

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

August - September 2010

## The President's Pen

The year seems to be going by very quickly, and our swim meet is approaching just as quickly. Many of our newer members may not have attended a swim meet before, and the thought of swimming in a race can be a bit daunting. But it is a terrific challenge, and achievement to finish. So now is a good time to start planning what you will swim in our meet. You can swim up to five events, from 25m to 100m. If you have any questions about the meet, please ask our Meet Director, Paula De Keyzer, Club Captain, Peter McMonagle, or myself. In the next few weeks we will also be looking for volunteers to help out at the swim meet (11 September), so please look out for the roster.

Talking of swim meets, good luck to our girls who have headed off to Sweden for the 2010 World Masters Swimming Championships. Not only is swimming a great way to stay fit, it is also a great reason for travelling. Some of our swimmers manage to attend meets at all the best places in the world. Judging by the nominated times it looks like there will be some close finishes.

You may have noticed that the showers have been a bit on the cool side lately. Two of the four, 17 year old heaters, had finally had enough. The good news is there will be new gas hot water heaters installed shortly. In the mean time it is appreciated if you could keep your showers as short as possible. Pool management have also advised that more matting has been ordered for around the pool deck, which should be in place before our swim meet.

During the month I attended a presentation at the Toowoomba Hospice. The Hospice thanked the many organisations that supported their Adopt-a-Room program over the last year. I had the great privilege of accepting a certificate of appreciation on behalf of our club.

Stephen Gray  
President



**27 Years of Masters Swimming  
1983 - 2010**

### 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>

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## Timekeeper Training

Ray Smythe conducted a timekeeper training session on Sunday 20 June. 8 participants learned the theory and practical techniques involved in correct timekeeping. To complete the qualification, participants need to be supervised when they perform a range of tasks at a swim meet. Thanks Ray for your time and well run training.



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## Mini-meet

We will be holding a mini-meet on Monday night, **30 August**. We need to test the touch pads and make sure the meet manager program is working, so we thought we would give all our swimmers a bit of race practice, or a last opportunity to work out a nomination time. Normal training will be available for those who wish to swim as usual.

## Swimming Tip of the Month:

Try to maintain good swimming habits and technique when training. During training, when pushing off the wall at the start of a length or after making a turn, always try to get maximum distance underwater and streamline as much as possible (I know, easier said than done). A great distance to aim for is to come up at about 5m or about where the flags are. This applies for all strokes. Not only does this save you a couple of metres of swimming, it will also help with your aerobic ability while swimming.

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## Aerobics

This month has been a little slow due to the cold weather and attendances down. Our swimmers only managed 4400m so far this month. Wednesday night sees all the diehards lining up to see how much all their training has improved their times. It's amazing what a little extra training will do to improve your fitness. Aerobics timing gives you a good indication on how much you improve through regular exercise. It is very rewarding to see your improvement. It makes training worthwhile. You don't have to be in the top groups, only be able to swim 400 metres. We are very patient so it doesn't matter how long you take. Our youngest member, Lauren Carlish has been pushing us to do better times. If you want to have a 'crack' at it, please see me, or our resident timekeeper Alison. A big thank you to Alison for coming each week just to time us.

'Till next time.

Lionel



Lou is currently travelling OS with his wife, Jenny. We hope he is having a great time and has lots of stories to share when he returns.

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## Hospice Thank you

Stephen Gray, and Alison Beattie were photographed at the Hospice with Mark Munro and Graham Barron where they were thanked on behalf of Toowoomba Tadpoles for supporting the 'Adopt a Room' program.



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## The Registrars' Ramblings

Birthdays for August & September



### August

Cecily Cooke 4<sup>th</sup> Paul O'Gorman 5<sup>th</sup> Ray Smythe 6<sup>th</sup> Jason Ronan 10<sup>th</sup>  
Kathy Jenkins 11<sup>th</sup> Phil Flether 17<sup>th</sup> Hanna Wassenaar 21<sup>th</sup> Marcus Ford 24<sup>th</sup>  
Kylie Ladner 28<sup>th</sup> Kathy Haenke 29<sup>th</sup>

### September

Lyn Robinson 5<sup>th</sup> Lisa Brown 6<sup>th</sup> Des McGovern 15<sup>th</sup>  
Paula De Keyzer 19<sup>th</sup> Stephen Mina 21<sup>st</sup> Vanessa O'Sullivan 26<sup>th</sup>  
Wayne Carlish 28<sup>th</sup> Paula Trezise 29<sup>th</sup>

Welcome to our new member Kylie Ladner.

Currently we have 95 members.

Until the next edition

Bill Waterhouse

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## Social snippets



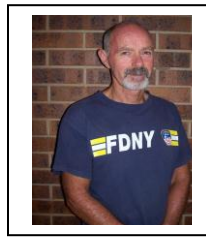
### Progressive Dinner

The Progressive Dinner planned for June has been postponed until 16 October. It will be Anne's for drinks and nibbles, Rosalie's for main courses and Debbie's for dessert and beverages. Starting time is 5pm and cost is \$20 per person (BYO spirits). Please give your name and money to the Treasurer by the end of September.

Regards

Rosalie

## The Captain's Report



Finally a report from the Club Captain know it's all about time when you're TO BE ENOUGH OF IT" so here goes.

and about time some might say, but you retired " THERE JUST DOESN'T SEEM

Winter is a great time to get fit for summer and there have been some brave Tadpoles working hard in the dark months to achieve just that, especially the three intrepid members about to take on the World Masters Titles in Sweden this month. Our best wishes go with Ann Todd, Beres Hindman and Rosalie Lutvey as they tackle the Olympics of competition within our sport. Good luck ladies; may you have a fantastic trip and safe return to us. It seems to be the time for overseas travel with Lou Hill, Ashley Welke, and newsletter editor Sue Walker, just to name a few, flying all over the place. God speed folks and a safe return to you also.

It's fantastic to see some of our senior members who haven't been blessed with the best of health recently back in the pool and if not, then back on pool deck. I speak of founding president Malcolm Stevens and stalwart member Brian Luxton and a happy birthday Brian for the 30<sup>th</sup> June, welcome back fellows. A special happy birthday to Beryl Thomas for the 15<sup>th</sup> July. News is that Beryl has now moved into supported accommodation in Brisbane but I'm sure she will remain a staunch tadpole supporter wherever she resides.

Those who have braved the waters over the winter spell will be very thankful to Glennie Aquatic staff for the 27-29 degree temperatures in the pool, seems the new heaters have worked a treat. Now the shower hot water systems have had a hissy fit and went on strike, a rude awakening one morning for, how should I put it, "young lady with a slight Scottish brogue", all lathered up to discover no hot water... mmmm!!! Not much fun hey Alison. Glad it was you though! Showers are now working again.

A small group of tadpoles ventured to the Nanango carnival on the 24th July and had a great day as usual, some of us swum PB's and some did not - but that's competition I guess. Well done Rosalie, Barb, and Steve... oh, and yours truly had a swim too.

Toowoomba Tadpoles Carnival is quickly coming up so all members should be in training for their favourite event. I wish to encourage all members to have a go at our carnival even if it's just to see how you go against the clock. If you don't want to compete then come along and assist with the 101 jobs and join in the fun of supporting your club. If you haven't competed before and need help in nominating for events please talk to myself, President Steve Gray or any senior member and we will help get you started. We look forward to seeing you there.

There I go rambling on too long, so see you in the pool.

Captain Pete.

Ray Smythe (in white) at the recent Nanango Swim meet.



# Toowoomba Swim Meet

Thanks to Paula de Keyzer for volunteering to be our swim meet director for 2010. Paula has experience organising many functions and is being guided by Stephen Gray to run our swim meet. Volunteers are needed for a range of tasks before and on the day. We need **timekeepers, food for the stall, prizes for the raffles and many other jobs**. Please offer some of your time to help make it a success. There will be a "volunteer" sheet for assistance beside the sign on book so that you can advise us of your help.

There is a sponsor letter template that can be personalised for you if you can let Paula know the details when asking for sponsorship. You can contact Paula by phone (details at the end of newsletter) or see her on Sunday mornings at training.

- See the program on the last page

## Upcoming Swim Meets

### AUGUST

14	Rum City	SC	31	Bundaberg Swim Academy	Sunshine	<a href="#">Flyer</a>		
21	Brisbane Northside	SC				<a href="#">Program</a>		
SEPTEMBER								
1-31	Aqua Jets	POSTAL	19		South	<a href="#">Flyer &amp; Entry Form</a>		
11	Toowoomba Tadpoles	SC	20	Glennie Aquatic Centre	Sunshine	<a href="#">Flyer</a>	<a href="#">Summary Sheet</a>	<a href="#">Meet Manager</a>
25	Redlands Bayhside	LC	21	Cleveland Aquatic Centre	South	<a href="#">Flyer</a>		
OCTOBER								
3	Maryborough	SC	22	Maryborough Aquatic Centre	Central	<a href="#">Entry Form</a>	<a href="#">Program</a>	
16	(Twin Towns Deleted)							
23	Atherton Mountaineers	LC	24	Atherton Pool	North			
23	Gladstone Gropers	SC	25	John Dahl Pool	Central			
30	(BNE Southside Deleted)		26					
NOVEMBER								
6	Cairns Mudcrabs	LC	27	Woree Pool	North			
11-13	Pan Pacific Games	LC	28	Miami Pool	South			
14	State Open Water		29	TBA				
27	North Mackay Sinkers	SC	30	Mackay North State High School Pool	Central			

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)



## Top Award

Congratulations to Stephen Gray for being the Top Male Point Scorer. Stephen is shown here being presented with his award by Pete McMonagle.

Stephen is a real achiever both in and out of the pool. Well done Stephen!



## Bronze training

Those who would like to update their Bronze Medallion qualification can do so Sunday 1 August from 9am. It is a requirement that each AUSSI session at the Glennie Pool has a person on deck with this qualification. If you can't make it to this one, there will be another in November. Just let Stephen Gray know if you are interested.

## Swim clinics

These have been a good opportunity in the past months for swimmers to receive instruction in specific techniques. We are having a break from these in the cooler months but hope to recommence again soon. Watch this space!

## 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. You may be redirected by the person on deck duty.
- Push off underwater. This will reduce the waves encountered by oncoming swimmers.

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

## Editor's addition

Just wishing everyone well for the swim meet. I'll be overseas for 6 weeks and will actually be in Paris on the day of the meet. Oh well...someone has to do it. My trusty assistant Mona will be producing the next newsletter, so please let her know if there is anything to include. No doubt there will be lots of stories to catch up on (after training of course!)

Regards Sue



## 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.

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## Committee contacts

**Pres.:** Stephen Gray 4639 5665

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

**Sec:** Marien Stark 0448 474 568

[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

**Swim meet director:** Paula de Keyzer 4637 0637 or mobile 0402 159 512

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

www.ToowoombaTadpoles.org.au

# TOOWOOMBA TADPOLES

**WELCOME YOU TO OUR SHORT COURSE SPRING FLING SWIM**

All AUSSI Members are invited to participate in the Swim Meet to be held on

**Saturday, 11 September 2010**

**At The Glennie Aquatic Centre, Vacy Street,  
Toowoomba  
(Heated indoor pool)**

**Warm Up: 11:30am Swim Meet Start: 12 Noon**

All entries and enquiries to - Meet Director

Toowoomba Masters AUSSI Inc

P O Box 917, Toowoomba, Q 4350

Ph (07) 4639 5665

Info@ToowoombaTadpoles.org.au

**Closing Date** : Nominations, Summary Sheets and Money are to be received

by the Meet Director by **Friday, 27 August 2010.**

**Fees** : Swim Only \$22.00 (Cheques payable to "Toowoomba Masters AUSSI"). The swim fee includes pool entry and after swim nibbles and drink.

Preference is for nominations to be entered electronically (to be emailed direct

to the Meet Director, Info@ToowoombaTadpoles.org.au), or alternatively individual entries to be completed on pink/blue cards to be

sent to Meet Director.

By nominating to participate in this swim meet, all swimmers thereby authorise the

Meet Director to take whatever action is deemed necessary in the event of an

emergency, and accept responsibility for any and all costs arising from such action.

**Sanction # Q 20/10**

## PROGRAM OF SWIM EVENTS

Event 1. 100m Medley Short Break

Event 2. 50m Freestyle Event 8. 50m Backstroke

Event 3. 25m Butterfly Event 9. 25m Breaststroke

Event 4. 100m Backstroke Event 10. 100m Freestyle

Event 5. 50m Breaststroke Event 11. 50m Butterfly

Event 6. 25m Freestyle Event 12. 25m Backstroke

Event 7. 100m Butterfly Event 13. 100m Breaststroke

### **14. Spring Fling - Dash for Cash – First Prize \$100**

A handicapped Dash for Cash relay event will be held following Event 13. Paired swimmers (one female, one male) will be chosen at random from Event 2, and handicapped based on times swum for Event 2. The \$100 prize

will be shared by the winners.

Competitors may nominate for a maximum of five (5) individual events (excluding Dash for Cash).

**Medical Support:** St. John Ambulance will be in attendance.

**Timekeeping** : Electronic Timing will be used for all events with the exception of 25m events. Could each club please provide timekeepers and watches. Lanes will be allocated.

**Point Scoring:** Individual Events - 10, 9, 8... 2, 1 basis

**Presentations:** Will be from 4.30pm – At the Gladstone Hotel,

526 Ruthven Street, Toowoomba.

Competitors will receive a complimentary drink