

Toowoomba Masters AUSSI

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Issue 2/04 of The Tadpole Tales – April/May 2004

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ANNUAL GENERAL MEETING

Sunday the 7th of March saw the committee stay virtually unchanged with Bill Waterhouse accepting the Vice-Presidents position. Tony Garsden, our president advised the club had enjoyed a very successful year. Ray French, our treasurer reported that the club is in a sound financial position. Ray has also tracked the number of swimmers attending each aerobic session and the income and expenditure associated with this. There were no other matters of any major significance except of course for the election of the new committee. An enjoyable BBQ breakfast followed the AGM. The committee for 2004/05 is as follows:

President	Tony Garsden	Vice-President	Bill Waterhouse
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
Publicity Officer	Jill Davidson	Catering Officer	Inga Savage
Newsletter Editor	Bill Waterhouse		

PRESIDENT'S REPORT

Annual Report – Toowoomba Tadpoles (QTW)

I wish to thank the members for the assistance they have given me over the past 12 months.

Members

The Club's membership remained steady at 98 this year (slightly down from 2002) and many of these members contributed to another successful year. Nev Bambrick (Registrar) kept track of our members and with Inga Savage (Catering) keeping the Sunday morning swimmers happy with breakfasts of toast and beverage together with the occasional BBQ arranged by Bill Waterhouse our BBQ king and Newsletter editor. Ashley Welke (Meet Director) organised another very successful carnival, which, this year saw numerous state records broken, Ray Smythe, was invaluable as Secretary, Ray French excelled as Treasurer, Peter McMonagle (Safety Officer) kept an eye on our welfare, while Debbie Klease (Aerobics Recorder) and Lisa Brown (Recorder) did a great job of tracking everybody's swims. Ann Todd led from the front as Club Captain, keeping everyone enthused; Len Passier coordinated our coaching services and Jill Davidson (Publicity Officer) kept the local newspapers and radio stations up to date with all the happenings. Judy Wilson (Vice President) proved to be a very able deputy and Rosalie Lutvey (Social Director) arranged some social activities, even though late on the committee.

Mention should also be made of all those who assisted in the aerobics program by timing and generally assisting the operation of our club. On behalf of all club members, I thank you all for your efforts.

Activities

With the assistance of a club development grant from the Qld Department of Sport and Recreation, the club hosted the AUSSI level 1M coaching course with 4 members completing the theory components and a further 22 members participating in the stroke correction component.

Club swims saw an average of 23 swimmers participating each session. Lindsay Clyde has taken over Monday night's training, with Troy Chandler coaching on Wednesday night while doing some stroke correction (for those who elected to take this option) and the supervision of our Trainees on Thursday night. Sunday morning provided another opportunity for our trainees to use the rest of us as guinea pigs. The results from this training have been manifested in 18 members becoming state and/or national record holders this year! They include: Sue Burrows, Ray Smythe, Ann Todd, John Bourne, Dorothy Stephens, Peggy Turner Barb Lawes, Hugh Stephens, David Specker, Haydn Counsell, Stephen Gray, Ray French, Len Cook, Lionel Scotney, Peter McMonagle, Beryl Thomas, Rosalie Lutvey and Marj Chipperfield. I hope no one was missed.

It was just as pleasing, however to see some other members challenging themselves with their personal achievements – their first aerobic 400m especially in the IM or Fly. 32 members competed in the aerobics program, with many improving their times from previous years.

The Club also arranged life saving training for members, with 18 qualifying for the RLSAA Bronze Medallion. The club was later asked to put the newly acquired skills into effect by providing life saving services for the annual Queensland Cancer Fund 24 hour Swim. Not only did the club keep the pool deck safe, 11 members swam in the fundraising activity, swimming a minimum of 30 minutes each (and clocking up a few long aerobic swims).

Social

Another year full of Fun, Fitness and Friendship lies ahead with the planning of our 21st birthday bash in March 2004.

Finance

Ray French will present the Audited Annual Financial Statements, but he has also prepared some interesting statistics for the 2003 year:

- Average swimmers on Monday nights: 24
- Average swimmers on Wednesday nights: 20
- Average swimmers on Thursday nights: 20
- Average swimmers on Sunday mornings: 28
- Average cost per swim: \$2.74
- Average income per swim: \$2.00
- Total Distance swam: 515,200 laps or 12,880 Km.

Unfortunately, the current fee structure based on these figures is not sustainable. Since the New Year, however, attendances for the first 6 weeks have climbed to average around 33 (from 23 in 2003) which provides a sound financial position if it continues for the balance of the year. Should the average attendance fall below 26 swimmers, the club may be forced to increase its swim costs to \$3.00 per swim. Good reason to maintain your 2004 enthusiasm and be in the swim.

Tony Garsden (President)

President's Update (14th of May)

Well the cold weather is well and truly upon us and the drop off in swimmers at the pool has matched the drop off in temperature. As a result of the reduced numbers, the club is forced (reluctantly) to increase the cost to swimmers to \$3.00 a swim. This will be applied from 1 July 2004.

A dozen or so of our members ventured into the warm climes of Cairns to compete at the State swim over the Labor Day long weekend, with most being successful. Our Club Captain, Ann Todd will report later in this newsletter, but I wish to congratulate all competitors whether you got a medal or not.

The Bronze Medallion Update Course is scheduled to be held on **Sunday 6 June 2004**, at a cost of \$20.00. As in the past, the club is prepared to reimburse the cost to members, but this year, there will be one condition – that the recipients spend at least 5 Sunday mornings on pool deck, starting at 6.30am, to share the responsibility and allow other members to participate in aerobic swims. See me early to reserve your preferred dates.

In a similar vein, members who enjoy the Sunday breakfast are requested to stay behind from time to time to help clean up after breakfast. The 'usual' members will appreciate your assistance.

CAPTAIN'S REPORT

Hi Everyone, Well there is still plenty of excitement in the swimming world; we've had the Miami Carnival where ten Tadpoles competed successfully in very hot conditions. The marshalling staff complete with spray bottles helped to keep the temperature down. Tadpoles in attendance included Dorothy Stevens (2nd Overall), Malcolm Stevens (3rd Overall), Beres Hindman, Rosalie Lutvey, Ray Smythe, John Power, Stephen Gray (overall 2nd), Ann Todd, Meryl Carfrae & Bill Waterhouse.

We then moved north to the Hervey Bay Carnival, which had a smaller Tadpole turnout. Only 3 on the day plus one postal swimmer. However, its quality not quantity that counts as the following results show; Ria Molleneare (3rd Overall), Rosalie Lutvey (3rd Overall), Anne Todd (1st Overall) and Ray French gaining a 3rd with a 200m postal.

Meanwhile, Peter McMonagle & Bruce Smith were 4000 kms away in Perth competing in the Police & Emergency Services Games. Peter finished with Gold in the 50 freestyle, 50 breaststroke and 100 breaststroke and Silver in the 100 & 200 freestyle. Peter and Bruce were also part of the successful 4 x 100 freestyle relay team to bring home a gold and bronze in the Aquathon Teams Event. Well Done!!!

Noosa was the next event on the calendar so 4 Tadpoles ventured forth on the 27th of March. Our captain having her usual pre-event sleep on the way to mentally prepare herself for the day! This obviously works as Ann gained 1st place in her age group. The remaining 3 Tadpoles; Lisa Brown, Ray French and Bill Waterhouse all swam some great times and drove home a tired but happy crew.

Then came the BIG ONE, the State Titles in Cairns on the 1st, 2nd & 3rd of May. Thirteen Tadpoles (Beres Hindman, Beryl Thomas, Rosalie Lutvey, Lisa Brown,

Anne Todd, Thelma Doyle, Hayden Counsell, Bob Edwards, Ray Smythe, Ray French, Lou Hill & Bill Waterhouse) made the trek north with all gaining places or personal best times. Thelma Doyle was the star Tadpole winning 6 individual gold medals plus being a member of the winning 280+ women's freestyle and medley relay teams (The Tadpole's own world famous PINK LADIES).

The social event of the weekend was the presentation evening on Sunday with all members joining in and dressing according to the "Troppo" theme. A photo of the



Left: You have read about this "colourful foursome" so it's time you saw a picture of "The Pink Ladies"; Thelma, Ann, Beres & Rosalie.

Cairns contingent appeared in the Chronicle on Wednesday the 19th of May. I have been advised that autographed copies are available!!! And finally, thanks to the Cairns Mudcrabs for hosting a great event.

And there's more!! Four Tadpoles will soon be heading off to Italy (Ricconi) for the World Masters Games in June, to "**stretch themselves and have a go**"!! Good luck and we look forward to a detailed report when they return.

To finish off this rather long report it is very pleasing to see so many members training and improving which is more important than any number of medals. Hopefully we will see you all entering in our September meet.

Happy Training (Arrivederci) Cheers Ann.

CLOTHING

The new Tee shirts have come and gone but I understand there is still one only large size available. Contact Ashley Welke or Bill Waterhouse for details. Reports from Cairns indicate that the shirts were well received (Refer to the article in our Captain's Report about autographed Team Photos for a look)!!

Thelma Doyle, our custodian of things clothing reports that there are 3 only Canterbury tops (large) available at \$50 each and 2 only Fleecy tops (medium and large) at \$35 each. Now that its getting cold it's the ideal time to get something that will keep your warm when you have finished that swim on a winter's night!!

BIRTHDAYS / SOCIAL ACTIVITIES

The Toowoomba Tadpoles came of age during March, 21 years since the club was formed. Dorothy and Malcolm Stevens were kind enough to allow approximately 50 members and their families use of their house for an entertaining evening on Saturday the 20th of March. An enjoyable BBQ was followed by an appropriately decorated birthday cake, which was a big hit, as was Rosalie Lutvey in her birthday ~~suite~~ hat!!! Some of the founding members were called upon to describe how the

Tadpole was selected as our mascot and some interesting tales (Is there a pun there!) ensued. It was also pleasing to observe members look through our unofficial history book which is maintained by Dorothy. Departing from the Steven's property proved the most challenging part of the evening (according to John and David) as cow pats had to be negotiated in the pitch dark on the way to your car!!



Left: Rosalie with the Tadpoles birthday hat and Ann at the club's 21st birthday celebration.

Below: David Specker is lost for words as he learns that people actually swim on a Sunday

morning!! The photo was taken at the club's birthday party just after Ray Smythe had confirmed David's worst fears!! Rumour has it that David has been seen at the pool on a Sunday morning but no one has been able to confirm that!!!



Young, Jenny Symonds & Kaye Crisp.

Dorothy reports the some items were left behind after our birthday party and they desperately want to go home. These are 1 only of each of the following; a folding chair splayd, spoon, pink tumbler (could belong to our female relay team!) and a green plastic spoon.

MEMBERSHIP

Club membership now stands at 80. Welcome to new members Megan Archer, Jane Fisher, Johanna Snip, Ted Simpson, Ken Harken, Kimberley Palmer, Vanessa Welke, Bruce Smith, Jill

AROUND THE POOL WITH BIG TADDIE

An aerobic swim called "The Beast" was conducted on Sunday the 16th of May. Ray Smythe was christened "The Beast Master" after resorting to some unusual coaching tactics to encourage completion of the swim. The attached photo will really explain it all!!!



Gossip has it that Malcolm & Dorothy Stevens recently enjoyed 3 days at the Moree Springs Resort. Reports are that Malcolm is creaking less and Dorothy has learnt several words of Russian!

Our new Vice President; Bill (Flipper) Waterhouse wasn't in the hunt for any medals at Cairns but reports from our treasurer are that he at

least won a new nick name.

COACH'S CORNER

(Troy Chandler / Lindsay Clyde)

As coaches we have been really impressed with the commitment of the squad in the pool. If I can offer some criticism, that there is not enough water being consumed in the session. The body needs to recover from all activities in the day. So that means from sun up to bed time we need to keep our bodies hydrated. I know that it is really hard in winter to drink anything else but hot tea or coffee, but we need to try. The best thing that I can recommend is to have a drink bottle in the car, and drink it every time you get in. Good luck to all members in the meets over the next month and to those swimming at the state titles we wish you well. To all members that are staying away over the winter I encourage you to come back and swim.



Above: More Party animals at the Club's 21st birthday celebration. Nev, Rosalie, Thelma & Ian (Thelma's personal trainer and manager) take time out to listen to some words of wisdom from our captain, Ann Todd.

A First Time Competitor Writes

A DAY (OR TWO) AT THE RACES

Eight months ago my friend who shall remain anonymous (Bill) said he was thinking of going to the State Masters Carnival in Cairns. After a cup of coffee one Sunday morning we thought it would be a good weekend away and our wives would enjoy the break in a tropical paradise.

Knowing very little about carnivals, only participating in one about six years ago at Cotton Tree, training started to take on a different meaning. Never feeling confident about competing, a first step straight in to the State Championships appeared to be a bit over the top. The weekend was to be a getaway with my wife and friends and the swimming would be successful if I reached to the other end.

Arriving at the Woree Pool in Cairns for a warmup on Saturday morning my nerves went through the roof. Wishing that a few of those butterflies might help with my first event the 200m IM.

The 200m IM was the second event of the day. During the first event I sat and watched the first heat of the youngsters (average age of 75) complete their 400m freestyle. I kept saying to myself if they can compete like this so can I. These words were mumbled on each of my thousand trips to the toilet for a nervous break. Confident I would be dehydrated before starting my first race the fifteen heats of the first event seemed like an eternity, but oh so quick came my turn.



Left: Some very happy and successful Tadpoles pose beside the pool at Cairns after the final event of the State Swim for 2004.

Swimmers for the 200m IM were called to the marshalling area. Trying to keep

my nerves to a steady roar, thoughts of all those things your coach or inspirational person might say to you, but no, blank, not a razoo, empty as. Somebody, somewhere say something profound, "Take Your Marks", not what I had in mind but no time to think now, here we go, "BANG". We won't go into a stroke by stroke call, but the race did go according to plan, I got to the other end, with much relief and personal triumph. After that first event the nerves were actually calm enough in the marshalling area that I could to talk to other swimmers and yes they were all nervous, no matter how experienced, but everyone couldn't wait till their race was under way.

The times I recorded didn't make it into the medals but were all personal bests, the six individual events and two relays really were a lot of fun and nothing to fear. The support crew of my dear wife and Tadpole Friends helped enormously over the weekend.

It sounds corny but there were a lot of lessons learnt over the weekend and hopefully a bit of wisdom will come through at the next carnival.

With a bit of luck and hard work, next time, that team photo will have one extra medal in it. This really would make the "F" in fun just that much better. I hope to see you there next year!! Lou Hill

SOCIAL EVENT & DATE CLAIMERS

29 th May	Samford	Samford State School
1 st June - 31 st July	Sunshine Coast Masters QSC	Postal
26 th June	Caboolture and District	Burpengary Pool
31 st July	Twins Town Masters Swim Club	Banora Point NSW
28 th August	Brisbane Northside QBN	Valley 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

Pres.: Tony Garsden 4636 5076	V. Pres:	Bill Waterhouse	4639 2434
Sec: Ray Smythe 4635 3326	Treasurer:	Ray French	4633 3556
Reg.: 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.



Left: Haydn Counsell begins to wonder why he has come to Cairns as he "goes for it" in the 200 breaststroke during the State Swim Meet. But is was worth it as he recorded a 2nd place.