

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

December 2010-January 2011

The President's Pen

Welcome to all our new members and visitors that have joined us in the last couple of months. Our numbers are growing and I hope everyone is enjoying their swimming and feeling a bit fitter. We have had a good year of fitness, friendship and fun. Congratulations to our swimmers that competed at the Pan Pacific Masters Games on the Gold Coast. It is good to see some Pan Pacific records by some of our members.

Thank you to Rosalie for organising and hosting the progressive dinner. Thank you also to your co-hosts Ann and Cecily and all those that prepared meals. A good night was had by all and the money raised will go the Toowoomba Hospice.

We will be holding another stroke correction class on Saturday 4 December from 2pm to 3pm. Previous classes have only had a small number of attendees, which means some great coaching and tips for the participants

Our Christmas breakup and traditional water polo game (be sure to play fair) and BBQ breakfast will be on Sunday 5 December. Our last swim for 2010 will be 23 December, and for those wanting to get an early fitness regime going in the new year, we will be back on Sunday, 2 January.

A final reminder: The Toowoomba Swim for Hospice will be held on 22 January. If you are interested in swimming in the swim-a-thon we still have some spaces available. Please fill out a nomination form so you can be issued with a sponsorship form and receipt book. Friends and family are also invited to swim, support you on the day or volunteer to assist. We also need lots of helpers counting laps, working on the food stall and helping out on the day. To finish the day off we have a swim relay challenge. This will be a big event with two sections: an open section and a closest to the nominated time section, with cash prize money. We are also running a multi draw raffle which has some great prizes. Please help Marien out by assisting with selling tickets when and where you can. We have a spot in Grand Central from 17 January to 22 January to sell tickets and will be looking for sellers.

If I don't see you before Christmas, I wish you and your family a safe and very Merry Christmas, and look forward to seeing you back in the pool in the new year.

Stephen Gray
President



<http://www.toowoombatadpoles.org.au>

28 Years of Masters Swimming 1983 - 2011

Glennie Pool Session Times

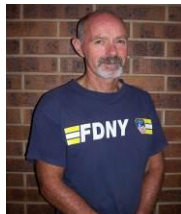
Monday	6:30pm – 7:30pm
Wednesday	6:30pm – 7:30pm
Thursday	6:30pm – 7:30pm
Sunday	7:30am – 8:30am

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The Captain's Report



Well summer is supposed to be here but it's a little shy as we haven't seen too many hot days to speak of. However, attendances at training sessions are excellent so well done everyone, keep up the good work.

Congratulations to the Tadpoles who attended the recent Pan Pac Games on the Gold Coast, many medals returned to our club and some stories so everyone obviously had a ball.

Congratulations to one of our quiet achievers from group three, Shane Baker has recently returned from the World Life Saving titles held in Alexandrina Egypt with a personnel Bronze medal well done Shane. (I thought Egypt only had deserts) Shane informs me the relay team had a gold in the bag only to run afoul of the referee and was disqualified, "DARN!" Better luck next time.

The club has been recently conducting stroke correction sessions usually held on a Saturday afternoon (check the notice board for the next date), these are really worth the effort to attend as you get to spend time one on one with Coach Andrew from Glennie Club who has a wealth of knowledge particularly in stroke correction. President Steve Gray and yours truly recently spent some time with Andrew working on Breaststroke and it's amazing what we picked up from that session, so please avail yourself of this initiative and come along.

I would encourage all club members to look on the table for the entry forms for our Swim-a-thon and the Relay Challenge to be held at The Glennie Aquatic Centre at the end of January. Our club is the host for those events and would love to top our splendid effort for the last Swim-a-thon. The relay challenge is a new event on the same day after the swim-a-thon and has now attracted a major sponsor, so get an entry form and start getting a team together or encourage a company to form a team and enter; there are major cash prizes to be won. All profits go to the Hospice.

Our club membership has topped the ton, 104 to be exact and growing, that makes our club one of the largest and strongest in Queensland. Well done everyone.

That's enough from me so see you in the pool.

Captain Pete.



Swim clinics

The valuable stroke correction session on Saturday 6 November was attended by 5 swimmers and they have certainly found benefit in the experience. The next stroke correction session will be held on **Saturday 4 December at 2-3pm** and the cost is just the usual \$3



Toowoomba Swim for Hospice

Plans are well under way for the 2011 Toowoomba Swim for Hospice to be held at Glennie Aquatic Centre on Saturday 22 January, from 8am- 6pm. The Swim-a-thon will be from 8am to 4pm. If you would like to swim in the Swim-a-thon (and obtain sponsors) please complete a participation form (there is one attached to the newsletter) and return to Stephen Gray. You will then be issued with a sponsorship form and receipt book (donations of \$2 and over are tax deductible). If you have a business interested in sponsoring you, they may be eligible for corporate sponsorship promotion (if over \$500). There is a \$500 travel voucher (donated by Travelscene Jan McSweeney), as a prize for the highest adult fund raiser.

The JJ Richards Swim Relay Challenge will take place at 4:30pm. Relay teams will compete in a 4 x 50m freestyle relay. There will be two sections: an "open" section and a "closest to nominated time" section. Cash prizes of 1st:\$400, 2nd:\$250, and 3rd:\$150 will be awarded in each section. Entry fee is \$100 per team. Please see Peter McMonagle if you are interested in forming a relay team.

We are also running a Multi draw raffle. We are selling raffle tickets in advance in the Multi draw raffle. We have the opportunity to sell tickets in Grand Central from 17 to 22 January. Please see Marien Stark to collect a book or two of tickets, or if you can assist at Grand Central.

There will be a BBQ throughout the day. We will need assistance with the BBQ, counting laps, registering swimmers selling raffle tickets, etc. There will be a roster at the pool in January, if you are able to lend some time on the day. If you have family or friends who wish to help or participate, they are most welcome.

This year we raised \$23,200. In 2011, we're hoping to improve on this.



End of Year breakup BBQ and Water Polo Match

Well another year has flown by and we will be celebrating in our usual style with a BBQ breakfast and the annual Water Polo match on Sunday 5 December after training. The match is always hotly contested between the champion women's team and the try-hard men's team. The rules are simple.... try and win whatever it takes!

Even if you're not game to play, it's worth watching and you can enjoy breakfast at the same time.

Social snippets

Progressive Dinner

A big thankyou to Ann, Rosalie and Cecily for hosting the progressive Dinner on 23 October. It seems that a good time was had by all, but I'm still waiting on a photo....maybe next newsletter!



The Registrars' Ramblings

December Birthdays

Nicola Martyr 6th Penelope Hutchinson 8th John Power 8th
Thelma Doyle 9th Alison Goodland 14th Janet Etchells 24th

January Birthdays

Trevor Gilliland 7th Barbara Lawes 14th Sandina Spanidis 29th
Matt Torr 30th

New members:

A big welcome to our new members:

Joseph Comben, Genevieve McCreanor & Nicholas Keen.



The club has now 104 financial members!!!!

Fees for 2011 due 21 December

A reminder to everyone that your membership fees will be due as of the 1st of January 2011. Membership is for the 12 month period beginning the 1st of January until the 31st of December each year.

I will be emailing / posting membership/ renewal notices to all members in the next week or so. I was hoping to have the 2011 membership forms available for posting with this newsletter but unfortunately this was not to be!

Please complete a form (attached at the back) or on the table at the pool and place it in an envelope addressed to The Registrar with your cash or cheque made out to **Toowoomba Masters Aussi Inc.** by 21 December to ensure your membership is current.

Members will have the option from this year of completing their membership on-line.

This should be available by about the 2nd week of December. For those who are interested in this payment option please let me know (an email is fine) so I can arrange for you to have a password which will provide access to the 3rd party website.

There has been a slight rise in our membership fees; this is due to the State Branch raising their component of the fees.

The membership fees for 2011 are as follows:

REGISTRATION DATE	NATIONAL	BRANCH	CLUB	TOTAL
Standard Fee 12 Month to end of Calendar Year 2011	\$35.00	\$35.00	\$12.00	\$82.00
Health Care Card Holder 12 Month Calendar Year 2011	\$35.00	\$28.00	\$6.00	\$69.00
Life Member (TT club) 12 Month	\$35.00	\$35.00		\$70.00
Life Member (Health Care Card Holder) (TT Club) - 12 Month	\$35.00	\$28.00		\$63.00

Until the next edition have a great Festive Season
Bill Waterhouse
Registrar



Pan Pacific Masters Games- Gold Coast

Three beautiful days on the Gold Coast greeted our Toowoomba Tadpoles who ventured down to compete (and referee, thank you Ray Smythe) at the Pan Pacific Masters Games, in early November. This looks like it is starting to become a regular biannual event for many these swimmers as many also participated two years ago. The program was expanded this year allowing swimmers to compete in more than one 400m event. So of course, they did, with some fronting up for two or three 400's on the first day. The second day brought the shorter distances, and some of us even managed to catch up on some reading in between events. Along with the remaining events, all the relays were held on the third day, with all our swimmers managing to pick up relay medal. We even saw some ducks trying to compete, but the referees considered that duckstroke was an incorrect stroke technique and they were apparently disqualified. There was also an open water swim held in Lake Hugh Muntz.



Relay change 1



Relay change 2



The 2010 team

Pan Pacific results

Ann Todd 50m Freestyle – Bronze 100m Backstroke – Bronze 100m Backstroke – Bronze 100m Backstroke – Bronze 100m Breaststroke – Silver 200m Breaststroke – Gold 400m Breaststroke – Gold 4 x 50m Medley Relay – Gold	Beres Hindman 100m Backstroke – Bronze 200m Backstroke – Bronze 400m Backstroke - Gold 50m Breaststroke – Silver 100m Breaststroke - Silver 200m Breaststroke - Silver 400m Breaststroke – Gold 4 x 50m Medley Relay – Gold	Lyn Robinson 50m Backstroke – Silver 100m Backstroke – Bronze 200m Backstroke – Gold 400m Backstroke – Gold 50m Butterfly – Bronze 4 x 50m Medley Relay – Gold
Rosalie Lutvey 100m Butterfly – Gold 400m Butterfly - Gold 4 x 50m Medley Relay – Gold	Hanna Wassenaar 50m Breaststroke – Gold 100m Breaststroke – Silver 200m Breaststroke – Bronze 4 x 50m Mixed Freestyle Relay – Bronze	Stephen Gray 200m Backstroke – Silver 400m Backstroke – Bronze 400m Breaststroke – Bronze 200m Butterfly – Gold 400m Butterfly – Silver 4 x 50m Mixed Freestyle Relay – Silver Open Water Swim – Silver
Lionel Scotney 4 x 50m Mixed Freestyle Relay - Bronze		



Even ducks need a warm up!



Swimming Tip of the Month

Last newsletter we looked at the breaststroke rules. This month I thought we might look at the backstroke rules. Always try and follow the rules of swimming, and practice these rules when training. There can be some “tricky” aspects to some rules that can sometimes “catch out” new swimmers in a race. The tricky part of backstroke, for most swimmers, is the turn. (Actually I think the turns in all strokes can be a bit difficult, but if you practice them regularly you will become confident with them, and they just become a normal part of your swim). If you are not sure you are doing a particular stroke, start, turn or finish correctly, please ask the deck supervisor, or one of the committee members to watch you.

SW 6 BACKSTROKE RULES

- SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips or the end of the pool. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.
- SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- SW 6.4 When executing the turn, there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn, the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.
Clarification: The swimmer who turns past the vertical and, in a continuous motion, touches the wall with any part of the body, e.g. grabs the wall before pushing off with the feet while on the back, is deemed to have executed a legal turn.
Clarification: Kicking of the legs while on the breast is allowed provided it is part of the turning action.
- SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.
Clarification: If a swimmer applies to have one or more intermediate distances especially timed (see SW 12.6.9M) he must complete that distance in accordance with this rule.

Aerobics

It is almost over for another year .For everyone who has been doing the long yards on wed night. If you are not sure how many swims you have left, come & see me. We have till the end of December. Well done to everyone who has completed their goals. For anyone wishing to do this next year, it is a good way to measure how you're training has progressed .For all the hard work you put in each training session, it is rewarding to find you are actually improving. Well done to Stephen Gray. He has nearly got all the swims done. Stephen, you might have to do some on your cruise. Is the ship pool 25 metres?
Thanks to everyone who has participated in this programme & I look forward to seeing many more next year.

Lionel.



Lionel



Lou



Upcoming Swim Meets in 2011

JANUARY

23 River City SC Sprint 01 Somerville House South

FEBRUARY

12 Rocky Cross LC
Twilight 02 TBA Central

19 Miami Masters LC 03 Miami Pool South

19 Mareeba LC 04 Mareeba Memorial
Pool North

26 Hervey Bay LC 05 Hervey Bay Aquatic
Centre Central

MARCH

5 Gladstone Gropers SC Relay 06 John Dahl Pool Central

25- State
27 Championships LC **07 Oasis Pool, Banora
Pt**

APRIL

2 Whitsundays SC 08 Proserpine
Memorial Pool North

9 Albany Creek SC 09 Albany Creek
Leisure Centre Sunshine

16 Cairns Sea Eagles SC 10 TAS Aquatic Centre North

26- National
30 Championships LC **N.A. Perth**

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

Copies of the complete 2011 swim meet calendar are also available on the desk at the pool.



Deck supervisors and Bronze Medallion

Thank you to the deck supervisors who give up their time to watch over the rest of us and keep us safe while we swim. All our deck supervisors hold a Bronze Medallion. Through the generous support of the Department of Sport and Recreation we are able to fully subsidise the cost of the Bronze Medallion course. In recognition of volunteering for deck supervision, deck supervisors receive their next swim free. If you are interested in being a deck supervisor (about once per month on the roster) please see Bill Waterhouse. There will be another Bronze Medallion course early in the new year. Please see Stephen Gray if you are interested in doing the course.



World Life Saving Championships- Egypt



Shayne Baker recently attended the Rescue 10 World Life Saving Championships in Alexandria. It is an event of the International Life Saving (ILS) Federation and the host organisation was the Egyptian Diving & Lifesaving Association and began with the National teams competition (Australia successfully retained their world crown), followed by the Masters event and finally the World Interclub event.

Shane was involved in committee meetings, and during the national teams and the interclub he was involved as the competition announcer.

The masters competition and the interclub was strongly contested with the majority of the competitors coming from Germany. Shane was involved in the over 200 master relay events - the best result was in achieving a 4th placing in the 4x50m Obstacle Relay and managed a bronze medal in the Line Rescue Competition.

Well done Shayne!

(Shayne is the National Education & Training Adviser for the Royal Life Saving Society Australia and a Tadpole)

Life Saving Club request

Neptune Life Saving Club is one of the oldest clubs on the Gold Coast and is in need of more members to help keep Tallebudgera Creek a SAFE place for families to swim. Tadpole members would be very welcome to join in patrols in an environment that provides opportunities to experience: Calm water; family atmosphere; CPR; Bronze Medallion; Patrol Lifeguard; IRB Crew; and IRB Driver.

Members can take advantage of the coastal areas to swim, surf and paddle with free access to all of the club's ski's and boards as patrols are for 3 hours, accommodation, meals all for \$5.00 per night & an annual membership fee for @20.00.

Once a month would help and there is a great feeling of fellowship and location to enjoy one of the best parts of the Gold Coast. If you can spare some time over the weekends of Oct 16/17, Nov 13/14, Dec 11/12, Jan 8/9, Feb 5/6, Mar 5/6, Apr 2/3 and Easter weekend.

Any queries can be directed to Shayne Baker on 0411 073 428 or email sbaker@rlssa.org.au

Dates to remember

The last swim for **2010** will be **Thursday 23 December** and

The first swim for **2011** will be **Sunday 2 January**.



Editor's addition

It's been great to get back into the pool after travelling in parts of Europe. I didn't swim at all, but had lots of walking exercise.....between cafes and scenic places! Thanks to Mona for producing tea last newsletter in my absence. Have relaxing and safe break over the festive season.



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: info@toowoombatadpoles.org.au
Or see him at the pool.

Committee contacts

Pres.: Stephen Gray 4639 5665 president@toowoombatadploes.org.au

Sec: Marien Stark 4696 8812 secretary@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 0448 474 568

info@ToowoombaTadpoles.org.au

www.toowoombatadpoles.org.au

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

Fun, Fitness and Friendship





MEMBERSHIP REGISTRATION FORM FOR ALL MEMBERS

Member are to forward this form to their nominated club Club Registrar to forward page 1 only or New Member Summary sheet To QMS Registrar PO Box 181 Albany Creek QLD 4035)

◆Denotes compulsory information required

Club Details

◆Club: _____ ◆Year: _____

◆First Claim Club: Yes No

Membership Details (◆select only one)

Renewal New Member Transfer (previous club: _____)

Health Care Card Holder

Subscription Type (◆select only one)

12-month member 4-month member 16-month member

Life Membership (if applicable)

Club life member Branch Life Member National Life Member

Personal Information

◆Masters ID Number : _____

◆Title: _____ ◆First Name: _____

Middle Initial: _____ ◆Last Name: _____

◆Address: _____ ◆Suburb: _____

◆State: _____ ◆Postcode: _____ Country: _____

Phone (◆At least one telephone contact number must be provided):

(work) () _____ (home) () _____

(mobile) () _____ (fax) () _____

◆E-mail Address: _____

◆D.O.B.: _____ / _____ / _____ ◆Gender: Male Female

Alternative E-mail Address: _____

◆Mailing List – Do you wish to be on the Masters Swimming Australia Inc. mailing list for newsletters and other relevant information? Yes No

Emergency Contact Details

◆Emergency Contact Person: _____

◆Emergency Contact Phone: () _____



Privacy Statement

Some of the information contained in this form will be disclosed to the Branch and National Office for membership registration purposes. Some of the information, including the health information, may be disclosed to other Masters Swimming Clubs, other Masters Swimming Branches or National Office for official Swim Meet purposes. Identifying information may be published in Masters Swimming publications such as Top Ten, Records, newsletters, etc.

Safety in Activity

Masters Swimming is concerned for your health and well being. It is strongly recommended that you have a medical examination and discuss with your doctor your intention of undertaking an activity program. Continued participation in swimming during pregnancy may pose health risks to women and their unborn children. As soon as you learn you are pregnant, you should seek advice from an appropriately qualified medical practitioner as to:

- 1. The risks involved in swimming while pregnant;
- 2. Whether it is safe to continue participating in swimming while pregnant, and if so, for how long you should continue to participate.

You should also inform your club Safety Officer or other assigned officer of your pregnancy.

Medical Disability

A completed Medical Disability form (available from www.mastersswimming.org.au) must be sent to your club for a Medical Disability to be considered for breaststroke and/or butterfly.

Declaration

As a condition of acceptance of my membership application, declare that I am aware of the risks associated in undertaking an activity program. I undertake to advise the Club Coach and Club Safety Officer (or other assigned officer) of any disability, lack of fitness, illness, or other medical condition, prior to participation in Masters Swimming activities.

Signature: _____ Date: ____ / ____ / ____

Club Use Only

Membership Fee received: \$_____ Receipt No.: _____

A copy of the member's proof of age document is:

- Attached On file Sighted

Health Care Card Sighted Sighted

A copy of the member's Medical Disability Form is:

- Attached On file Not applicable

Name: _____ Position: _____

Signature: _____ Date: ____ / ____ / ____

Other club information:



SWIM-A-THON SWIMMERS INFORMATION AND AGREEMENT FORM

Dear Swimmer

Please find below information regarding the swim-a-thon. Swimmers are invited to participate in the swim-a-thon, to raise funds for the Toowoomba Hospice. Laps swam will be recorded by a lap counter/time keeper. All swimmers are asked to complete the attached participation slip. Following return of the participation slip swimmers will be issued an official sponsorship form and Hospice receipt book. The Swim-a-thon is part of the *'Toowoomba Swim for Hospice'* which involves members of the Toowoomba community raising funds for the Toowoomba Hospice. Toowoomba Swim for Hospice is organised by Toowoomba Masters Aussi Swim Club (Toowoomba Tadpoles),

ALL PROCEEDS TO GO TO THE TOOWOOMBA HOSPICE

1. The Swim-a-thon is a fund raising event whereby swimmers are encouraged to obtain sponsorship for each lap of the pool they swim. (Cheques are to be made out to "Swim for Hospice").
2. The Swim-a-thon will be held on Saturday 22 January 2011 commencing at 8 am and concluding at 4pm.
3. The Swim-a-thon shall be limited to a maximum of eight (8) hours (i.e. 8am start – 4pm finish). Swimmers must complete their laps by the finishing time (except with special approval).
4. Swimmers are to register at the officials table prior to swimming.
5. A Swim-a-thon Entry Sheet (Sponsorship form) must be presented to the lap counter prior to starting. After completing their laps, the swimmer must ensure their lap-counter has signed their sheet verifying the distance (number of laps) swum.
6. After completing their swim, swimmers must report to the Officials Table promptly so laps can be added to the overall total. After recording the distance swum, the signed form will be returned to the swimmer to enable them to collect sponsorship monies.
7. Lap-counters are to count/record each full lap completed.
8. All monies are to be collected and returned with receipt books and sponsorship forms to the Toowoomba Tadpoles Club Treasurer or Swim-a-thon organiser by 7 February 2011.
9. Donations of \$2 and over are tax deductible. Receipts (Toowoomba Hospice) are to be given for all sponsorship/donations \$2 and above.
10. All monies are to be collected and returned with receipt books and sponsorship forms to the Toowoomba Tadpoles Club Treasurer or Swim-a-thon organiser by 7 February 2011.
11. A Swim-a-thon Award is offered for the highest Senior and Junior (under 18 years old) fundraisers. Highest fund raisers will be determined by receipted monies (from receipt books issued to a participant) collected and returned by 7 February 2011.
12. By nominating to participate in this swim-a-thon, all swimmers thereby authorise the Swim-a-thon coordinator 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.
13. Swimmers are invited to attend a presentation BBQ breakfast at the Glennie Aquatic Centre from 8:30am, 13 February 2011.



Participant's Agreement Form

Please complete and return as soon as possible to:

**Swim for Hospice
Toowoomba Masters Aussi Inc
P O Box 917
Toowoomba 4350**

or email: swimforhospice@toowoombatadpoles.org.au

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

In case of emergency please provide details of person to be contacted:

Emergency Contact Name: _____ Phone: _____

I _____ (full name) accept the conditions of the *Toowoomba Swim for Hospice* swim-a-thon organised by the Toowoomba Tadpoles swim-a-thon to raise funds for the Toowoomba Hospice. Signature _____ Date _____

Preferred swim time: _____ to _____

(where possible swim times will be accommodated on a first in first allocated basis)

If swimmers are under the age of 18 years a Parent or guardian must sign below.

I _____ being parent/guardian of _____ (name) accept the conditions of the *Toowoomba Swim for Hospice* swim-a-thon being organised by the Toowoomba Tadpoles swim-a-thon to raise funds for the Toowoomba Hospice and give permission for him/her to swim in the swim-a-thon to raise funds for the Toowoomba Hospice.

Signature _____ Date _____

Waiver: In participating in the Toowoomba Swim for Hospice you acknowledge that you understand the activities and risks involved, and agree, in consideration of permission to participate in the activities, to release and indemnify Toowoomba Masters Aussi Inc and the Toowoomba Hospice Assoc. Inc. Limited, its officers, employees and volunteers and all sponsors (be they individuals or organisations, singularly or collectively) from and against all liabilities, claims, damages, suits, expenses, causes of action, injuries, losses or inconvenience of any description whatsoever arising in any way from my participation (or the participation of the person named above) in the activities.

Admin Use Only:

Sponsorship form issued: _____

Receipt books issued: No's. _____

Swim time confirmed with swimmer: _____

