

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

April /May 2010

## The President's Pen

Firstly, thank you for allowing me the privilege of being President this year. A huge thank you to Lou Hill for the terrific job he has done as President over the last two years. The effort Lou has put in is commended and the results speak for themselves. I also thank the past committee members for their work during the last year.

Congratulations also to the newly elected committee. It is pleasing to have a number of first timers on this year's committee.

During the past two years membership has grown significantly. At the recent State Swim Meet our Club was presented the Registrar of the year award. Welcome to all members who have joined over recent times. I hope you are enjoying the fun, fitness and friendship (and the swimming). Congratulations to Bill, please keep welcoming our new members.

Again, I wish to thank everyone for their support in the Swim-a-thon to raise funds for the Hospice. The final count was just over \$23,000. A tremendous effort! Not only did we adopt rooms, the Hospice was also able to purchase some much needed medical equipment. At the AGM the club resolved to make the Toowoomba Hospice our charitable organisation for 2010 (includes 2011 up to our next AGM). Planning has started for the next swim-a-thon, which we hope will be bigger and better than this year, so please mark 22 January 2011 in your diaries.

Thank you to Sue and Mona who helped sort pies for our pie drive. We raised \$148 toward the matting for the pool deck.

Finally, a reminder there is no swimming on Easter Sunday, but all other sessions are as normal. Please have a safe and enjoyable Easter.

Stephen Gray



27 Years of Masters Swimming  
1983 - 2010

### Glennie Pool Session Times

Monday 6:30pm – 7:30pm

Wednesday 6:30pm – 7:30pm

Thursday 6:30pm – 7:30pm

Sunday 7:30am – 8:30am

No session Easter Sunday 4 April

### Highfields Aquatic Session Time

Tuesday 6:00pm – 7:00pm

Last Highfields session for summer 30//03/2010

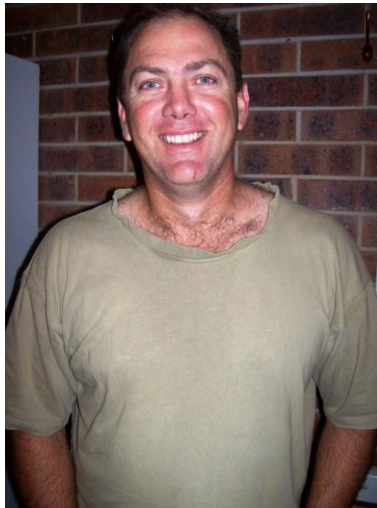
### In this issue:

- 2 Introducing the new committee
- 4 Swimmer of the Year 2009  
Registrars' Ramblings
- 5 Safety Matters  
Swimming Improvement Tips  
Results of 2010 Qld Masters in Cairns
- 6 Upcoming swim meets  
Editor's Addition
- 7 Easter jokes  
Tadpole Shop
- 8 Committee Contacts

# Introducing the new Committee



President: Stephen Gray



Vice President: Stephen Mina



Secretary: Marien Stark



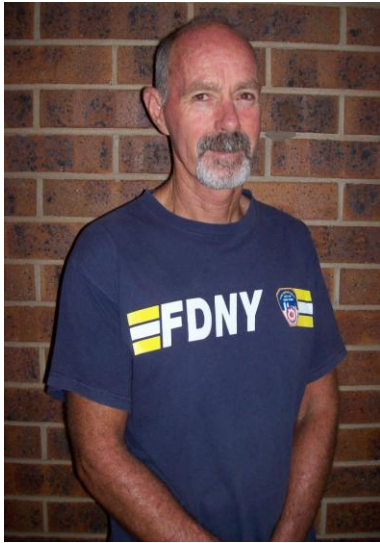
Assistant Secretary:  
Paula De Keyzer



Treasurer: Vanessa O'Sullivan



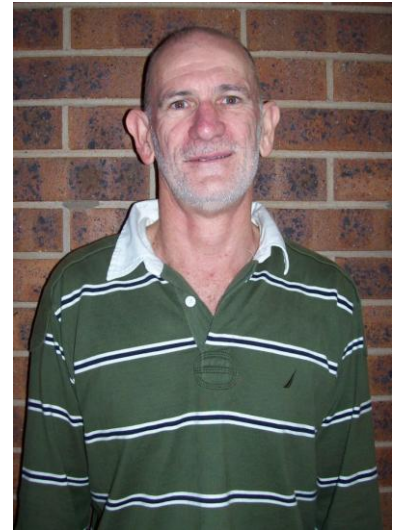
Assistant Treasurer:  
Justin Maddock



Club Captain:  
Peter McMonagle



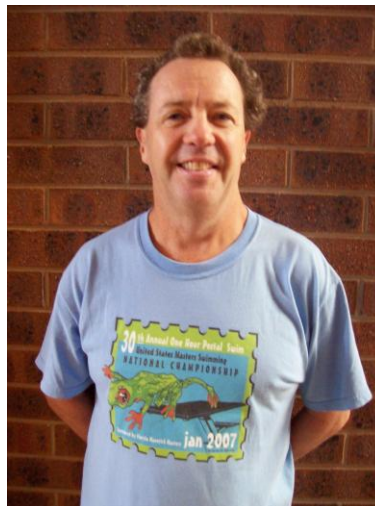
Vice Club Captain:  
Wayne Carlish



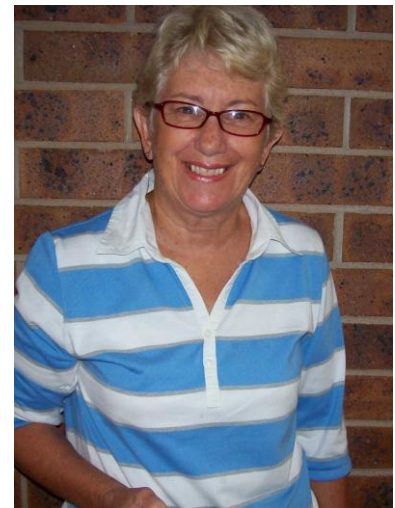
Registrar and Deck  
Coordinator:  
Bill Waterhouse



Aerobic Coordinator:  
Lionel Scotney



Recorder: Lou Hill



Social Director: Rosalie Lutvey



Newsletter Editor: Sue Walker



Assistant Newsletter Editor:  
Mona Baker



Brad Curtis  
Safety Officer:

# Swimmer of the Year 2009

This year again there was a number of contenders for this honour. Some of the outstanding efforts were the all of the swimmers in the inaugural Dr Bill Beattie Swim-a-thon.

The efforts of Beryl Thomas at the Australian Masters Games in swimming and indoor rowing were outstanding.

The outstanding results of all the swimmers that attended the State and National championships in Brisbane these swimmers need to take a bow.

And the great results the club had at our own swim meet.

But...

As president, my interest is in the club, so this year I have decided to present the award to a member who has helped out throughout the year as dedicated swimmer, a long time committee person and someone who is willing to help when asked.

His swimming achievements for the year included two state records for the one hour breaststroke and half hour breast stroke in his age group in the aerobics arena. A very creditable result in the US Masters one hour swim. He has also contributed to the club through committee as Safety Officer initiating

measures to ensure the safety of all members.



**2009 Toowoomba Tadpoles  
Swimmer of the Year –  
Ashley Welke**

## The Registrars' Ramblings

Happy birthday to all the following Tadpoles.

### April Birthdays:

Dick Bianchi 4<sup>th</sup>  
Malcolm Stevens 15<sup>th</sup>

Phil Muller 12<sup>th</sup>  
Renee McClelland 19<sup>th</sup>

Beres Hindman 14<sup>th</sup>  
Judy Wilson 23<sup>rd</sup>

### May Birthdays:

Brad Curtis 4<sup>th</sup>  
Ian Plant 6<sup>th</sup>

Geoff Faulks 5<sup>th</sup>  
Alan Jones 14<sup>th</sup>

Marien Stark 5<sup>th</sup>  
Ann Todd 30<sup>th</sup>

Bernie Bianchi 6<sup>th</sup>  
Brian Shackleton 31<sup>st</sup>

The club currently has 90 financial members.

Until the next edition  
Bill Waterhouse



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## Safety Matters

Thanks to Brad Curtis for accepting the position of safety Officer for 2010.

Also, thank you to Linda Gray for co-ordinating the recent "Pie Drive" which raised \$148 towards the pool deck matting.

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## Swimming Improvement Tips

From Matt Torr

**Butterfly** is commonly regarded as the most difficult swimming stroke to master, and it is this reputation that causes many swimmers to be reluctant to have a try. Despite this there are several butterfly drills and exercises that are of great benefit to new or struggling swimmers. The best starting point with butterfly is kicking, preferably with flippers. Most swimmers when attempting butterfly kick for the first time tend to kick from their knees, however the proper technique utilises an undulating hip action to drive the body forward.

Start in the water in a prone (front) position with a kickboard and flippers, then use your move your hips up and down in the water while relaxing your knees and ankles and using minimal leg muscle. As you get into a rhythm gradually increase the amount of leg muscle input while maintaining the hip action. This will allow you to quickly gain momentum through the water. This exercise is particularly good for the abdominal muscles as these are the muscles that do most of the work. More advanced swimmers should concentrate on keeping their core tight and ensuring that they are kicking in both directions (both up and down).

Successfully using arms in butterfly is more difficult and requires substantial upper body strength. When first attempting the full stroke, simply trying one butterfly arm each lap will help your body adapt to the new movement. For some of the more advanced swimmers doing a simple 3 right arm, 3 left arm, 3 both arm drill will be useful in gaining the strength and technique required of the stroke. The most important thing to remember is to kick as your arms come out of the water as this will reduce the amount of effort required of your upper body.

Mastering butterfly may seem like a daunting task, however by starting slow and gradually building up to the full stroke, you will find that butterfly is an enjoyable and rewarding stroke suitable for swimmers of all levels.

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## Results of 2010 Qld Masters:

### Short course meet in Cairns March 12-14

**Beres Hindman** had 6 swims to achieve 6 Gold in Backstroke 100m, 200m, 400m and Breaststroke 25m, 100m, 200m. An excellent effort!

**Rosalie Lutvey** swam well to achieve 2<sup>nd</sup> in 400m Free, 3<sup>rd</sup> in 200m Free, 2<sup>nd</sup> in 100m Backstroke, 3<sup>rd</sup> in 400m Backstroke, 1<sup>st</sup> in 200m Butterfly and 2<sup>nd</sup> in 100m Butter fly.

The ladies reported a wonderful time and sponsors RYDGES RESORT was a wonderful place to stay with top quality food.

The ladies also accepted the Registrar's Award for the club who has the greatest increase in numbers.

This was then presented to Tadpoles Registrar Bill Waterhouse at training the following Sunday morning.

Well done Ladies and Bill.



# Upcoming Swim Meets

## APRIL

3	Tully	LC	10 Tully Memorial Pool	North			
7-10	National Championships		Launceston, Tasmania		<a href="#">Web Site</a>	<a href="#">Entry</a>	
17	Whitsundays	SC	11 Proserpine Memorial Pool	North	<a href="#">Flyer</a>	<a href="#">Entry</a>	<a href="#">Summary Sheet</a>

## MAY

1	Albany Creek	SC	12 Albany Creek Leisure Centre	Sunshine	<a href="#">Flyer</a>	<a href="#">Postal Forms</a>	
15	Noosa Challengers	LC	13 Noosa Aquatic Centre	Sunshine			
22	Cairns Sea Eagle	SC	14 Trinity Aquatic Centre	North			

## JUNE

1-31	Sunshine Coast	POSTAL 15		Sunshine			
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Please see the Club Captain if you are interested in going to any of these events.

This is a link to the Qld Masters swim meet calendar.

[http://qldmastersswimming.org.au/index.php?option=com\\_content&view=article&id=108&Itemid=69](http://qldmastersswimming.org.au/index.php?option=com_content&view=article&id=108&Itemid=69)



## Editor's addition

If you suffer from muscle cramps, here are a few tips I found on the net:

- Stay hydrated, especially if the weather is warm.
- Warm up and stretch before exercising, making sure to stretch your sides and legs
- Make sure there is enough potassium in your diet. Bananas and orange juice are among the good sources of potassium.
- Choose cooler times of day to exercise.
- Avoid exercising, especially swimming, for an hour or so after eating.
- Breathe deeply and evenly while exercising.
- For shin splints, ice the area. Take a painkiller like acetaminophen or ibuprofen. Take a couple of weeks off from high-impact exercise, then get back into exercising gradually.
- Eat Bananas before you exercise, the potassium will keep you from cramping up.

## Warnings

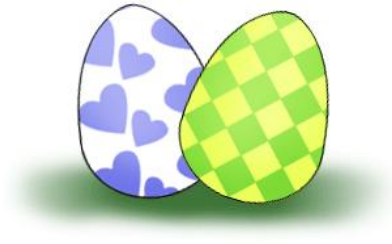
- Cramps in water can be dangerous. If you do have a cramp in water, swim gently to the edge of the water and, if possible, get out. Try to stay warm. While avoiding swimming for an hour after eating is traditionally a way to avoid cramps, it really only applies to especially heavy meals and the timing varies from person to person. There is some risk of cramps from the fact that blood is shunted to the digestive system after a meal, this only marginally increases the chance of a cramp.

[www.HighTechHealth.com.au](http://www.HighTechHealth.com.au)

# Easter jokes

## The Rules of Chocolate

Chocolate is a health food. Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived either from sugar beets or cane, both vegetables. And, of course, the milk/cream is dairy. So eat more chocolate to meet the dietary requirements for daily vegetable and dairy intake. Chocolate has many preservatives. Preservatives make you look younger.



**Diet tip:** Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less!



# Tadpole Shop



Shirts, caps and water bottles are available. Most sizes in the shirts are still available. Shirts are \$20 and the cap and water bottle are available for \$8 to members.

If you would like any merchandise please contact Stephen Gray

Phone 4639 5665

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

Or see him at the pool.

## **Age to join Masters**

The age to join Masters has been altered from 20 to 18 years now, so please encourage any new young adults that may be interested in joining.



## **Committee contacts**

**Pres.:** Stephen Gray 4639 5665

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

**Sec:** Marien Stark 4696 8812

[info@ToowoombaTadpoles.org.au](mailto:info@ToowoombaTadpoles.org.au)

**Reg.:** Bill Waterhouse 4639 2434

**Club Capt:** Peter McMonagle

**Newsletter Editors:** Sue Walker 4638 3572 and Mona Baker 4637 0712

**Social Director:** Rosalie Lutvey

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