
| 1500m | Freestyle, Breaststroke & Backstroke |
| 4 x 50m Relay | Freestyle & Medley |

Because of the expanded choice of events a limit of 5 individual events not including a choice of one 800m or 1500m on Monday applies.

Choice of 4 relays (male / female and mixed in 4 x 50m Freestyle and Medley). In total you could swim 10 events.

On Monday the 5th (May Day holiday), a late starting time to assist in recovery from the previous Presentation night, will see **only** the 800 m and 1500m events being conducted. Swimmers will have a choice of one event only, with individual medals awarded but no points for aggregate age group or club awards will be allocated (Rule QS15)

- **The details contained on this preliminary flyer are subject to change and final approval.**

Further details will be sent via your club secretary to the club or members may contact the Branch office 07 3876 2822

email qms@thehub.com.au or visit www.aussimastersqld.com.au