

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

December 2009/ January 2010

The Presidents Pen

I don't need to tell you this year has flown and we are fast approaching the Festive Season.

Our Festive Season will start with a BBQ Breakfast on Sunday the 13th. To work up an appetite there will be the annual Boys vs. Girls Water polo game. The game is a lot of fun and a good way to end the year. Dare I say the boys will reign supreme again!!

For those who don't want to play there will be lanes available for normal training.

Our resident Master Chef has promised to cook up his usual storm on the BBQ.

It's always a good day so come and join in!!

On behalf of the committee I would like to wish you all a safe and Merry Christmas and a Happy New Year.

2010

January you will be able to swim off the festive seasons delights at the swim-a-thon or try doing the US Masters One Hour Swim with some of the other club members.

March will see the club conduct the Five of Your Best Postal Swim and the AGM will be held towards the end of the month.

September traditionally sees the Tadpoles Swim Meet 2010 will be our 26th. The swim meet is always a good goal to aim for during the cooler winter months.

It is hoped to have a BBQ Breakfast or similar event at least one month but we do need helpers at times. This is your club and every bit of help counts.

Date Claimers

- **Sunday, December 13th BBQ breakfast.**
- **Sunday, December 20th Last swim 2009.**
- **Sunday, January 3rd First Swim 2010**
- **Saturday January 23rd 2010 Swim-a Thon.**

See you at the other end!!

Lou ☺



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

Glennie Pool Session Times

Monday 6:30pm – 7:30pm

Wednesday 6:30pm – 7:30pm

Thursday 6:30pm – 7:30pm

Sunday 7:30am – 8:30am

**Sunday Morning Aerobics Session
Lanes available 7:00am – 7:30am**

Highfields Pool Session Time

Tuesday 6:00pm – 7:00pm

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Safety Matters

Pool Matting

There have been a number of concerns regarding the areas around the end of the pool and how slippery they can become. Glennie have been trailing different types of matting and have decided on the blue matting that is near the stairs leading to the change rooms. Lindsay has advised this will be around the end of the shallow end and leading down to the change rooms early in the New Year.

Pool Etiquette

Below are some general rules and considerations to other swimmers that should be followed when lap swimming.

- If you get there late join in. Don't start the program from the beginning and let people know you are joining them.
- Diving at the shallow end can be hazardous at the best of times, please take into account swimmers in your lane as well as the lanes either side of you. If members are already swimming please enter the pool feet first so they are aware you are joining them.
- Make sure you join the best group that suits you and other swimmers in the lane you are joining. Join a lane of similar speed to yourself.
- Push off underwater. This will reduce the waves encountered by oncoming swimmers.

Remember why we are here **Fun, Fitness and Friendship.**



The Registrars' Ramblings

Membership Fees

Could all members please complete their membership forms for 2010 as soon as possible, this would be greatly appreciated and help out with the club's admin before Christmas. There are plenty of copies of the forms available at the club.

REGISTRATION DATE	NATIONAL	BRANCH	CLUB	TOTAL
Standard Fee 12 Month to end of Calendar Year	\$35.00	\$33.00	\$12.00	\$80.00
Health Care Card Holder 12 Month	\$35.00	\$26.00	\$6.00	\$67.00
Life Member (TT club) 12 Month	\$35.00	\$33.00		\$68.00
Life Member (Health Care Card Holder) (TT Club) - 12 Month	\$35.00	\$26.00		\$61.00

But on a lighter side our birthday babies.....

December Babies

John Power 8th Thelma Doyle 9th Roslyn Fritz 19th Janet Etchells 24th
Paul Denning 27th

January Babies

Trevor Gilliland 7th Marj Chipperfield 8th Barb Lawes 14th Matt Torr 30th



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

Wedding Bells

As promised Mr & Mrs O'Sullivan



Our Treasurer, Vanessa Welke took the plunge (or dive) and tied the knot with Todd O'Sullivan on the 28th of November. The weather held off and the day was great.

Congratulations to the two of you from all the members at the club!!



Coach's Corner

Dryland Sessions

Unfortunately due to a number of circumstances we will not be holding any more dryland sessions in the gym. A small booklet of dryland exercises is being produced that will detail a number of useful exercises that can be done that may aid your swimming.



Aerobics

Lionel and his merry band of aerobics swimmers are finishing their efforts for this year. Some of the swimmers still have a number of the longer swims to go. If you can help out with a bit of time keeping it would be most appreciated.

If you would like to try an aerobics swim, I am sure some will pick up a stopwatch and then tell you when there is two to go. Gone on try it!! It's all part of the fun.



What did Adam say on the day before Christmas?

It's Christmas, Eve !

What do you have in December that you don't have in any other month?

The letter "D" !

Upcoming Swim Meets

Date	Host Club	Course No.	Venue	Region
JANUARY				
24	River City	SC 01	Somerville Aquatic Centre	South
31	Mareeba	LC 02	Mareeba Memorial Pool	North
FEBRUARY				
6	Sunshine Coast	LC 03	Cotton Tree, Maroochydore	Sunshine Flyer
13	Rocky Crocs	LC 04	South Rocky Pool	Central
20	Miami	LC 05	Miami Pool	South
27	Hervey Bay	LC 06	Hervey Bay Aquatic Centre	Central
MARCH				
12-14	State Championships	SC 07	TAS Aquatic Centre, Cairns	North
1-31	Towoomba Tadpoles	POSTAL 08		Sunshine
28	Nudgee Brothers	LC 09	Nudgee College, Boodall	Sunshine

Please see the Club Captain if you are interested in going to any of these events.

If there are sufficient members wanting to go to a swim meet the club will subsidise the hiring of a bus or possibly petrol costs for a car with multiple members travelling.



Tadpole Shop



With Christmas just around the corner what better present could a Tadpoles swimmer get then the limited edition 25th Anniversary Polo Shirt or the silicon swim cap emblazoned with the Toowoomba Tadpoles logo?

Shirts are \$20 and the cap is available for \$8 to members

If you would like one please contact Lou.

Phone 0427966872

Email: louie.jo@gmail.com

Or see me at the pool.



2010 Swim-a-thon and Fun day

Members, the 2009 Swim-a-thon raised over \$8000 for the Toowoomba Hospice, in 2010 we are hoping to swim over 4000 lengths (combined) and increase the figure to at least \$10,500 for this vital charitable organisation.

On the **Saturday the 23rd of January** we will be holding the Swim-a-thon. We will start swimming at 8:00am and finish at midday. We need to ensure we have swimmers in all lanes for the duration of the event. This is a perfect opportunity to do a 1, 3/4, or 1/2 hour aerobic swim.

The day will also include a market being held in the car park of the pool with a sausage sizzle. There will also be raffles, hopefully local celebrity visits and the possibility of a local radio station broadcasting.

As members, I would hope you could help out in some way. We will need a number of volunteers for the day. Listed below are some of the jobs that may need to be filled. We also need swimmers that will get sponsorship in one form or another. If you have a number of people who would like to form a relay team, a relay could also be swum.

Jobs the require helpers

Stall coordinator

Time keepers / Lap Counters (no experience necessary) and we need alot.

Sausage sizzle cooks

Raffle Ticket sellers

Raffle prize collectors (A letter can be provided for you to take to your local suppliers, where you are well known - this needs to be co-ordinated so we don't have many people asking the one place - Please see Stephen Gray).

Swimmers

Please see Stephen Gray to book your swimming time, and/or be rostered as a helper, and remember, all monies raised go to the Toowoomba Hospice.



Committee Contacts

Pres.: Louie Hill 0427 966872

Sec: Stephen Gray 4639 5665

Reg.: Bill Waterhouse 4639 2434

Club Capt: Peter McMonagle

www.toowoombatadpoles.org.au

toowoombatadpoles@westnet.com.au

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

Sunday 13th of December

Time: 8:30am

Free BBQ Breakfast

Menu

Sausages, bacon and eggs

With your choice of coffee, tea and/or orange juice

Tadpoles Master Chef – Len P will be on the BBQ.

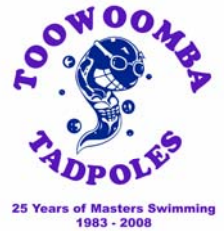
**Don't forget if you really want to work up an appetite
there are lanes available for the last aerobics swims for
2009 between 7:00am and 7:30am**

Annual Boys vs. Girls Water Polo Game





MEMBERSHIP REGISTRATION FORM FOR ALL MEMBERS



Member are to forward this form to their nominated club
Club Registrar to forward page 1 only to
QMS Registrar PO Box 181 Albany Creek QLD 4035)

CLUB:	Toowoomba Masters AUSSI	CLUB CODE:	QTW
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Renewal
 New Member
 Transfer (Previous Club _____)

PERSONAL INFORMATION *(*compulsory information)*

AUSSI ID:		LAST NAME: *	
FIRST NAME: *		MIDDLE NAME OR INITIAL	
GENDER: *	MALE / FEMALE	DATE OF BIRTH: * dd/mm/yyyy	____/____/____
TITLE: *	MISS MS MRS MR	(Circle appropriate one)	

CONTACT INFORMATION (the privacy information and declaration on page 3 must be signed and retained by the Club Registrar)

ADDRESS: *			
SUBURB: *		STATE: *	POSTCODE: *
TELEPHONE <i>*only 1 number needs to be provided</i>			
Home:	(____)	Work:	(____)
Mobile:			
Email Address:			
I would like to receive:	<input type="checkbox"/> Toowoomba e-newsletters <input type="checkbox"/> Branch e-newsletters <input type="checkbox"/> National e-newsletters		

EMERGENCY CONTACT INFORMATION *(*compulsory information)*

LAST NAME: *		FIRST NAME:*	
RELATIONSHIP: *			
TELEPHONE <i>*only 1 number needs to be provided</i>			
Home:	(____)	Work:	(____)
Mobile:			

MEMBERSHIP DETAILS *(only one (1) must be selected)*

<input type="checkbox"/> Branch Life Member	<input type="checkbox"/> National Life Member	<input type="checkbox"/> Non-Member
<input type="checkbox"/> Standard 12 mths	<input type="checkbox"/> Health Care 12 mths	
<input type="checkbox"/> Standard 16 mths	<input type="checkbox"/> Health Care 16 mths	
<input type="checkbox"/> Standard 4 mths	<input type="checkbox"/> Health Care 4 mths	

SWIMMERS DECLARATION

Medical Disability

A completed Medical Disability form (available from your club) must be sent to your club for a Medical Disability to be considered for breaststroke and/or butterfly.

Privacy Statement

Some of the information contained in this form will be disclosed to the Branch and National office for membership registration purposes. Some of the information, including the health information, may be disclosed to other Masters Swimming Clubs, other Masters Swimming Branches or National office for official swim meet purposes. Identifying information may be published in Masters Swimming publications such as Top Ten, Records, newsletters etc.

Safety in Activity

Masters Swimming is concerned for your health and well-being. It is strongly recommended that you have a medical examination and discuss with your doctor your intention of undertaking an activity program.

Continued participation in swimming during pregnancy may pose health risks to women and their unborn children. As soon as you learn you are pregnant, you should seek advice from an appropriately qualified medical practitioner as to:

1. the risks involved in swimming while pregnant;
2. whether it is safe to continue participating in swimming while pregnant, and if so, for how long you should continue to participate.

You should also inform your club Safety Officer or other designated officer of your pregnancy.

Declaration

As a condition of acceptance of my membership application, declare that I am aware of the risks associated in undertaking an activity program. I undertake to advise the Club Coach and Club Safety Officer (or other assigned officer) of any disability, lack of fitness, illness, or other medical condition, prior to participation in Masters Swimming activities

I have read, agree and understand the above

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Date:

Member's Signature.

Payment Details:

Membership fees are due and applied annually. Reference should be made to the Branch webpage (www.aussimastersqld.com.au) or your Club Official for an understanding of the annual membership fee.

Please return this completed form with your payment to your local Club Registrar or Club Secretary

Payment Fee enclosed \$ _____

Club Transfer:

It is the responsibility of the swimmer seeking transfer to attach signed Transfer Form to this application with Part 1 completed by their previous club.

CLUB USE ONLY

Membership Fee Received	\$ _____	Receipt Number:	_____
Membership Type			
<input type="checkbox"/> Branch Life Member	<input type="checkbox"/> National Life Member	<input type="checkbox"/> Non-Member	
<input type="checkbox"/> Standard 12 mths	<input type="checkbox"/> Health Care 12 mths		
<input type="checkbox"/> Standard 16 mths	<input type="checkbox"/> Health Care 16 mths		
<input type="checkbox"/> Standard 4 mths	<input type="checkbox"/> Health Care 4 mths		

A copy of the member's age certificate is attached/on file

Name:	_____	Position:	_____
Signature:	_____	Date:	_____



25 Years of Masters Swimming
1983 - 2008

December 2009

Glennie Session Times

Monday 6:30 pm — 7:30pm

Wednesday 6:30 pm — 7:30pm

Thursday 6:30 pm — 7:30pm

Sunday 7:30 am — 8:30am

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9 Last Aerobics session	10	11	12	13 BBQ Breakfast & Water Polo Game
14	15	16	17	18	19	20 Last session for 2009
21	22	23	24	25 	26	27
28	29	30	31			

Highfields Session — Tuesday 6:00 pm — 7:00pm



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January 2010

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Sunday 7:30 am— 8:30am

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 	2	3 First session 2010
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 <u>Swim-a-thon</u> in aid of Toowoomba Hospice	24
25	26 	27	28	29	30	31

Highfields Session — Tuesday 6:00 pm — 7:00pm