

The Tadpole Tales

Newsletter of the Toowoomba Masters Swimming Club

February/March 2010

The Presidents Pen

What a tremendous day we had on the 23rd of January, the swim-a-thon was great success and raised much needed funds for the Hospice. Later in the newsletter is a full report.

I would like to congratulate Stephen and Linda Gray for all the hard work they put into the event. Their efforts and organisational skills in the preparation and on the day were outstanding. If you get a chance please congratulate them.

AGM

March 7th the club will hold its Annual General Meeting. Our club is very strong because of club members' involvement with the running of the club. Any one who is interested in being involved on the committee or helping out in any way, please talk to myself or other current committee members for advice? There are a number of areas within the club that would benefit from new people being involved.

A nomination form is attached to the newsletter.

Five of Your Best

This is a postal swim conducted by the club. I would like to encourage as many members as possible to have a go as it gives you an idea of the times you do when racing. You are able to swim anytime during March. Special times will be set aside to allow members to swim the event.

It is all a bit of fun and you get to find out a little more about your swimming potential.

Date Claimers

- Thank You BBQ Breakfast, Sunday, February 14th.
- Sunday, March 7th AGM and BBQ Breakfast.
- All of March 'Five of your Best Postal Swim'
- Pie Drive - March

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

Highfields Pool Session Time

Tuesday	6:00pm – 7:00pm
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Safety Matters

Pool Matting

New matting will be purchased for around the pool. Glennie School, The Glennie Gators and we will be sharing the costs of the matting. As part of a deal for the bread for the swim-a-thon we promised to have a **Pie Drive**, the funds raised with this event will go towards the pool matting.

Pool Etiquette

With a lot of new swimmers, 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.

The Registrars' Ramblings

Membership Fees

Could all members please complete their membership forms for 2010 as soon as possible. Our insurances do not cover non financial members. New swimmers are allowed a period of one month before they are need to join.

But on a lighter side our birthday babies.....

February Babies

Karen Glasby 7th
Lou Hill 18th

Neil Cupples 12th

Phelim Doyle 12th

David Hamilton 15th



March Babies

Kirsty Maclean 5th
Sonia Muller 20th

Stephen Gray 7th
Annette O'Dea 21st

Margie Smythe 15th

Meryl Carfrae 17th

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

Bill

Aerobics 2010

The Aerobic Season is off to a flying start with the help of the swim-a-thon. Congratulations to all the members who took advantage on doing a long distance swim. A number of swimmers did the 1 hr freestyle while others completed half hour and 800 metre swims.

For more information just see Lionel the good looking fella pictured to the right and I am sure he will help you with getting started on some of these swims.

As a result of increased numbers during the week we may be looking at alternative times to have aerobic swims. Either Saturday afternoon or early Sunday morning has been mentioned. A sheet will be circulated for those who may be interested in swimming at these times.

With a bit of effort I am sure the club can reach some of the dizzying heights in the 90s when the club won the National Aerobics Trophy three years in a row.



Upcoming Swim Meets

FEBRUARY

6	Sunshine Coast	LC	03	Cotton Tree, Maroochydore	Sunshine	Flyer		Meet Manager
13	Rocky Crocs	LC	04	South Rocky Pool	Central	Flyer		
20	Miami	LC	05	Miami Pool	South	Flyer		Meet Manager
27	Hervey Bay	LC	06	Hervey Bay Aquatic Centre	Central	Flyer	Forms	

MARCH

12-14	State Championships	SC	07	TAS Aquatic Centre, Cairns	North	Flyer	Forms	Meet Manager
1-31	Towwoomba Tadpoles	POSTAL	08		Sunshine			
28	Nudgee Brothers	LC	09	Nudgee College, Boodall	Sunshine	Flyer	Form	

APRIL

3	Tully	LC	10	Tully Memorial Pool	North			
7-10	National Championships			Launceston, Tasmania				
17	Whitsundays	SC	11	Proserpine Memorial Pool	North			

Please see the Club Captain if you are interested in going to any of these events.

If there are sufficient members wanting to go to a swim meet the club will subsidise the hiring of a bus or possibly petrol costs for a car with multiple members travelling.

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

Annual Water Polo Match – Boys vs Girls

The annual water polo match between the Boys and the Girls was held at the end of year break up. The girls won a toughly contested game. Congratulations to the girls but the boys will have revenge next time.

As usual the game was played with rules that resembled water polo rules but I don't think many of us really did know what to do, except to get the ball or get the person with the ball.

As you can see some of the players were polite and raised their hand when they needed to leave the game while others kept their eye on the ball, maybe the boys that was our problem!!

I hope everyone that was watching had as much fun as we did in the water.

Watch out next year girls!!!



AGM 2010

March 7th the club will be holding its AGM. This is an important meeting and an opportunity for you to help in the running of one of the most successful Masters Clubs in Queensland. The club has a strong identity in the local community as well as the Masters Swimming community.

It would be great to see more people involved in helping to run the club. There are a plenty of people out there with untapped skills just wanting to help in a club like ours. There are plenty of experienced people on the committee that would be able to guide you when starting.

It is always good to see new people on the committee as this will bring in fresh ideas into the club. Don't just think about helping out, dive right in and give it a go. You do get a lot of satisfaction at seeing people enjoying Masters Swimming.

Remember we are all here for **FUN, FITNESS & FRIENDSHIP.**

Attached to the newsletter is the nomination form for being on the committee. If you have any questions please contact Lou, Stephen Gray or Stephen Mina or anyone on the current committee.



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 one please contact Lou.
Phone 0427966872
Email: louie.jo@gmail.com
Or see me at the pool.

2010 Swim-a-thon



Saturday the 23rd of January saw the Second Annual Toowoomba Tadpoles Swim-a-thon held. The day saw a market being held in the car park while the swimmers pounded out the laps. At time of writing the totals were still being added but it looks like we reached in excess of the target amount of \$12,000 for the Toowoomba Hospice. This is an outstanding effort by all those who swam and helped out on the day.

There were some outstanding efforts such as Nigel Beaman's 200 laps (5km) in his 11/2 hr swim and Alison Beattie completing her 3 km swim with a lap of butterfly. The squads from the Glennie Gators led by Lindsay Clyde not only showed us how to swim but also how to fund raise, their bucket of change had over \$500 for the Hospice.

Many of our members took the chance to do some long distance swims for their Aerobics points. Congratulations to all of them a great effort.



As swimmers we always love the statistics, on the day we had 76 swimmers in the water during the course of the swim-a-thon. The swimmers covered a staggering 5640 laps or 141km, equivalent to a Toowoomba - Brisbane road trip. The youngest swimmer was Tia Trezise at 4 years old and some of our club's octogenarians Dorothy Stevens and Dick Bianchi carried the flag at the other end of the age scale.

To the ticket sellers, time keepers, lap counters, sausage sizzle people there are too many to thank individually but you all deserve a medal. If it wasn't for the efforts of all those people on the day it would not have been as successful as it was. When you see club members working together like this it really shows how strong a club we are and how proud we should be of ourselves. Congratulations and thank you to all.

The Duel in the Pool

Police vs. Emergency Services Relay

One of the highlights during the swim-a-thon was the match race between these formidable relay teams. From start to finish there was hardly a finger nail in it and that proved the winning margin for the intrepid Police team. Congratulations to the victors, I am sure we will hear more about this in the months to come.

Is it true that wearing your goggles on your chin makes you go faster? True or False, Captain Pete!!



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

Five of Your Best Postal Swim

This swim is carried out during March. It can be swum at any time but all five swims have to be carried out in one day.

The swim has four courses, you may compete in any or all of the courses. Each course consists of the participant swimming 5 individual events, Butterfly, Backstroke, Breaststroke, Freestyle, and Individual Medley in one or more of the following courses.

The Courses

Flyers - 25m of Butterfly, Backstroke, Breaststroke, Freestyle, and 100m Individual Medley.

Sprinters - 50m of Butterfly, Backstroke, Breaststroke, Freestyle, and 200m Individual Medley.

Stayers - 100m of Butterfly, Backstroke, Breaststroke, Freestyle, and 400m Individual Medley.

Enduro - 200m of Butterfly, Backstroke, Breaststroke, Freestyle, and 800m Individual Medley.

More information about this postal event will be out soon.

REGISTRATION DATE	NATIONAL	BRANCH	CLUB	TOTAL
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



*Thank you Breakfast
&
Presentation Morning*

*Sponsors & Participants of the Toowoomba Tadpoles
Swim-a-thon for the Toowoomba Hospice are invited to attend
a Thank you breakfast*

Sunday 14 February 2010.

8.30 am

The Glennie Aquatic Centre

*Funds raised will be presented to the Toowoomba Hospice
at 8.45am.*

RSVP: 0409 488 548

13/02/10

Email: swimathon@ToowoombaTadpoles.org.au





Notice of the Annual General Meeting of the Toowoomba Masters AUSSI Inc.

Venue: Glennie Aquatic Centre

Time: 8.45am

Date: Sunday, 7th March 2010

Agenda:

Management Committee Report

Financial Report

Auditor's Report

Election of members of the Management Committee

The Management Committee Positions - President, Vice-President, Secretary, Treasurer, Safety Officer, Club Captain, Deck Co-ordinator, Recorder, Aerobic Recorder, Social Director, Registrar, Swim Meet Director, Postal Swim Director, Publicity Officer, Newsletter Editor, Wellbeing Support Officer.

Charitable organisation to support in 2010

Appointment of an Auditor

General Business

Items for Agenda and Nominations for Committee close
Sunday 28 February, 2010 at 8.45am with the Secretary.

Breakfast to follow the AGM