

TOOWOOMBA MASTERS AUSSI

P O BOX 917 TOOWOOMBA QLD 4350

Email: toowoombatadpoles@westnet.com.au

Web Site: www.toowoombatadpoles.org.au

Issue 02/08



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On the 2nd of March the club AGM was held with a new committee being entrusted with the running of the Toowoomba Masters AUSSI Inc for the next twelve months. The committee members and their positions are listed in the newsletter.

For those of you who don't know I have some big flippers (see below) to fill as Bill W is having a well deserved break from being club President (but he didn't fully escape). I would like to thank Bill and his committee for their achievements the past year.

For the members attending the AGM once again they were treated to an excellent breakfast by resident Bikie Chef, Lenie Passier and his gang of helpers ensuring no one went home feeling hungry after the formalities of the meeting were completed.



This year there were a number of changes made to the constitution to bring it in line with Queensland Masters Swimming guidelines. These changes were endorsed by the meeting and are being submitted to the Department of Fair Trading for ratification

The club has successfully conducted its first postal swim (Five of Your Best Postal Swim). The event has been a success with over 30% of Queensland clubs participating in the event. Congratulations to all of the swimmers who participated.

We are endeavouring to improve the communications to club members. A major newsletter is to be published every 3 months with smaller up to date news letters coming out monthly. There is also the website that has plenty of information on it. www.toowoombatadpoles.org.au/

Please remember this is your club, if you have any suggestions or concerns regarding the club please contact one of the committee members or myself.

2008 Committee

President Lou Hill

Vice President Ashley Welke

Secretary Stephen Gray

Treasurer Vanessa Welke

Registrar Bill Waterhouse

Aerobic Recorder/Recorder Lionel Scotney

Club Captain Rosalie Lutvey

Coaching Director Matthew Torr

Newsletter Editor Helen Dunn

Safety Officer Stephen Mina

Publicity Officer Janet Etchells

Social Director Jill Davidson

See you at the other end!!

Lou Hill

Bill's new flippers





CAPTAIN'S REPORT

Captain "Motherfly" Rosalie is away enjoying her new role as a "lady of Leisure", but we would like to say a big CONGRATULATIONS to those of you who have done so well in recent carnivals:- State Championship, World Masters and Noosa just to name a few! You have done yourselves, your club and the city of Toowoomba proud! **THANK YOU, WELL DONE** and **KEEP UP THE GOOD WORK!** Watch this space for results, photos and perhaps a bit of goss' when our Captain returns.



COACHING DIRECTOR



The past three months have seen an increase in the number of members taking the opportunity to swim several times per week, which is a promising sign for the club. Over the winter months my coaching sessions will begin to have more emphasis on fitness and speed, preparing swimmers for both aerobic and sprint competitions. Next month will also see what will hopefully become a monthly 'dryland' gym session. The first dryland session will be held on Sunday 15 June at 7am. The session will involve basic gym exercises and a small amount of weights. This type of exercise is extremely important for not only general fitness, but also for increasing the strength of bones and joints. Hopefully this will prove to be an effective and interesting way of supplementing swimming sessions.



Well done to those swimmers who have been attending training regularly, and I look forward to seeing you all through the winter months

Matt Torr





DATE CLAIMERS

- June 1st Aerobic Swim from 7am
- June 15th dryland gym session from 7am followed by swim
- July 12th South Burnett Carnival - Join us on the bus
- October 26th Anniversary celebration @ Downs Club



25th Anniversary

As you all know this year marks our 25th year as a club and we are holding a celebration at the Downs club (cnr Margaret & Mylne Streets) www.downsclub.com. More details will be forthcoming soon. If you have any memorabilia: photos, clippings, trophies etc that we can use for the presentation on the day, please contact a committee member. We will scan any of your material for a presentation and return your items as soon as possible. Mark the day in your diary so we can have as many people there as possible and do let past members know they are welcome too! The more the merrier!



SURVEY

Thank you to everyone who has already returned their survey. Your feedback and comments are very interesting and most welcome. Remember to get those surveys back by June 30 so we can get as much feedback as possible. **It's your club – have your say!**

GET TO KNOW A MEMBER

LOUIE HILL



My role in the club – President

How old - A dam fine looking 50.

Family Jenni, best friend and wife for 26 years and four great children Chris, Nic, Emma and Alice.

Favourite Movie - Too many, Babe and Fifth Element.

Favourite TV Scrubs and Stargate series

Favourite Food - Seafood

Favourite Beverage - I'll have a glass of red, thanks.

How long have you been Masters Swimming - 12 years

Highlights of Swimming

Achieving things I never thought I was capable of doing. Eg 400 freestyle under 7 minutes, it took 4 years to do this. One hour swims, never thought I could them.

2004 State Championships in Cairns. A good time with good friends. Oh! and some swimming, 2nd place in a relay event and some PBs.

Swimming Goals 6:30 for 400 free and 3300 metres for the one hour swim.

Work Ergon Energy, 28 years, A SCADA Design Officer. (Don't ask, I play with computers.)

Outside swimming and work – Travelling, first trip OS was last year, more definitely being planned. Going to Bribie Island for a relaxing weekend.

SWIM SESSIONS

Monday 6:30pm-7:30pm Swim Program

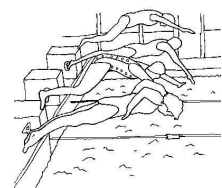
Wednesday 6:30pm-7:30pm Swim Program/Aerobic Swim

Thursday 6:30pm-7:30pm Swim Program

Sunday 7:30am-8:30am Swim Program

7:00am-8:30am (optional) Aerobic Swim (First Sunday of Month)

8:30am-9:00am Cuppa & Chat



CYBERSPACE

Our web site domain has now been done. Stephen does a great job keeping it updated.



So put www.toowoombatadpoles.org.au in your favourites and check it regularly to keep up to date with all club activities and events

If your email address changes or you have a new address, please let the committee know so we can make sure mail (email and snail) gets to you

HAPPY BIRTHDAY!

June is a big month for Tadpole birthdays. *Many happy returns* to the following members who will celebrate their birthday in June:

Anthony Briggs	Kieth Brown	Bob Dunn
Bob Edwards	Joe Jones	Max Lennon
Brian Luxton	David Maclean	Peggy Turner
Debra Wagner	Sue Walker	



COMMITTEE CONTACT DETAILS

Pres.: Louie Hill 0427 966872 Sec: Stephen Gray 4639 5665

Reg.: Bill Waterhouse 4639 2434 Treas. Vanessa Welke

Club Capt: Rosalie Lutvey 4659 9031

Publicity Officer: Janet Etchells 0407 784835

PLEASE SIGN THE BOOK and PAY YOUR \$3 BEFORE ENTERING THE POOL

HAPPY SWIMMING!

