

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

June /July 2009

The Presidents Pen

Our Swim Meet

If you weren't at the pool on the 12th of September you missed one of the biggest days on the Tadpoles calendar. The day saw swimmers doing personal bests, breaking state and national records and just having a bit of fun. It was a time for many old friends to catch up and make some new ones.

I was fortunate enough to chat with one of the grand gentlemen of the Masters Swimming, George Coronos. At a tender age of 91 he set 2 State and 2 National records on the day. His attitude and sportsmanship is something we and a lot of our sports stars of today could learn greatly from.

As president it was tremendous to see the attitude of our members on the day. Whether members were helping out on deck, marshalling, serving food or just greeting our visitors with a smile, it was all appreciated. There are too many people to thank individually for the day, so to all of you a huge thank you from me.

To our committee members well done, helping coordinate an event like this while still trying to lead a normal life (family, work etc) deserves a huge pat on the back. Congratulations to all of you.

To the businesses that supported us thank you, members please support these businesses so they will support us in the future. To the kind members who donated prizes to the raffles thank you. (I am still waiting to win something).

So for all who may have missed the day the results in the newsletter and of course there will always be next year.

Melbourne Cup

On Sunday, November 1st we will be having a BBQ breakfast. There will be sweeps available and will be drawn on the day ready for the Cup on Tuesday. Reminders about the morning will sent out.

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

In this issue

- 2 Safety Matters, Coach's Corner.**
- 3 The Registrars' Ramblings.**
- 4 Aerobics, Up coming Swim Meets, Tadpole Shop**
- 5 Membership Fees 2010, Swim Meet Results.**
- 6 Swim Meet records and our sponsors.**
- 8 Date claimer, BBQ Notice.**

Safety Matters

Bronze Medallion Course

On the 18th of October there will be a Bronze Medallion Course held. This course is free to members, we only asked you to stand on deck approx once a month. There are limited positions left for this so if you are interested please contact Ashley or Lou.

New Members

We are fortunate to have a number of new members joining and a number of prospective members swimming at this time. It is important to follow the person on deck or senior members request to swim in a suitable lane. Swimming with people of your own capabilities will be a lot more satisfying. Below are some guidelines for training. If in doubt ask, our senior members will be only too happy to help.

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.**



Coach's Corner

Coach Matt's word of the month: Freestyle

Freestyle is commonly regarded as one of the easiest strokes to learn, and most people at Toowoomba Tadpoles can swim freestyle competently. There are however plenty of ways to improve your freestyle by optimising your technique. Freestyle kick is a good starting point for novice swimmers as it can be carried out with flippers and kickboard. The kick in freestyle is not only important for propulsion but also assists with body balance through the water – particularly when rotating your shoulders. When kicking it is important that your feet stay under the water (kicking air isn't going to get you anywhere!), and that you allow the joints in your hips, knees and ankles to move slightly during the kicking action. A good rule of thumb for the speed of the kick is two kicks per arm stroke (2-beat kick) during training and six kicks per arm stroke (6-beat kick) when racing.

The arms in freestyle are generally where most of the propulsion is generated, so it is important that technique is optimised to ensure maximum efficiency and speed. It is important to remember that your arm should put force against the water the entire time it is below the surface. I see a lot of swimmers become lazy and let their elbow drop after it enters into the water. By doing this the only propulsion comes from the back end of the stroke. To prevent this it is important to keep your elbow high in the water at the front of the stroke to keep your hand pushing against the water. The other major point to remember with freestyle arms is to keep each stroke as long as possible. This is best achieved by rolling your shoulders and stretching out as far in front and behind as you can when completing the stroke.

Finally, it is important to keep a constant rhythm while swimming freestyle. A simple method of checking this is to count how many arms you take to swim a lap of the pool (the lower the better). Ideally this stroke count should remain constant throughout a training session, though it is likely that the count will increase

towards the end of a session as you become worn out and efficiency decreases. If you find that your stroke count is varying considerably from lap to lap, it is likely that you are not maintaining a constant rhythm, and this is something that should be worked on.

By keeping these tips in mind you will be able to optimise your stroke and swim faster and more efficiently than ever. Until next month, happy swimming!

Dryland Session

The last Sunday of each month, Matt will be having a gym session between 7:00am and 7:30 am before the Sunday morning swim. Most of the exercises Matt shows are ones you can continue doing at home on a regular basis.

Sundays October 25th and November 29th are the days you can pencil in some different exercises.

The Registrars' Ramblings

While young Bill is on holidays I will hold down the Registrars duties.

Membership Fees

The fee structure for next year is at the end of the newsletter. For those of you renewing your membership and want to compete at carnivals early next year please ensure you have reregistered in early December. To all current members it would be appreciated to renew as early as possible before the holiday season is upon us. (Christmas is not that far away!!)

But on a lighter side.....

Due to the shortened last newsletter, August through to November babies have been included, hope I didn't miss anyone.

August Babies

Cecily Cooke 4th
Phil Fletcher 17th

Paul O'Gorman 5th
Marcus Ford 24th

Ray Smythe 6th

Mal McCartney 7th

September Babies

Des McGovern 15th
Vanessa Welke 26th

Paula De Keyzer 19th
Wayne Carlish 28th

Bryan Glesson 20th
Paula Tresize 29th

Stephen Mina 21st



October Babies

Judy Rowen 7th
Mona Baker 31st

Justin Maddock 19th

Jill Davidson 28th

Grahame O'Brien 29th

November Babies

Margaret Stewart 1st
Fiona Brown 6th
Leah Harrison 17th

Peggy Turner 2nd
Donna Aston 6th
Carly Hendy 21st

Dorothy Stevens 3rd
Peter McMonagle 7th
Ashley Welke 23rd

Suzanne Smith 5th
Lionel Scotney 15th

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

Bill and Lou

PS Is the rumour true the **Club Captain** is the big **60** this birthday, doesn't look a day older than.....

Wedding Bells



On the 28th of November our Treasurer, Vanessa Welke will be tying the knot with Todd O'Sullivan. From all of us at the club we wish all the best for your future and hope you have a great day. I am sure someone will have photos of the blushing bride for the next newsletter.

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.



Upcoming Swim Meets

OCTOBER					
1-30	Caboorture & District		29	POSTAL	Sunshine Flyer Sheet
4	Maryborough	SC		Maryborough Aquatic Centre	Sunshine Flyer
10-18	World Masters Games			Sydney NSW	
Cancelled	Twin Towns	LC	30	Oasis Pool, Banora Point	South
24	Atherton	LC	31	Atherton Pool	North Flyer
31	Gladstone Gropers	SC	32	John Dahl Pool	Central Flyer
NOVEMBER					
7	Townsville Masters	SC	34	Kirwin High School	North
7	Redlands Bayside	LC	33	Cleveland Aquatic Centre	South Flyer Meet Manager
21	Brisbane Southside	LC	35	Brisbane Aquatic Centre	Sunshine Flyer Summary
Cancelled	Innisfail Stingers	SC	36	Innisfail High School	North
28	North Mackay Sinkers	LC	37	Mackay Memorial Pool	Central

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?

If you would like one please contact Lou.
Phone 0427966872

Email: louie.jo@gmail.com

Or see me at the pool.

Committee Contacts

Pres.: Louie Hill 0427 966872

Sec.: Stephen Gray 4639 5665

Reg.: Bill Waterhouse 4639 2434

Club Capt: Peter McMonagle

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MEMBERSHIP FEES 2010

REGISTRATION DATE	NATIONAL	BRANCH	CLUB	TOTAL
4 Month Registration Join from 01/09/2009 to 31/12/2009	\$17.00	\$18.00	\$12.00	\$47.00
16 Month Registration Join from 01/09/09 to 31/12/2010 - New Member	\$43.00	\$40.00	\$14.00	\$97.00
16 Month Registration Join from 01/09/09 to 31/12/2010 - Health Care Card Holder	\$43.00	\$33.00	\$6.00	\$82.00
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

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



Results Toowoomba Tadpoles Swim Meet 2009

Toowoomba Tadpole Swimmers Results

Girls

Leah Harrison (25-29) 1st
Vanessa Welke (25-29) 3rd

Paula Trezise (35-39) 3rd
Karen Catlow (35-39) 4th

Lyn Robinson (50-54) 1st

Barbara Lawes (65-69) 6th

Beres Hindman (75-79) 1st

Ann Todd (80-84) 1st
Dorothy Stevens (80-84) 2nd
Beryl Thomas (80-84) 3rd

Boys

Justin Maddock (25-29) 1st

Stephen Gray (40-44) 1st
Alan Montgomery (40-44) 3rd

Wayne Carlish (45-49) 3rd

Lou Hill (50-54) 3rd
Des McGovern (50-54) 4th
Bill Waterhouse (50-54) 6th

Peter McMonagle (60-64) 1st

Bob Edwards (65-69) 3rd
John Power (65-69) 5th

Barry Anstey (70-74) 1st

Dick Bianchi (80-84) 3rd

A number of State and National records were broken these are listed below. Also the all important sponsors logos and information are included.

Jen Thomasson (65-69) - Brisbane Southside

50 Fly - State Record
100 Breast - State & National Record
50 Breast - State & National Record
25 Free - State Record

Ian Robinson (45-49) - Noosa Challengers

25 Back - State Record

Paul Drewe (55-59) - Nudgee Brothers

25 Back - State & National Record
25 Free - State Record

Clive Robinson (55-59) - Miami Masters

100 Back - State & National Record

George Coronas (90-95) Twin Towns

50 Free - State & National Record
25 Free - State & National Record

Peter McMonagle (60-64) Toowoomba Tadpoles

100 Breast - State Record
50 Breast - State Record
25 Breast - State & National Record

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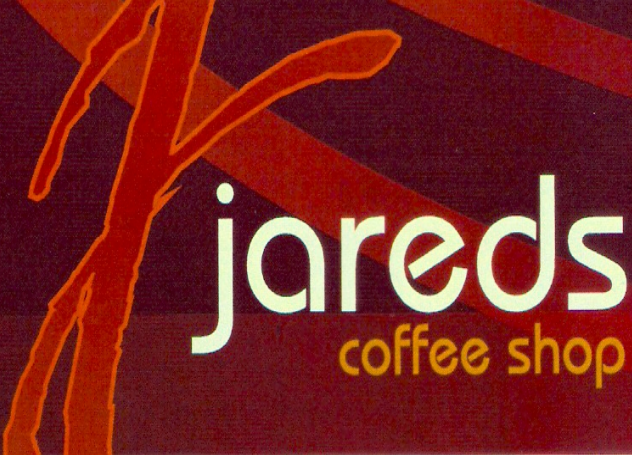
Bob & Alison Coutts

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COLIN MACKAY THE GOOD GUYS

TOOWOOMBA 900 RUTHVEN STREET TOOWOOMBA **07 4636 7200**



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coffee shop

ph: 46348 145

shop 38
clifford gardens shopping centre
james street, toowoomba



Fiona's Natural Beauty Clinic

Clifford Gardens Ph (07) 4634 9177



iamaicablue
Grand Central

Sunday 1st November

Time: 8:30am

Free BBQ Breakfast

Menu

Steak, sausages, bacon and eggs

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

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

Melbourne Cup Sweeps Drawn.

\$1 and \$2 sweeps.

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