

Toowoomba Masters AUSSI
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Issue 2/05 of The Tadpole Tales –
March/April 2005

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SPECIAL AEROBICS SUNDAY (29th of May)

Due to a swimming carnival being held at the Glennie Pool on Sunday the 29th of May we are unable to conduct our normal Sunday session from 7:00 until 8:30. However, we are able to gain access to the pool until 7:45 so the committee has decided to take the opportunity to have a special Sunday Aerobic Session which will begin at 6:45 and finish at 7:45. Eight lanes will be available for people wishing to carry out an aerobic swim, the remaining lanes will be available for those wanting a more leisurely Sunday morning.

Sunday 29th of May Aerobic Swim Session (6:45 - 7:45)

The normal Sunday Session (7:00 – 8:30) on the 29th of May has been cancelled

VICE PRESIDENT APPOINTED

I am pleased to announce that Rosalie Lutvey has accepted the position of club Vice-President. Rosalie has been a member of the club for many years and has previously served on the committee.

CAPTAIN'S REPORT

Hi Everyone, I'm pleased to report that swimming still seems to be an important part of member's lives, good attendances at all training sessions and carnivals. Keep it up during the winter month – just think of it as “invigorating” and good for “The Bod”!!!

Results of the State Titles held at Southport last month are as follows:

Brian Luxton: 200 & 400 backstroke – Gold, 200 & 400 freestyle – Silver, 50 & 100 backstroke – Bronze.
Bob Edwards: 100 & 200 fly – Gold, 200 IM & 400 breaststroke – Silver.
Stephen Gray: 400 fly – Gold, 100 & 200 backstroke and 200 fly – Silver.
Margie Smythe: 200 IM & 400 backstroke – Silver.
Beres Hindman: 200 & 400 backstroke – Silver, 50 backstroke – Bronze.
Ann Todd: 200 & 400 breaststroke – Silver, 50 & 100 freestyle – Silver, 100 backstroke and 200 freestyle – Bronze.

To round off the weekend in the 280+ Mixed Medley Relay Beres Hindman, Ann Todd, Brian Luxton & Bob Edwards won the Bronze Medal.

Two weeks ago 5 “little” Tadpoles travelled out to Cunnamulla for the South West Championships Games. An exciting and interesting weekend as no one had been out to Cunnamulla before. A mud bath and a visit to a date farm plus a dinner dance were some of the highlights!!! Swimming results are as follows:

Thelma Doyle: 50 backstroke, 50, 100, 200 & 400 freestyle – Gold. 50 breaststroke – Silver.

Beryl Thomas: 50 breaststroke, 200 & 400 backstroke – Gold. 50 & 100 backstroke, 100 breaststroke & 100 freestyle – Silver.

Beres Hindman: 50 & 100 breaststroke, 200 & 400 backstroke – Gold, 50 & 100 backstroke and 50 freestyle – Silver.

Ann Todd; 50 & 100 backstroke, 200 & 400 breaststroke and 50, 100 & 200 freestyle – Gold.

Barbara Lawes: 100, 200 & 400 freestyle – Gold. 50 & 100 breaststroke and 50 freestyle – Silver.

Rounding off the weekend 4 of these ladies combined to bring home the Gold in the 250+ Freestyle Relay. Well don Beres, Beryl, Thelma & Ann.

Keep swimming, its not cold yet!! Until next time Cheers Anne

COACH'S CORNER

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 preserving. 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. Lindsay Clyde

QTW CLUB MEMBERSHIP CARDS

Hopefully in the next couple of weeks the club will be issuing you with a new club membership card which will have your *new* AUSSI membership number. All AUSSI members have been issued with a new membership number.

WINTER BREAK / CHANGE of VENUE

Ian Findlay has advised the club that The Glennie Pool will be closed for maintenance from Saturday the 11th of June until Monday the 11th of July during the June School Holiday period. The committee has decided to continue swimming at Harristown High School Pool during the period of The Glennie Pool's closure. Sessions will be Sundays 7:30 until 8:30 and Thursdays 18:30 until 19:30. Starting the 16th of June and finishing the 10th of July.

TOOWOOMBA TADPOLES CARNIVAL 10th of SEPTEMBER 2005

Our own carnival will soon be upon us and we will require volunteers on the day to assist in all areas which will include timekeeping, marshalling, raffle selling, food stalls etc. Keep the date open and see a committee member to volunteer your services.

NEW MEMBERS

Welcome to Elizabeth Higgins and Michael Flynn who have recently joined the club.

AROUND THE POOL WITH BIG TADDIE

Some members of the coaching staff not only have very good memories but also harbour a deep seated desire to inflict as much physical and mental pain as possible onto their fellow club members. This was clearly demonstrated on a recent Sunday morning when a committee member who is a regular Group 3 swimmer was singled out for intense tuition in the stroke of butterfly. This was the result of a simple misunderstanding on the previous Thursday when the

coach in question was swimming. He obviously misunderstood the committee member in Group 3 who suggested a 100 metres butterfly be swum to finish off the session! At no time was the committee member in Group 3 suggesting "he" was going to swim 100 metres butterfly!

CLOTHING SALE (END OF LINE CLEARANCE)

This is your last chance to be seen in the Tadpoles own designer collection range of tops which have been heavily reduced to clear the stock!!! Only a couple of Fleecy Tops left at \$25 and 1 only Canterbury Top (Large) for \$35. Contact Bill Waterhouse for details.



Left: Ray Smythe has implemented some "unusual" training techniques to get the best out of his fellow members. Fortunately the chair floats!

AEROBICS (WHO ARE THESE PEOPLE?)

We are looking forward to seeing a big roll up of aerobic swimmers on the 29th of May. As detailed in an article earlier in this issue, the 29th has been set aside as a special aerobics morning due to other events occurring at The Glennie Pool on that day. I'm sure Louie's contribution below will wet your

appetite!

On a Wednesday night or early on a Sunday morning you'll see this strange bunch at the pool. Some will be sitting around talking, writing things down and generally not doing a lot. Those who are swimming seem to be going flat out. Then all of a sudden the people having a good time will yell at the swimmers and give them a sign that some may take offence to. Don't worry everything is in order.

Welcome to that part of the wonderful world of Masters swimming called Aerobics.

Aerobic Swims are timed swims that can earn points for the individual as well as the club. The aerobics trophy is awarded each year to the club with the most points accumulated during the year. The full history of Aerobic swimming is available with the other brochures and information at the pool. Toowoomba has been very successful over the years in this area.

I completed my first aerobics swim a little over twelve months ago and am now completely hooked on the idea. In aerobics swimming you swim distances of 400 metres and greater, this did and still does appear daunting at times. It can allow you to see if you are improving and can really show to yourself that you are capable of doing things you never imagined would be possible. Being able to gain top points would be nice but more important to me is the sense of achievement in completing each of the swims. The other end can be a long way away at times.

Even if you don't feel you are up to one of the swims come over and have a chat, the people timing may even let you yell at one of the swimmers.

Anyway see you at the other end. Lou Hill

CYBERSPACE (& ALL THAT COMPUTER STUFF!!)

If you are "surfing" the web remember to log on to our own Tadpole's site (www.tadpoles.com.) or the Queensland Masters website (www.aussimastersqld.com.au). Both have plenty of good information and links to other associated organizations that can provide plenty of news and information.

If you prefer to save a tree and have your newsletter sent to you electronically send an e-mail to our secretary (address on the top of the front page) and we will ensure it is delivered in the correct format.

For those of you who aren't "on-line" or simply prefer the non-electronic pleasures in life the following books at the Toowoomba City Library may be of interest:

Mastering Swimming 797.21 MAS

This book was written by AUSSI Masters. There is a wealth of information in this read that can benefit from the beginner through to the experienced swimmer. It is also available for purchase through the AUSSI State Master's Branch

Swimming Past 50 797.21 GOL

This is an American publication and is a good read. It has plenty of ideas to improve your stroke in the water as well as dry land exercises.

SOCIAL EVENTS & DATE CLAIMERS

28/5/05	Samford QSF (Short Course)	Samford State School
1/6 > 31/7/05	Sunshine Coast Seas QSC	Postal
11-13/6/05	Clarence River Aussi (Short Course)	Yamba NSW
18/6/05	Caboolture Crays QCD (Short Course)	Burpengary Indoor Pool
30/7/05	Twin Towns QTT (Long Course)	Oasis Pool Banora Point
27/8/05	Brisbane Northside QBN (Short Course)	The Valley Pool Brisbane
10/9/05	Toowoomba Tadpoles QTW (Short Course)	Glennie Swimming 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.: Bill Waterhouse 4639 2434	V. Pres	Rosalie Lutvey	4636 6643
Sec: Ray Smythe 4635 3326	Treasurer:	Tony Garsden	4636 5076
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 \$3 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.