

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

April /May 2009

## The Presidents Pen

### AGM

On Sunday 8<sup>th</sup> March the AGM was held. The new committee was endorsed by the members present to carry the club forward for the next twelve months. Congratulations to the new committee persons and a big THANK YOU to the out going committee for the work they completed over the previous twelve months.

There are still some positions that are vacant it would be tremendous if someone could put up their hand for them. Please see me if you would like to contribute to the club in this way.

### Swim-a-thon

Sunday 22<sup>nd</sup> February saw the inaugural swim-a-thon completed. A more detailed report is below. Thanks to all members and non-members who helped out in any way.

### State and National Titles

The last week in April will see a good sized contingent of swimmers participating at these championships. Good luck to all the swimmers and may the swimming Gods smile down on you and help you bring home a PB and a medal around your neck.

### Easter BBQ and Break

The 5<sup>th</sup> of April will be a BBQ Breaky at the pool. Len will be on the BBQ trying his hand at pancakes. Come along and join in for some pancakes, ice-cream and topping.

**There is no swimming on Easter Sunday.** All other sessions are as per normal. Please have a good break over Easter and if you are travelling be safe. I would like to see you at the other end after the break

See you at the other end!!

Lou 😊



**25 Years of Masters Swimming  
1983 - 2008**

### Glennie Pool Session Times

<b>Monday</b>	<b>6:30pm – 7:30pm</b>
<b>Wednesday</b>	<b>6:30pm – 7:30pm</b>
<b>Thursday</b>	<b>6:30pm – 7:30pm</b>
<b>Sunday</b>	<b>7:30am – 8:30am</b>

**No session Easter Sunday 12/04**

### Highfields Aquatic Session Time

<b>Tuesday</b>	<b>6:00pm – 7:00pm</b>
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**Last Highfields session for summer 7/04/2009**

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# The Registrars' Ramblings

## Membership Fees

Please remember only financial members are able to compete in carnivals. Non financial members also pose a number of issues with our insurances.  
But on a lighter side.....

## April Birthdays

John Bourne 3rd  
Malcolm Stevens 15<sup>th</sup>

Richard Bianchi 4<sup>th</sup>  
Janine Elsasser 18<sup>th</sup>

Beres Hindman 11<sup>th</sup>  
Judith Wilson 23rd



## May Birthdays

Terese Morgan 3rd  
Alan Jones 14<sup>th</sup>

Ian Plant 6<sup>th</sup>  
Ann Todd 30<sup>th</sup>

Janine Costigan 12<sup>th</sup>  
Brian Shackleton 31st

Happy birthday to those members listed above we hope you enjoy the day.  
Bill

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## \*\*\*Safety Matters\*\*\*

### Bronze Medallion Course

Our new Safety Officer, Ashley Welke is arranging for some Bronze Medallion Courses to be run late April early May. If you are interested please contact Ashley ASAP so numbers can be finalised.

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## Coach's Corner

### Coach Matt's word of the month: TURNS

Turns are one of the most critical skills in swimming, and are often the skill that wins or loses the race. There are two types of turns commonly used; tumble turns used in freestyle and backstroke, and touch turns which are used when swimming butterfly or breaststroke. When performing tumble turns, the most important factor is being an appropriate distance from the wall when turning. Unless this is achieved you will end up getting too close to the wall making it difficult to push, or missing the wall altogether! When training, practice counting how many strokes are required from the black T in freestyle, and from the flags in backstroke, in order to be positioned correctly for the turn.

Touch turns are undoubtedly easier to master, however you must be careful that in trying to turn quickly you don't leave yourself open to disqualification. It is against the rules to touch the wall with only one hand, to touch with both hands but at different times, or to touch with your hands at different heights (eg. one hand above the water and one hand below).

I strongly encourage all swimmers to practice their turns at every end of the pool. It is a skill that can be difficult at first, but of course practice makes perfect.

### Dryland Session

The 26<sup>th</sup> of April, Matt will be having a gym session between 7:00am and 7:30 am before the Sunday morning swim. Put this in your calendar it is an excellent way to help your swimming.

# Swim-a-thon

The inaugural swim-a-thon in aid of the Toowoomba Hospice was held on the 22 Feb. The event was the inspiration of Alison Beattie who wanted to raise funds for the hospice in remembrance of her husband Dr Bill Beattie.

The event raised over \$8,500.00 allowing the Tadpoles to adopt two rooms at the hospice. Adoption a room at the hospice allows for the full maintenance of the room to be carried out for a year.

Congratulations to all that contributed in any way. A special mention for Mark Purcell who is not a member of our club but wanted to contribute to the event. He swam 100 laps and raised over \$1500.00.

Alison Beattie efforts in the pool alone were inspirational when she completed her 3km swim with a final lap of butterfly. Amazing!!.

A number of members used the swim-a-thon to gain valuable points for their aerobics swims. Well done to all of those members.

Hoping this will become an annual event that all members can contribute to.



Left - Mark Purcell and Jill Davidson after their swim

Below – Jannine Costigan, Lou Hill and Alison Beattie



Below - Lou and Alison present Mark Munro from the Toowoomba Hospice with the proceeds from the swim-a-thon.



## What members do in their spare time!!!

Members, Wayne Carlish, Anne Reiz, David and Kristy Maclean have been competing in local triathlons. The Oakey Triathlon was their latest venture in this discipline. Congratulations to all of you for efforts. A pic of Wayne in his lycra would be good.

# Swimmer of the Year 2008

One of the pleasures of being president is selecting Most Improved/Swimmer of the Year. It is not an easy task as many of our members have done some amazing feats over the past twelve months. From club member's fighting back from ill health to an individual outstanding performance at the State Long Course Titles but as they say there is only one winner and...

The 2008 award went to a young lady whose achievements are outstanding and some of them were State Long Course 4 gold and 2 silver

2nd - 50 Breaststroke

1st - 100 Freestyle

1st - 100 Breaststroke

2nd - 200 Backstroke

1st - 200 Breaststroke

1st - 400 Breaststroke

Pan Pacs 5 Gold 1 silver and 2 bronze

1st - 100 Breast

3rd - 100 Back

1st - 200 Breast

3rd - 200 Free

1st - 100 Breast

2nd - 200 Back

1st - 200 Free Relay

1st - 200 Medley Relay

World Masters Championships, Perth. 2 Silver 1 Bronze

3rd - 100 Freestyle

4th - 100 Backstroke

4th - 200 Freestyle

2nd - 200 Backstroke

2nd - 200 Breaststroke



Lou presenting Ann Todd with her Trophy

State short course record 800 Breast. 24:39.50

Apart from all the swimming achievements she has promoted our sport, Masters Swimming, in talks around the Downs and carried out the motto of Fun Fitness and Friendship to a tee.

Please congratulate Ann Todd the 2008 Most Improved Swimmer/Swimmer of the Year.



## Aerobics

Have you ever wondered what those silly people are doing in lanes 2-3 on a Wednesday night? Well, we are testing our aerobic fitness.

Would you like to know how your training is going? Could you swim 400 metres non stop? It doesn't matter how long it takes, so long as you get there. We time you, so you can gauge your fitness; you only have to do it once a month. This will give you a guide as to how you are progressing and how fit you are becoming.



You can start with freestyle and add other strokes as you become more confident. If you want to know more, just ask me, or Alison or any of the crew with a stopwatch.

Warning... it does become addictive as you improve. It's a challenge...

Aerobics Officer

Lionel...

PS There are aerobics lanes available Sunday morning from 7:00am. You don't really need a sleep in!!



# Upcoming Swim Meets

APRIL						
4	Whitsundays	LC	12	Proserpine Memorial Pool	North	<a href="#">Flyer</a>
30-3 May	National & State Championships	LC	13	Brisbane Aquatic Centre		<a href="#">Flyer</a> <a href="#">Web Site</a> <a href="#">Nat. MM</a> <a href="#">State MM</a>
MAY						
4	National Open Water Swim	OWS	14	Lake Kawana		
16	Noosa Challengers	LC	15	Noosa Aquatic Centre	Sunshine	<a href="#">Flyer</a> <a href="#">Postals</a>
JUNE						
6	Rats of Tobruk	OWS	16	Strand Swim	North	
6-7	Rum City	SC	17	Bundaberg Swim Academy	Central	



## Australian Masters Games - Geelong 2009



### Beryl Thomas (80-85)

#### Swimming

- 50 Backstroke - Silver
- 100 Backstroke - Gold
- 200 Backstroke - Gold
- 100 Breaststroke - Gold
- 200 Breaststroke - Gold
- 800 Freestyle - Silver

#### Indoor Rowing

- 500 metre - Gold in 2:25.01
- 1000 metre - Gold in 5:10.30
- 2000 metre - Gold in 10:36.00

Beryl Thomas with the swag of medals she won from the Australian Masters Games. Congratulations on a great effort.

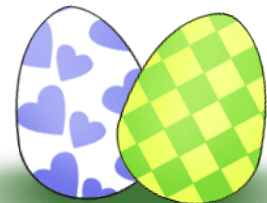


## Easter Jokes

How does the Easter Bunny stay fit?  
EGG-xercise and HARE-robics!

What do you call a rabbit that tells good jokes?  
A funny bunny!

What do you call ten rabbits marching backwards?  
A receding hareline.



## Adult Learn to Swim

A number of people have taken up the offer of the free 'Adult Learn to Swim' lessons. The ten week course has been carried out Monday nights and Saturday afternoons. Coach Lyn Robinson has been very pleased with her charges with some of them completing 25 metres for the first time. Thanks to the members that have been helping Lyn with the classes.

If you know of some one who would like to participate in learn to swim classes there will be more sessions in the near future. For further information please contact Jenny at the Glennie Aquatic Centre on 4688 8845.

The 'Adult Learn to Swim' classes are an initiative of the Toowoomba Tadpoles in conjunction with the Glennie Aquatic Centre and funding is received from the Queensland Government, Club Development Plan.



Some of adult learn to swim students having a break. Club member, Margaret Conrick (far right) helps out on a Monday night.

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## 25<sup>th</sup> Anniversary Shirt



The limited edition 25<sup>th</sup> Anniversary Polo Shirt is still available. This collector's item costs \$20.00.

Shirts sizes available now are S, M, L, XL, XXL.

The shirt is navy blue with white trim.

If you would like one please contact Lou.

Phone 0427966872

Email: [louie.jo@gmail.com](mailto:louie.jo@gmail.com)

Or see me at the pool.

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## Committee Contacts

**Pres.:** Louie Hill 0427 966872

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**Club Capt:** Peter McMonagle

**Publicity Officer**

**Newsletter Editor**

**Social Director**

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Remember to pay your \$3  
and sign the book before  
entering the water.

