

Toowoomba Masters AUSSI

PO Box 917, Toowoomba 4350.



Issue 3/03 of The Tadpole Tales – June 2003

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STATE SWIM

The 2003 AUSSI Masters State Swim and Club Championships was held at the Valley Pool and for the first time was a run as a Short Course meet. 400 swimmers from all over QLD and Northern NSW competed over the three days with swimmers ranging in age from 23 to 88years. The competition was of a particularly high standard this year as indicated by the number of new records set – 40 State, 21 National and 4 World records.

Thirteen members of the Toowoomba AUSSI Masters Club competed successfully at the Championships. All swimmers nominated for five individual swims from a choice of distances 1500m, 800m, 400m, 200m, 100m 50m and 25m in all strokes. Toowoomba AUSSI Masters swimmers also entered 8 relay teams. Toowoomba's Dr Tim Barrett acted as Referee for the three days of the Championships.

Individual medal winners were as follows:

Ann Todd (75-79yrs) 4 x Gold in 200m B.S., 100m & 200m F.S., 100m I.M. and 2 x Silver in 400m & 800m B.S.

Beres Hindman ((65-69 yrs) 3 x Gold in 50m & 100m B.S. and 800m BK.S. and 2 x silver in 400m & 25m BK.S. and Bronze in 25m F.S.

Lyn Robinson (44-49yrs) 2 x Gold in 50m & 25m BK.S., Silver 200m BK.S. and Bronze in 100m I.M.

Margie Smythe (40-44yrs) 2 x Gold in 400m BK.S. & 400m I.M. and 3 x Silver in 400m, 200m & 25m BK.S.

Karen Catlow (30-34yrs) Gold 800m F.S., 2 x Silver 50m B.F. & 50m F.S. & bronze 25m B.F.

Robbie Edwards (30-34yrs) 3 x Gold in 100m, 200m & 400m F.S. and 2 x Silver in 200m & 100m B.S.

David Specker (40-44yrs) Silver 25m BK.S. and Bronze 50m BK.S.

Haydn Counsell (40-44yrs) 2 x Silver 100m and 400m B.S. and Bronze 25m B.S.

Ray Smythe (45-49yrs) 4 x Gold 50m, 100m, 200m B.S. & 400m B.F. & Silver in 400m B.S.

Peter McMonagle (50-54yrs) 2 x Gold, 25m and 50m B.S.

Neville Bambrick (60-64yrs) 2 x Silver in 25m and 100m B.S.

Bob Edwards (60-64yrs) 4 x Gold in 100m, 200m, 400m B.S. & 200m I.M. & Silver in 100m I.M.

Toowoomba AUSSI swimmers also won 4 Bronze medals in relay events, these were the mixed freestyle 240+, Mixed medley 240+, Mixed medley 180+ and Mixed freestyle 160+.

Well done to all members who participated and their supporters for ensured most people were in bed at a reasonably early hour!

PRESIDENT'S REPORT - APRIL 2003

We have had a very productive few months. I wish to thank the committee members for the dedication, skill and assistance in this time.

Fun, Fitness and Friendship
Are we having Fun?

I know those who competed at the State Swim had fun, congratulations to all who competed and their support staff. I hear that they are already planning their assault on next year's titles in Cairns.

Our first mini-carnival for the year also provided some fun for the 13 who participated in the 200m, 50m and 25m races. I understand that a number of PB's were set on the morning. Inga and Bill arranged a delicious BBQ breakfast afterwards, where many tales from the State swim were told. If you missed out, the next mini-carnivals will be held on 20 July and 17 August 2003.

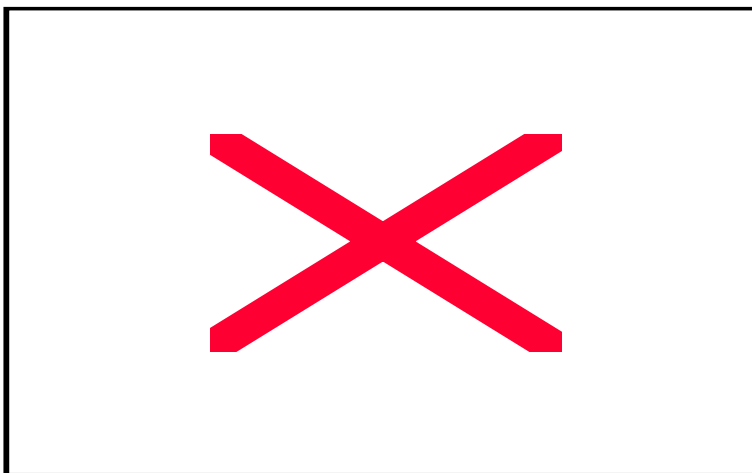
Our own carnival is now looming on the horizon – 13 September 2003. I hope everyone will consider competing or helping with the running of this event. And speaking of the carnival, Ashley Welke and Ray Smythe have finalised an exciting carnival program for September. Thanks Guys.

Are we getting Fit?

It is good to see the continued good role up to our scheduled training sessions, with Sunday mornings and Monday nights averaging over 30 swimmers, while Wednesday and Thursday nights average around 20. These numbers obviously reflect the confidence our members have in the coaching personnel and the varied programs they present. Unfortunately, we normally see attendances drop off as the cold weather approaches – something that I can't understand as the water temperature of 28° makes the pool the warmest place to be! So maintain your fitness and keep on coming.

The aerobic swimmers continue to record some good times. Debbie does a tremendous job in keeping the paper work up to date and I think that the regular timekeepers also need to be recognised for their help – without you it would not be possible.

A special welcome to a new member, Stephen Gray who has immersed himself in his aerobic swims and Marj Chipperfield who returns to 'aerobics' after a bit of a break.



At left: One of our legends Marj Chipperfield celebrating her 80th birthday with some of her swimming friends. And where would this have taken place, where else but at the pool. Congratulations Marj we all hope you enjoyed the day.

Are we making Friends?
I am also pleased to see a number of new swimmers participating. Please make

an effort to welcome the newcomers and make them feel welcome.

Pammie Ellem was awarded a centenary medal for her work with the Qld cancer fund.

Congratulations!

We all hope that Brian Dengate, a life member and long-term volunteer Monday night coach has a full and quick recovery from his illness.

Also of note is the arrival of a baby for Michelle Glasby.

Educational Programs

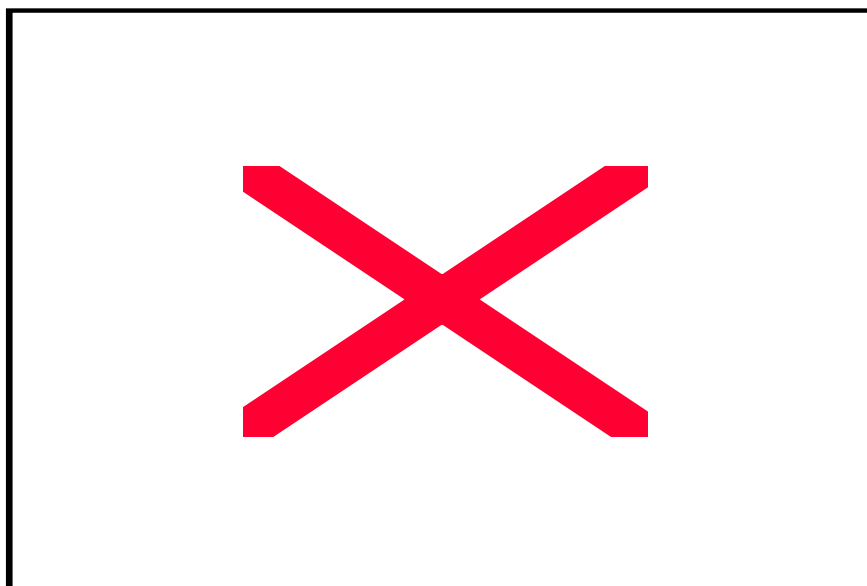
We have had a good response to our educational programs, with 21 signing up for the Bronze Medallion course on 14 June, 16 for the nutrition, stretching and stroke correction course scheduled for 21 June and 5 for the Level One Coaching course 21/22 June. By now, all who have nominated should have received details on these initiatives. If you haven't nominated yet, talk to Tony immediately to see if any vacancies exist.

Social Events

Have you any ideas on possible social events, especially how to celebrate our 21st birthday??

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



At left: The Tadpoles line up for the State Titles 2003. And a mean team it proved to be with many medals, PBs and a few late night (early morning!!) stories to pass onto other generations of Tadpoles!!

CAPTAIN'S REPORT

Toowoomba has also been represented further from home by Rosalie Lutvey who has competed in the Newcastle Trans Tasman Challenger. She won Gold in 50m and 100m butterfly and Silver in 400m freestyle and Bronze in 50m freestyle.

Late news is that Pete McMonagle came back from the Combined Services Games with a swag of medals. Well done Pete!!

COURSES ON OFFER TO MEMBERS

These courses are only a few days away so if you have registered and haven't heard from Tony or have decided to be a late starter you had better contact Tony ASAP. Tony's contact details are; phone 46365076 / e-mail nedsrag@hotmail.com.

The cost of each course is \$20, this money can be forwarded to Tony or left in a sealed envelope at the pool sign on table marked to Tony's attention. Cheques should be made out to "Toowoomba Masters AUSSI Inc".

BRONZE MEDALLION COURSE

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.

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 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.

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 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.

AEROBICS

There are now 29 Tadpoles participating in the aerobics program and its never too late to start. 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 and you earn points for the club. If you would like to know more about Aerobics, Debbie's more than happy to tell you all about it. 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 May and June from everyone at the club we hope you have an enjoyable day.

May

Bernie Bianchi
Alan Jones
Ann Todd

Janine Costigan
Brain Shackleton

Hemmo de Vries
David Specker

June

Bod Edwards
Max Lennon
Geoff Tenbrink
Bill Waterhouse

Holli Gehrig
Brian Luxton
Debbie Wagner

Joe Jones
David Maclean
Sue Walker

AROUND THE POOL WITH BIG TADDIE

The Big Taddie is a bit short on gossip this issue so he has supplied a joke instead:

"A hopeful suitor dropped into a computer-dating centre and registered his qualifications. He wanted someone who enjoyed swimming, water sports, liked company, favoured formal attire and was petite. The computer paired him with a penguin."

Our secretary has been appointed (volunteered) as the Queensland Masters AUSSI IT officer, congratulations Ray. Don't forget the club's e-mail address for those of you who are into things cyberspace: imba_tadpoles@optusnet.com.au. The Big Taddie is happy to accept any rumours through this mailbox!

A MESSAGE FROM THE STATE PRESIDENT TO ALL CLUB MEMBERS

My name is David Ryan, I am the new Branch President for QLD Masters Swimming

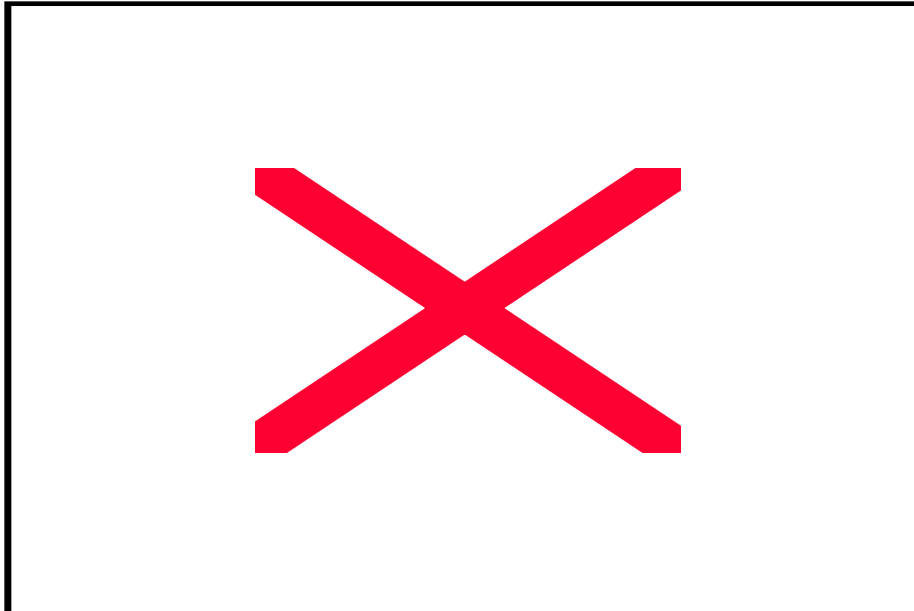
Unfortunately this year at the AGM we had a very poor response to requests for nominations on the Branch Management Committee. Some of the positions are still not filled and I am concerned for the future of Masters Swimming in QLD.

I ask that your Club give consideration to the following roles, which at this point are still vacant:

Branch Treasurer,
Vice President Central (Central Clubs Only),
Minute's Secretary (appointed position)

Vice President North (Northern Clubs Only),
Manager, External Marketing,

A position description for each of these positions can be found in the Branch By-Laws on the Branch Web Page: www.aussimastersqld.com.au



The photo at left from the State Swim might need some explaining, but Pete does seem to be enjoying himself!!!!!!

MEMBERSHIP

At the time of going to press the club has 93 financial members.

Welcome to Carmel, Margaret & Vincent Conrick who have recently joined the club and also a "warm" Downs welcome to Barbara & Bruce Smith who have transferred from the MacKay club.

COACH'S CORNER (Troy Chandler / Lindsay Clyde)

Congratulations to all club members that competed at the state championships. Placing in the top 10 is a great effort.

For those of you not so competitively minded your enjoyment of your swimming is very important. At a recent conference coaches were saying how they had to drive their swimmers. I had no comment on this because the people that swim here drive themselves. The support and encouragement the groups offer to each swimmer is fantastic.

Our program will start to build again over the winter targeting the Toowoomba Aussie meet. Keep smiling and keep up the good work; that's what we enjoy about coaching this squad.

SOCIAL EVENT & DATE CLAIMERS

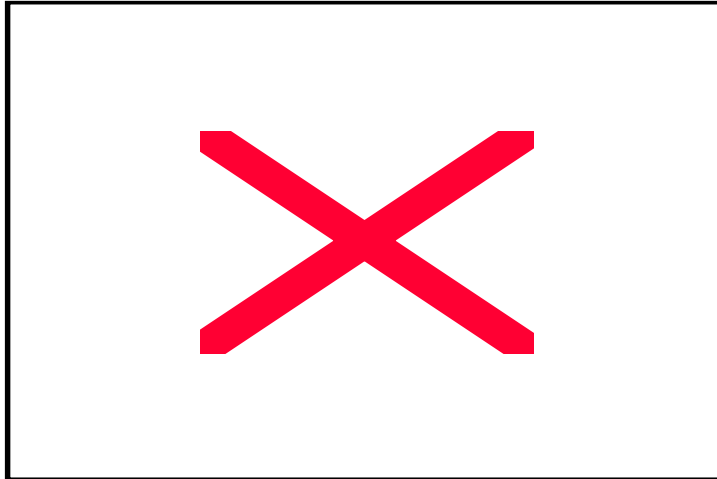
1 st June – 30 th July	Sunshine Coast Seals (Postal)	Statewide
15 th June	Bronze Medallion Training	Glennie Pool
21-22 nd June	Coaching / Stroke Correction	Glennie Pool

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

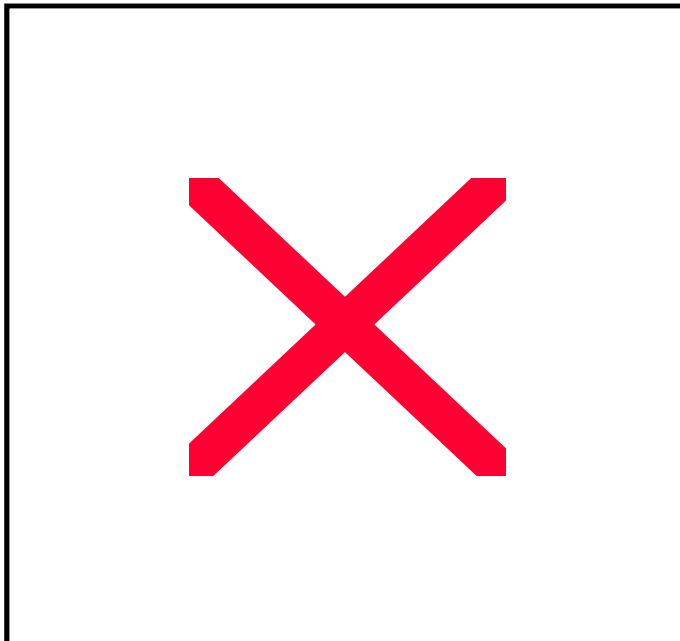
If any member has a change of address can you notify the club secretary ASAP as this will save us wasting postage and ensure you get your newsletter.



At right: Anne, our captain seems to be discussing relay State Title Tactics with Lynn and Beres while in the back ground young David (who has since leapt the 40 year barrier!!) surveys the pool and contemplates his destiny!!!! That's what he told me to say!!

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.

Pete gets that final muscle loosener before hitting the water from Margie Symthe at the State Titles.

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
 Glennie Aquatic Centre
 Vacy St
 Toowoomba

Programmed Swims
 Monday 18:30 → 19:30
 Wednesday 18:30 → 19:30
 Thursday 18:30 → 19:30
 Sunday 07:30 → 08:30

Aerobic Swims
 Wednesday 18:30 → 19:30
 Sunday 06:30 → 7:30