

Toowoomba Masters AUSSI

PO Box 917, Toowoomba 4350.

tmba_tadpoles@optusnet.com.au



Issue 3/04 of The Tadpole Tales – June/July 2004

• 21 st Birthday Swim Meet	• Coach's Report
• Captain's Report	• Handy Hints
• Sports Quiz	• Social Activities & More!!!

TOOWOOMBA TADPOLES 21ST BIRTHDAY SWIM MEET

Saturday the 11th of September is the date and entries must be received by Tuesday the 24th of August.

Plenty of events to chose from, all of which are listed in the attached flyer.

All members are asked to assist on the day, whether you are swimming or not.

Assistance is required with timing, raffle selling, marshalling and many other tasks.

Please contact Ashley Welke if you can offer assistance.

CAPTAIN'S REPORT

Hi Everyone, Hope you are all still training despite the cooler(?) weather, just think of it as invigorating and good for you!!

Six little Tadpoles travelled to Albany Creek for their carnival in May and were all very successful:

Ray French: 400 I.M. (1st), 25 & 50 Bk.S. and 100 Fly (2nd) and 25 F.S. (3rd).

Peter McMonagle: 25, 50, 100 & 200 B.S. (1st) and 25 & 50 F.S. (1st).

Peter broke his own state record in the 50 & 100 Br.Stroke.

Stephen Gray: 400 Fly (1st), 25 & 50 Fly, 25 & 50 F.S. and 100 I.M. (2nd).

Lyn Robinson: 25 & 100 Bk.S. & 50 Fly (1st) and 25 Fly, 50 Bk.S. & 400 I.M. (2nd).

Rosalie Lutvey: 100 F.S. (2nd), 50 Fly and 200 B.S. (3rd).

Ann Todd: 25 & 50 F.S. & 100 I.M. (1st) and 25 Bk.S. (2nd).

On a very cold (I mean invigorating!!) Saturday in June 5 Tadpoles competed in the Caboolture Carnival, which again proved to be very successful as detailed below:

Ray Smythe: 200 B.S. (1st), 25 F.S. (2nd) and 50 & 100 B.S. (3rd).

Peter McMonagle: 25, 50 & 100 B.S. (1st) and 25 F.S. (2nd).

Peter's Breaststroke results were all State Records.

David Specker: 100 Bk.S. (1st), 25 & 50 Bk.S. (2nd) and 25 F.S. (2nd).

Stephen Gray: 50, 100 & 200 Fly (1st) and 50 F.S. (2nd).

Rosalie Lutvey: 200 F.S. (1st), 50 Fly (2nd) and 25 F.S. 3rd.

Ann Todd: 25 & 50 F.S. & 200 B.S. (1st) and 25 Fly, 25 Bk.S & 100 I.M. (2nd).

The next event on the calender will be the 400, 800 & 1500 metre carnival at Twin Towns on the 31st of July. This will be a big day as there is a Toowoomba Tadpole in each of the 22 events!!!

This brings us to September and the most important carnival of all, our own! I hope you are all gearing up for that one, I am looking forward to seeing everyone there.

We have 81 members, so the potential is there for a big carnival.

In June Thelma Doyle, Meryl Carafrae and myself flew to Italy for the World Masters. This was a great experience, 8,100 competitors (including divers) from 68 countries, quite a crowd!! Unfortunately Meryl was unable to compete due to illness but it was a

big thrill for Thelma and I who received medals for finishing in the top 10 in the world in several events. Thelma was 4th in the 50 F.S. and 5th in the 100 F.S. and I was fortunate enough to be placed 5th in the 50 F.S., 7th in the 100 & 400 F.S. and 8th in the 200 B.S. To warm down from the swimming a 2-week tour of Italy was conducted. It was a worthwhile experience despite the long flights and a pizza and spaghetti diet for 3 weeks!!

Keep Swimming Cheers Ann.

SPORTS QUIZ

With the Olympics just around the corner here is a chance to test your swimming trivia skills.

1. Was swimming included at the first Olympics at Athens in the 1896?
(a) Yes, both men and women competed., (b) Yes, only men competed.
(c) Yes, only women competed., (d) No
2. The longest freestyle swimming race ever was over a distance of
(a) 1250 m, (b) 4000 m, (c) 10000 m, (d) 2200 m
3. Backstroke and Water Polo were introduced at which Olympics?
(a) Berlin 1936, (b) Paris 1900, (c) Stockholm 1912, (d) Seoul 1988
4. Some direction at last, lane dividers made of cork and lines on the bottom of the pool were introduced in which summer Olympics?
(a) Berlin 1936., (b) Paris 1924., (c) Tokyo 1964., (d) Melbourne 1956.
5. Swimming at the Melbourne Olympics was full of controversy for a number of reasons but one advantage that a swimmer gained was introduced.
(a) Goggles were worn., (b) Men were permitted to use topless swimsuits.
(c) A body roll was used at the end of each lap to change directions.
(d) Limits to the distance a swimmer could swim underwater at the start of a race and at each turn.
6. The Paris Olympics of 1900 were very innovative with their events. Which event was included in the swimming program?
(a) An obstacle course in the Seine River., (b) An underwater race., (c) A team or relay race.
(d) All of the above.
7. At which Olympics did the ladies first have the opportunity to compete?
(a) Athens 1896, (b) Paris 1900, (c) Stockholm 1912, (d) Paris 1924.

Answers have been included in the newsletter and also will be on the notice board. I found all the above information on the Internet so I can only hope that its accuracy is correct.

Now you have completed the quiz, sit back relax and enjoy the Athens Olympics.

Gold Medal - 6 or 7 out of 7. **Silver Medal** - 4 or 5 out of 7, **Bronze Medal** - 2 or 3 out of 7, anything else and you're in the deep end with me. See you at the other end!!

CLOTHING

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 it is 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!!

MEMBERSHIP

Club membership now stands at 81. Welcome to our newest member Bill Lovegrove. I think I may have misspelt the names of a few of our new members in the last

edition. I won't further embarrass myself by displaying how simple the mistake (s) was/were. Please accept my apologies!!

AROUND THE POOL WITH BIG TADDIE

Some interesting times were recorded the other Sunday when the first of our monthly Mini-Meets was held. Six swimmers participated in up to 6 events ranging from a 25 metre free to a 100 IM. Come along on Sunday the 1st of August and have a go!!

An interesting web site for all things swimming, <http://www.cartegic.com/>. You can even find the location of a pool almost anywhere in the world, handy if you want to keep the laps up while travelling!

If you are surfing the web remember there is always plenty of swimming info on the State <http://www.aussimastersqld.com.au/> and our own Tadpole site <http://members.optusnet.com.au/smythe/tadpoles/> webs sites:

COACH'S CORNER

(Troy Chandler / Lindsay Clyde)

Well folks it may be winter and cold nights but now is the time to put the miles under your belt ready for those swim meets later in the year. What a wonderful effort from Thelma Doyle and Ann Todd. These two ladies provide inspiration to us all. I am very heartened with the manner everyone works making sets or takes on board comments made by either Troy or myself. I can see improvement so please keep persevering. One thing I would like you all to think about when you're swimming over the coming month is Distance per Stroke. Start counting your strokes each 25 and try to keep them the same or reduce the number. It's the baseline for example; aim for 12 strokes per 25 in Free and Back and 8 strokes in Breast and Fly. If you can hit these consistently then you are doing very well. Take some time to do a couple of stretches after you have swum this will help improve your range of motion and possibly reduce injury. A final word please note the water temperature is generally around 27.5 to 28.9 it is therefore very advisable to hydrate yourself during the session. Keep up the good work and enjoy your swimming.

HANDY HINTS

Fitting Goggles (Courtesy of the Zoggs Web Site)

Place the goggles over the eyes before fitting the strap. Pressure should then be applied to the goggles. If suction is achieved then the goggles will provide a leak free fit. Once determined, place the goggles back on the face in the fit position.

The strap should then be fitted. The purpose of the strap is to hold the goggle in position - not to provide the seal. A firm not too tight fit that does not apply any awkward pressure will be perfect.

Adjustment of the headstrap may be necessary. Always remove goggles first.

Suitable adjustment may be realised by tensioning the band until comfort is achieved.

Proper adjustment of the nosebridge is essential for both comfort and watertight seal.

To avoid water intake, slide lenses closer together or further apart one notch at a time until fit is perfect.

Eye Safety Warning

To remove goggles safely, put thumbs under head strap at side of head. Slide thumbs to back of head and lift strap from back to front of head.

To avoid possible eye damage or discomfort when wearing goggles:

- DO NOT pull eye-cups from your face - they may spring back and hurt your face.
- DO NOT dive into water (competitive racing starts from starting blocks, which are not considered dives).

- DO NOT swim Underwater below 2 metres.

Swimming Hints

After 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 EVENT & DATE CLAIMERS

25 th July	BBQ after Sunday Swim (\$2 per person)	The Glennie Pool
31 st July	Twins Town Masters Swim Club	Banora Point NSW
28 th August	Brisbane Northside QBN	Valley Pool
1 st /9 > 31 st /10	Aqua Jets	Postal
11 th September	Toowoomba Tadpoles	The Glennie Aquatic Centre
2 nd October	Maryborough	Maryborough Aquatic

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.

ANSWERS to the Olympic Quiz

1. (b), 2. (b), 3. (b), 4. (b), 5. (c), 6. (d), 7. (c).

COMMITTEE CONTACT DETAILS

Pres.: Tony Garsden 4636 5076	V. Pres:	Bill Waterhouse	4639 2434
Sec: Ray Smythe 4635 3326	Treasurer:	Ray French	4613 4007
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.

DON'T FORGET THE NEW POOL FEES AS OF THE 1ST OF JULY, \$3.00 PER SWIM



TOOWOOMBA TADPOLES

21st Birthday Swim Meet

All AUSSI Members are invited to participate in the Tadpoles 21st Birthday Swim Meet

to be held on

Saturday 11th September 2004 At Glennie Aquatic Centre, Vacy Street, Toowoomba

Swim Meet Commences at 12 Noon with Warm Up from 11:30am

All entries and inquiries to:

**Ann Todd
Club Captain
Toowoomba Tadpoles**

Sanctioned by Queensland Masters Swimming for AUSSI Masters Swimming in Australia Inc. Q21/04

Program of Swim Events :

Event 1, 100m Own Choice (one only)

- 1.1. 100m Individual Medley
- 1.2. 100m Butterfly
- 1.3. 100m Backstroke
- 1.4. 100m Breaststroke
- 1.5. 100m Freestyle

Event 2. 25m Butterfly

Event 3. 50m Backstroke

Event 4. 25m Breaststroke

Event 5. 50m Freestyle

Event 6. 50m Butterfly

Event 7. 25m Backstroke

Event 8. 50m Breaststroke

Event 9. 25m Freestyle

Event 10. 4 x 100m Freestyle Relay (one only)

10.1 Womens 4 x 100m Freestyle Relay

10.2 Mens 4 x 100m Freestyle Relay

10.3 Mixed 4 x 100m Freestyle Relay

Competitors may nominate for five (5) individual events. Individual entries to be completed on pink/blue AUSSI cards. AUSSI registration number must appear on the card.

Yellow cards for Event 10 are to be submitted on the day of the carnival before the end of Event 3.
Note: Only one relay team per club for each age group. Advise Ann Todd of your participation in a relay.

By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director to take whatever action is deemed necessary in the event of an emergency, and accept responsibility for any and all costs arising from such action.

Medical Support : St. Johns Ambulance will be in attendance.

Closing Date : Nominations must be received by Wednesday 25th August 2004
Entries Post Marked after Tuesday 24th August 2004 will NOT be accepted.

Timekeeping : Electronic Timing will be used except for 25m events.
Each club to please provide timekeepers and watches. Lanes will be allocated.

Point Scoring : Individual Events - 10, 9, 8, 2, 1 basis Relays - 20, 18, 16, 4, 2 basis

After the swim meet, join us for a BBQ at the pool.

Fees : Swim and Meal - \$24.00 Swim Only \$14.00 Meal Only - \$10.00

The fee covers pool entry and the BBQ with a drink of either juice, or soft drink.



- ❖ *Members are asked to contact the Meet Director, Ashley Welke, to assist on the day. Help is required with in the following areas: Computer Input, timekeeping, check rope, event board, setup and cleanup, and food stall. Raffle prizes and items for the food stall are also required.*

