

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

February /March 2009

## The Presidents Pen

### Happy Australia Day

This year to commemorate Australia Day an award was given to a member who gives their time and efforts to the club.

This could relate to a number of people on the committee or to any the members who stand on deck looking after our safety. The award this year went to Barbara Lawes, Barb every Sunday morning organises the morning tea/coffee and toast. This means getting to the pool often before some of us have even got out of and not leaving until the washing up is done and everything is ready for next week.

Thanks Barb for your efforts they are well appreciated by all.

### AGM

#### **Date Claimer – Sunday 8<sup>th</sup> March**

The annual general meeting will be conducted on the 8<sup>th</sup> of March. Please consider being an active member on the committee. Many hands do make light work and it can be very self rewarding to do this type of volunteer work.

For "Life memberships" please see "The Registrar's Ramblings"

Len has confirmed he will be firing up the BBQ and cooking up a storm of sausages, bacon and eggs at the conclusion of the meeting.

### Swimathon

#### **Date Claimer – Sunday 22<sup>nd</sup> February**

The club will conduct a swimathon in aid of the Toowoomba Hospice. Your help is required to raise some money for the Hospice.

See the below for more details.

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**

## Highfields Aquatic Session Time

**Tuesday 6:00pm – 7:00pm**

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# The Registrars' Ramblings

## Membership Fees

Anyone who is reading this newsletter and hasn't paid their fees for 2009 please see me ASAP, your fees are now overdue!!!

Remember if you are not financial you are NOT able to compete in carnivals. There are also a number of issues if you are swimming sessions and our insurances.

## February Birthdays

Karen Glasby 7/2      Louie Hill 18/2

## March Birthdays

Stephen Gary 7/3      Margie Smythe 15/3      Meryl Carfrae 17/3



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

## Life Membership

During my tenure as president I received several letters requesting that certain members be granted life membership of the Toowoomba Tadpoles.

When I looked over our constitution I found that the requirements for life membership were a bit vague and did not align with the state body, QMS. This resulted in the various changes to our constitution at the 2008 AGM.

Therefore I would ask that any of those people who approached me over the last couple of years with Life Membership nominations read the selection criteria below.

They then need to prepare a submission and have it presented to the committee before the AGM.

*(5) Life membership may be conferred upon a member where it can be shown that the person's contribution is of sustained excellence to the furtherance of the objectives of the Toowoomba Masters AUSSI.*

*Any nomination for life membership shall only be considered by the Toowoomba Masters AUSSI if it can be shown the nominee has achieved the following minimum requirements:*

- *Minimum of seven years service to Toowoomba Masters AUSSI*
- *Sustained excellence in service to Toowoomba Masters AUSSI*
- *Is currently a member of Toowoomba Masters AUSSI*

*Note that this service does not have to be continuous, nor is it essential that the nominee serve or has served on the Club's Committee.*

*The nomination must come from a club member with endorsements from two (2) other Club members.*

*An application shall be endorsed by the Committee if a three quarters majority (taken to the highest number) is in favor of the nomination.*

*The official announcement of Life Membership shall only be made at an Annual General Meeting.*

*No more than two (2) life members can be elected in anyone year.*

*Life membership confers the same voting rights as an ordinary member.*

*Where a Life Member transfers to another Club of AUSSI Masters Swimming in Australia, the privileges of Life Membership remain in the Club of origin of the Life Membership.*

Bill W

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

## "AUSSI Masters - Glennie Challenge"

The Glennie Swimming Club have thrown down the gauntlet and challenged us in a swim meet. This is for all members who want to have a bit of fun. Just remember the old Greek saying "Old age and treachery will overcome youth and skill" (I hope). The Thursday night session will go ahead as normal but a number of lanes will be kept aside for the races. Come and race the youngsters - all ages welcome

**Thursday 12th February from 6.30pm to 7.30pm**

**Free Sausage Sizzle from 6.00pm**

**Events : Fly, Back, Breast and Free - 25 or 50m of each**

**Maximum of 4 events**

**A mixed relay may also be run if time permits.**

Ashley

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

### **Bronze Medallion Course**

If you are interested please contact the Safety Officer, Stephen Mina or one of the committee any session should be coming shortly.

### **Starting Times**

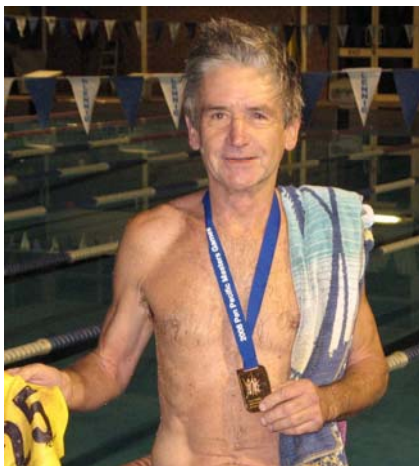
To all new and continuing members

A valid point was highlighted to me during the week in regard to our swimming times, coaching duties and our insurance arrangements for Toowoomba Tadpoles and its members. It is great to see we are keen to get back into the swing after the New Year and are all trying to get the most out of the session.

Some of us (and I am an offender) are starting the program before the session start time, which raises two issues. The first being that there may not be a coach on deck as required by our insurance terms and conditions, and secondly, swimmers who do turn up to commence the session at the scheduled time find that they have missed out on some of the program and therefore start late in the warm-up or even in the main set.

To prevent the latter occurring, coaches will not be putting out the program boards until the scheduled start time for the session. If you do feel the need to put in a few extra laps before the start of the session, please ensure that there is a coach on deck prior to entering the water as this will satisfy our insurance conditions. This will not normally be a problem as coaches tend to be one of the first to arrive and the coaching duty roster can be found in the back of the sign on book if you are unsure.

Cheers  
Stephen Mina



## 2008 Pan Pacs

John Power proudly displays his gold medal for the 2.5km open water swim from the 2008 Pan Pac Championships. John competed in the 65-69 age group

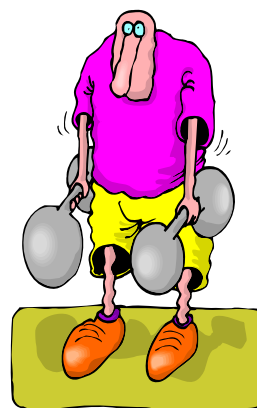
# Coach's Corner

Coach Matt's word of the month: **STREAMLINE**

Having a good streamline is one of the easiest and most effective ways of improving your swimming. You are fastest through the water after diving and pushing off the wall, thus a tight streamline will enable you to maintain this speed as long as possible. The objective of a streamline is to minimise the drag on the body caused by the surrounding water. This can be achieved by maintaining a streamlined position – arms above head with one hand on top of the other, squeezing arms into ears, head down and keeping feet together with pointed toes. Ideally the entire body should remain submerged during a streamline, with a strong butterfly (or freestyle) kick providing additional propulsion.

When learning to streamline aim to remain underwater and in a streamlined position for at least 5m (flag's length) off each wall. For maximum streamline effectiveness try not to breathe for the first two arm strokes off the wall. This will allow you to maintain speed for longer and achieve your fastest times.

Note: It is against the rules to remain streamlined for more than 15m off a wall



Some of Matt's crew cooling down after a Sunday morning work out in the gym. Keep a lookout on the notice board if you would like to participate in these sessions. There is no additional cost for these sessions.

## Upcoming Swim Meets

FEBRUARY					
7	Sunshine Coast	LC 03	Cotton Tree, Maroochydore	Sunshine	<a href="#">Flyer</a>
14	Mareeba	LC 04	Mareeba Memorial Pool	North	<a href="#">Flyer</a>
21	Rocky Crocs	LC 05	Cooee Bay Pool, Yeppoon	Central	<a href="#">Flyer</a>
20-1 Mar	Australian Masters Games		Geelong		
21	Miami	LC 06	Miami Pool	South	<a href="#">Flyer</a> <a href="#">Postal</a>
28	Cairns Sea Eagles	SC 07	TAS Aquatic Centre	North	<a href="#">Flyer</a> <a href="#">Postal</a> <a href="#">Menu</a>
MARCH					
1-31	Towoomba Tadpoles	SC 08	POSTAL	Sunshine	
7	Hervey Bay	LC 09	Hervey Bay Aquatic Centre	Central	<a href="#">Flyer</a> <a href="#">Open Water</a>
14	Tully	LC 10	Tully Memorial Pool	North	
28	Albany Creek	SC 11	Albany Creek Leisure Centre	Sunshine	<a href="#">Flyer</a> <a href="#">Postal</a> <a href="#">Summary</a>

## Postal Swims

March 2009 "The Five of Your Best" postal swim. Details will be out early in the New Year. This may be a great opportunity to get some times for the Nationals. This is hosted by the Tadpoles.

Other Postal swims can be found on the Internet at the following address/

[http://www.aussimasters.com.au/index.php?option=com\\_content&task=view&id=33&Itemid=46](http://www.aussimasters.com.au/index.php?option=com_content&task=view&id=33&Itemid=46)

## 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

**Sec:** Stephen Gray 4639 5665

**Reg.:** Bill Waterhouse 4639 2434

**Club Capt:** Rosalie Lutvey 0431 135641

**Publicity Officer:** Janet Etchells 0407 784835

[www.toowoombatadpoles.org.au](http://www.toowoombatadpoles.org.au)

[toowoombatadpoles@westnet.com.au](mailto:toowoombatadpoles@westnet.com.au)

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## First session at Highfields.

Starting January 27<sup>th</sup> and continuing through February a training session will be carried out on Tuesday evenings. This is to gauge the level of interest of Masters Swimming in the Highfields area.

On the 27<sup>th</sup> of January seven Highfieldians ventured into the pool at the Highfields Aquatic Centre. The group were very enthusiastic and ready to come back for more.

Swimming on Tuesday evenings is at 6:00 pm for one hour with a similar program to what is done at Glennie.

There is **no session on the 3<sup>rd</sup> of Feb** but will continue every Tuesday after that.



# February 2009



25 Years of Masters Swimming  
1983 - 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Glennie Pool 7:00 am to 8:30 am	2 Glennie Pool 6:30 pm to 7:30 pm	3	4 Glennie Pool 6:30 pm to 7:30 pm	5 Glennie Pool 6:30 pm to 7:30 pm	6	7 Sunshine Coast Swim Meet. Cotton Tree Pool
8 Glennie Pool 7:30 am to 8:30 am	9 Glennie Pool 6:30 pm to 7:30 pm	10 Highfields Pool 6:00 pm to 7:00 pm	11 Glennie Pool 6:30 pm to 7:30 pm	12 Glennie Pool 6:30 pm to 7:30 pm  " The Glennie Challenge"	13	14
15 Glennie Pool 7:30 am to 8:30 am	16 Glennie Pool 6:30 pm to 7:30 pm	17 Highfields Pool 6:00 pm to 7:00 pm	18 Glennie Pool 6:30 pm to 7:30 pm	19 Glennie Pool 6:30 pm to 7:30 pm	20	21 Miami Swim Meet. Miami Pool Gold Coast
22 Glennie Pool 7:30 am to 8:30 am  Swimathon Please Help	23 Glennie Pool 6:30 pm to 7:30 pm	24 Highfields Pool 6:00 pm to 7:00 pm	25 Glennie Pool 6:30 pm to 7:30 pm	26 Glennie Pool 6:30 pm to 7:30 pm	27	28

# March 2009



25 Years of Masters Swimming  
1983 - 2008

Tadpoles Postal Swim "Five of Your Best" to be swum anytime during March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Glennie Pool 7:00 am to 8:30 am	2 Glennie Pool 6:30 pm to 7:30 pm	3 Highfields Pool 6:00 pm to 7:00 pm	4 Glennie Pool 6:30 pm to 7:30 pm	5 Glennie Pool 6:30 pm to 7:30 pm	6	7 Hervey Bay Swim Meet.
8 Glennie Pool 7:30 am to 8:30 am Annual General Meeting + BBQ Breakfast	9 Glennie Pool 6:30 pm to 7:30 pm	10	11 Glennie Pool 6:30 pm to 7:30 pm	12 Glennie Pool 6:30 pm to 7:30 pm	13	14
15 Glennie Pool 7:30 am to 8:30 am	16 Glennie Pool 6:30 pm to 7:30 pm	17	18 Glennie Pool 6:30 pm to 7:30 pm	19 Glennie Pool 6:30 pm to 7:30 pm	20	21 Albany Ck. Swim Meet
22 Glennie Pool 7:30 am to 8:30 am	23 Glennie Pool 6:30 pm to 7:30 pm	24	25 Glennie Pool 6:30 pm to 7:30 pm	26 Glennie Pool 6:30 pm to 7:30 pm	27	28
29 Glennie Pool 7:30 am to 8:30 am	30 Glennie Pool 6:30 pm to 7:30 pm	31				