

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

June /July 2009

## The Presidents Pen

### State and National Titles

The last week in April and the May Day long weekend had ten of our finest competing at the State and National championships. The team had great success, congratulations to all. Take a bow you have done yourself and the club proud.

Later in the newsletter are all the results of our members from the championships along with some photos with a bit bling around there neck.

Please congratulate them on their efforts when you see them at the pool.

### Winter Training

As a result of a faulty valve water temperatures have been a bit lower than normal. With fingers crossed and a little luck the water temperature should start rising again over the next week or two. It is great to see so many members still working hard on there fitness and hopefully getting ready for our carnival on the 12<sup>th</sup> of September.

### Carnival

Everyone please note our carnival is on the 12<sup>th</sup> of September? On the original Meet Calendar from QMS it had a different date this date clashed with the Carnival of Flowers.

### Aerobics

Our aerobics sessions are in full swing but there is always room for someone else to have a go. Please see the article by Stephen Gray below on what aerobics are all about.

### Bus Trip to Nanango

If there is enough interest in members going to Nanango, the club will hire a bus and set out on an adventure on the 18<sup>th</sup> July. Cost \$20 per person. Entries must be to Peter Mac by the 28<sup>th</sup> of June.

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>

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

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# The Registrars' Ramblings

## June Birthdays

Bill Waterhouse 5th  
Bob Edwards 15th  
Keith Brown 25th  
Brian Luxton 30th

Max Lennon 7th  
Joe Jones 16th  
Simon Isakka 25th

David Maclean 10th  
Kevin McKeon 16th  
John Creedon 28th

Robert Dunn 11th  
Sue Walker 22nd  
Deb Wagner 29th

## July Birthdays

Janelle Lotz 1st  
Nev Bambrick 23rd

Richard Williams 4th  
Carmel Weier 25th

Rosalie Lutvey 7th  
Barry Anstey 27th

Beryl Thomas 15th  
Hugh Stevens 30th

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

Bill



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

### Bronze Medallion Course

The latest recipients of the Bronze Medallion completed their course on the 24<sup>th</sup> of May. Congratulations to Sue Walker, Paul O'Gorman and Lou Hill. More courses will be held in the near future.

### 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.



## Upcoming Swim Meets

JULY				
5	Caboolture & District	SC	18 Burpengary Aquatic Centre	Sunshine <a href="#">Flyer</a> <a href="#">Postal</a> <a href="#">Meet Manager</a>
18	Rats of Tobruk	OWS	19 Magnetic Island Swim	North <a href="#">Flyer</a>
18	South Burnett	SC	20 South Burnett Aquatic Centre	Sunshine <a href="#">Flyer</a> <a href="#">Summary</a>
AUGUST				
1-30	Aqua Jets		21 POSTAL	South
9	Miami	SC	22 Nerang Swimming Pool	South <a href="#">Flyer</a> <a href="#">Summary</a>
22	Brisbane Northside	SC	23 The Valley Pool	Sunshine <a href="#">Flyer</a>
29	Rats of Tobruk	LC	24 Tobruk Pool, Townsville	North <a href="#">Flyer</a> <a href="#">Summary</a>
30	State Open Water Swim		25 The Strand, Townsville	North <a href="#">Flyer</a> <a href="#">Nomination</a>
SEPTEMBER				
12	Towoomba Tadpoles	SC	26 Glennie Aquatic Centre	Sunshine
26	Duck Creek	LC	27 Lismore Memorial Pool	South <a href="#">Flyer</a>
27	Duck Creek	OWS	28 Shaw's Bay, Ballina	South <a href="#">Flyer</a>

# The Captains Cabin



With winter well and truly on its way on its way its very encouraging to see such enthusiastic groups at swim sessions with regular 25+ numbers attending, keep up the good work everyone and remember our carnival (12 Sept) is not that far away and it would be good to see all members at peak fitness and nominating for that event.

Speaking of Toowoomba Tadpoles Carnival which is on the 12<sup>th</sup> of September I would like to encourage all members to participate on the day and don't worry about your ability level. The idea is to race your self and see if your hard work in preparing has paid off on the day. If your not sure of your times for an event talk to myself or any one in the senior membership ranks and we will arrange to time you over any particular distance and or stroke to get you a base time to work on. Also on the Sunday (13<sup>th</sup> Sept) after our carnival there will be a Swim Clinic (starts, turns and stroke correction) conducted at the Glennie Pool "FREE" to all participants in the previous days carnival so there's the opportunity for you to have additional coaching from Australian ranked masters coaches so keep that date clear and more information on that event in following newsletters.

With such good numbers attending training some groups are finding room in the water a bit tight (right group 2) with four group 2 lanes with 4 and 5 swimmers to each lane on some nights. To make room, its time for some of the more advanced in that group to move on up to group 1 and that is surely the objective for all to advance on up to aide your improvement in swimming. That will also make room for those in lower groups (ie group 3) to advance up to group 2, so "come on up"

Adult learn to swim will recommence this Saturday 16<sup>th</sup> May from 12.30 p.m. at the Glennie Pool and conducted by Lyn. Each session is a ½ hour, if you know of some one who may be interested in learning to swim please assist them by ringing the Glennie pool to book a spot and remember this is ADULTS learn to swim not children.

Congratulations to all those swimmers who attended National and State competitions over this last fortnight. Our club now has a number of National and State medal winners, more in this newsletter well done all.

Finally our thoughts are with Brian Luxton who has suffered a serious health setback but is slowly on the mend, come on Brian looking forward to seeing you back at the pool.

And thanks to you well wishes who saw me through my little hick up recently, certainly brings one down to earth with a thud. I can prove I have a heart because I've seen it AND ITS STILL BEATING "YARHOO".

See you in the pool.  
Captain Pete

## Editor's Note

We are all glad to see Pete is still with us and achieving in the pool as usual. Not sure if he was just after a bit of sympathy. Pete, sympathy is in the dictionary between .....

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

Congratulations to Janet Etchells who accomplished an amazing feat of climbing Africa highest peak Mt. Kilimanjaro in March. Attached is a link to one of the articles about Janet's adventure.

<http://www.thechronicle.com.au/story/2008/09/16/blind-toowoomba-woman-to-tackle-Kilimanjaro/>



# Coach's Corner

## Coach Matt's Word of the Month: Starts



Many races are won or lost with the start - particularly in higher levels of competition. If a start is performed correctly, it will be the fastest point in the race, therefore it is important that all competitive swimmers regularly practice starts. Starts for freestyle, breaststroke and butterfly are essentially the same, the only difference being how the streamline is performed (discussed in the February newsletter). When on the diving blocks there are two different footing arrangements - feet side by side and one foot behind the other (like a running start). The running start is preferred for beginners as it requires less flexibility to master. In either case, feet should be shoulder width apart to maximise the power you can get off the blocks.

When diving the most important thing to remember is to keep your head down. If your head comes up while diving a belly flop is inevitable, which is not only painful but will also slow you down considerably! When the starting gun sounds push with both legs as hard as possible, put your hands together in front of your body and bring your feet together to make your body as streamlined as possible. Ideally, your whole body should enter the water through the same point, however this can take years of practice to achieve.

Most people find backstroke starts more difficult, and tend to simply push off the wall rather than do a proper start. Essentially, a backstroke start simply involves tucking your body up with your feet against the wall while holding onto the handle on the starting blocks. When the starter sounds throw your arms back and push as hard as you can. If performed correctly your whole body will rise out of the water, back arched, then re-enter the water as streamlined as possible.

Starts are a very important part of swimming and something which is often overlooked from a training perspective. I encourage everyone to practice at least one start per training session, and I'm sure you will be surprised at how quickly you will improve.



## Aerobics

By Stephen Gray

I wanted to encourage all our swimmers to participate in aerobic swimming, so I thought I would pen a few words of information and encouragement.



### Firstly, what are the aerobic swims you hear some of the swimmers talking about?

The Aerobic Trophy Program is designed to encourage people to compete in distances from 400m to 1 hour duration in the full variety of strokes. The programme is entirely optional and to achieve the required goals (which relate to gender and age groupings) the swims are to be done over an extended part of the calendar year. As a result, a certain level of aerobic fitness needs to be maintained in order to complete the individual event requirements. Hence the name Aerobic Trophy.

The total number of swims (gaining points) that can be completed is 62 - broken down into:  
25 individual 400m swims (5 each of freestyle, backstroke, breaststroke, butterfly and medley)  
25 individual 800m swims (5 each of freestyle, backstroke, breaststroke, butterfly and medley)  
3 by 1500m swims (1 each of freestyle, backstroke and breaststroke)  
3 by 1/2 hour swims (1 each of freestyle, backstroke and breaststroke)  
3 by 3/4 hour swims (1 each of freestyle, backstroke and breaststroke)  
3 by 1 hour swims (1 each of freestyle, backstroke and breaststroke)

Points are gained for the completion of each different event. These combine with points gained by fellow club members and contribute to a total point score for each competing club. The highest scoring club

is then declared the National Aerobic Champion Club. Toowoomba Tadpoles was the club attaining the highest number of points in 1992, 93, 94 and 95. The club has had a number of swimmers over the years complete all swims, and in some cases gain top points, and I note at the age of 71 John Bourne completed all swims with top points.

#### **When can aerobic swims be swum?**

The club sets aside 1 or 2 lanes each Wednesday night for aerobic swimming. There is also an opportunity on Sunday morning between 7am and 7:30pm.

#### **Who will time me?**

A number of swimmers involved in the aerobic swims will be only too happy to time you: Lionel Scotney, Allison Beattie, Vanessa Welke, Lou Hill, Stephen Gray, Ashley Welke and many, many more.

#### **Enough for the information ... now for the encouragement!**

Why do aerobic swimming? When I started with the club, I had never swum a timed swim over 200m and that was 20 years earlier. 400m seems like a big task to start with, but taken at one lap at a time, it goes by pretty quickly. I find the aerobics swims a good way to see improvement in my swimming (especially in the beginning) and that I am maintaining my fitness. I enjoy the challenge the aerobic swims offer, they allow you to push your boundaries in a non-pressure environment.

#### **How to start?**

Start with a stroke and distance you feel confident with. A 400m freestyle would normally be a favourite first choice, but you might like to start with a longer swim or different stroke. Treat it as you would a training swim. Don't try and go out too fast. Try and pace yourself evenly through the entire swim. The swim should be continuous, but if you need to stop at an end to regain your breath, that is okay (as long as you don't push off from the bottom of the pool).

#### **Your challenge**

To swim one or more aerobic swims before the next newsletter. So when Lionel (the Club's aerobic recorder) asks if you would like to do an aerobic swim, take a deep breath and give it a go. If you have any questions about aerobic swimming please ask Lionel or myself.

Next newsletters: Planning your aerobic swims.

Stephen Gray

#### **Special Note from the President**

**In 2008, Stephen was the only member of our club to complete all the aerobics swims gaining top points of 390 for the club.**

**Congratulations Stephen.**



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### **Committee Contacts**

**Pres.:** Louie Hill 0427 966872

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**Reg.:** Bill Waterhouse 4639 2434

**Club Capt:** Peter McMonagle

**Publicity Officer**

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

# National & State Championship Results 2009 Toowoomba Tadpole Members

## **Dorothy Stevens 80-84**

### **Nationals**

5<sup>th</sup> 100 backstroke  
8<sup>th</sup> 100 freestyle  
4<sup>th</sup> 200 backstroke  
3<sup>rd</sup> 400 freestyle  
7<sup>th</sup> 100 breaststroke  
5<sup>th</sup> 50 backstroke  
1<sup>st</sup> 320-359, 200 freestyle relay

### **State**

4<sup>th</sup> 100 backstroke  
6<sup>th</sup> 100 freestyle  
2<sup>nd</sup> 200 backstroke  
3<sup>rd</sup> 400 freestyle  
6<sup>th</sup> 100 breaststroke  
2<sup>nd</sup> 50 backstroke  
1<sup>st</sup> 320-359, 200 freestyle relay

## **Cecily Cooke 80-84**

### **Nationals**

5<sup>th</sup> 200 breaststroke  
7<sup>th</sup> 100 freestyle  
6<sup>th</sup> 50 freestyle  
6<sup>th</sup> 100 breaststroke  
1<sup>st</sup> 320-359, 200 freestyle relay

### **State**

4<sup>th</sup> 200 breaststroke  
5<sup>th</sup> 100 freestyle  
3<sup>rd</sup> 50 freestyle  
5<sup>th</sup> 100 breaststroke  
1<sup>st</sup> 320-359, 200 freestyle relay



## **Ann Todd 80-84**

### **Nationals**

3<sup>rd</sup> 200 breaststroke  
4<sup>th</sup> 100 backstroke  
3<sup>rd</sup> 100 freestyle  
3<sup>rd</sup> 200 backstroke  
2<sup>nd</sup> 50 freestyle  
3<sup>rd</sup> 100 breaststroke  
4<sup>th</sup> 50 backstroke  
4<sup>th</sup> 50 breaststroke  
5<sup>th</sup> 200 freestyle  
1<sup>st</sup> 320-359, 200 freestyle relay

### **State**

2<sup>nd</sup> 200 breaststroke  
3<sup>rd</sup> 100 backstroke  
2<sup>nd</sup> 100 freestyle  
3<sup>rd</sup> 200 backstroke  
1<sup>st</sup> 50 freestyle  
2<sup>nd</sup> 100 breaststroke  
3<sup>rd</sup> 50 breaststroke  
1<sup>st</sup> 320-359, 200 freestyle relay

## **Beres Hindman 75-79**

### **Nationals**

2<sup>nd</sup> 200 breaststroke  
6<sup>th</sup> 100 backstroke  
6<sup>th</sup> 200 backstroke  
7<sup>th</sup> 50 freestyle  
1<sup>st</sup> 100 breaststroke  
6<sup>th</sup> 50 backstroke  
2<sup>nd</sup> 50 breaststroke  
1<sup>st</sup> 320-359, 200 freestyle relay

### **State**

1<sup>st</sup> 200 breaststroke  
2<sup>nd</sup> 100 backstroke  
2<sup>nd</sup> 200 backstroke  
1<sup>st</sup> 100 breaststroke  
2<sup>nd</sup> 50 backstroke  
2<sup>nd</sup> 50 breaststroke

1<sup>st</sup> 320-359, 200 freestyle relay

## **Justin Maddock 25-29**

### **Nationals**

1<sup>st</sup> 800 freestyle  
1<sup>st</sup> 400 IM  
1<sup>st</sup> 200 IM  
1<sup>st</sup> 200 backstroke  
1<sup>st</sup> 200 butterfly  
2<sup>nd</sup> 200 freestyle  
2<sup>nd</sup> 400 freestyle  
3<sup>rd</sup> 100 backstroke  
3<sup>rd</sup> 100 butterfly  
3<sup>rd</sup> 50 freestyle  
4<sup>th</sup> 50 butterfly  
4<sup>th</sup> 50 backstroke

### **State**

1<sup>st</sup> 800 freestyle  
1<sup>st</sup> 400 IM  
1<sup>st</sup> 200 IM  
1<sup>st</sup> 200 backstroke  
1<sup>st</sup> 200 butterfly  
1<sup>st</sup> 200 freestyle  
1<sup>st</sup> 400 freestyle  
1<sup>st</sup> 100 backstroke  
1<sup>st</sup> 50 freestyle



National and State Champions for the 320+, 200m Freestyle Relay  
Dorothy Stevens, Cecily Cooke, Beres Hindman, Ann Todd

# National & State Championship Results 2009 Toowoomba Tadpole Members

## **Stephen Gray 40-44**

### **Nationals**

5<sup>th</sup> 400 IM  
5<sup>th</sup> 200 backstroke  
5<sup>th</sup> 200 butterfly  
6<sup>th</sup> 100 backstroke  
7<sup>th</sup> 100 butterfly  
8<sup>th</sup> 400 IM  
8<sup>th</sup> 200 breaststroke  
11<sup>th</sup> 100 freestyle  
11<sup>th</sup> 200 freestyle  
11<sup>th</sup> 50 backstroke  
12<sup>th</sup> 50 butterfly  
15<sup>th</sup> 100 breaststroke

### **State**

4<sup>th</sup> 200 IM  
1<sup>st</sup> 200 backstroke  
2<sup>nd</sup> 200 butterfly  
4<sup>th</sup> 100 butterfly  
1<sup>st</sup> 400 IM  
3<sup>rd</sup> 200 breaststroke

## **Peter McMonagle 60-64**

### **Nationals**

5<sup>th</sup> 50 Freestyle  
3<sup>rd</sup> 50 Breaststroke

### **State**

9<sup>th</sup> 50 Freestyle  
1<sup>st</sup> 50 Breaststroke

## **John Creedon 70-74**

### **Nationals**

8<sup>th</sup> 50 freestyle

### **State**

3<sup>rd</sup> 50 freestyle

## **Open Water Swims were National only**

## **Lou Hill 50-55**

1<sup>st</sup> 1.25km OWS

## **John Power 65-69**

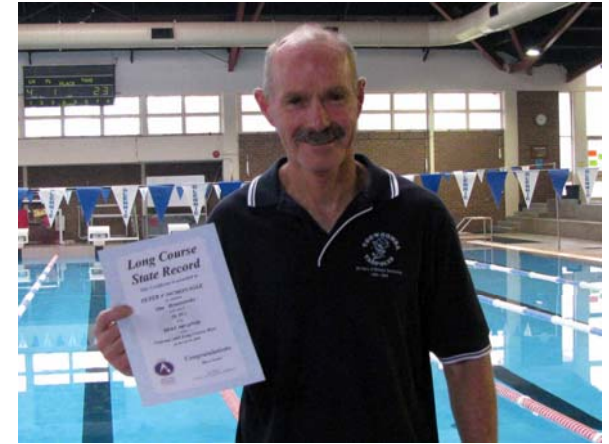
3<sup>rd</sup> 2.5km OWS

### **State Records**

Women 320-359, 200 Freestyle relay  
Dorothy Stevens, Cecily Cooke, Ann Todd  
and Beres Hindman

Men 60 -64 50 Breaststroke

Peter McMonagle



Peter McMonagle State Record 50m, 60-64



Back row: Justin Maddock, Lou Hill, Stephen Gray, John Creedon  
Front row: Dorothy Stevens, Cecily Cooke, Ann Todd. Peter McMonagle