

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

June - July 2010

## The President's Pen

As the temperature outside drops for winter we traditionally see a decrease in the numbers of swimmers attending each session. New gas heaters were installed at the pool last year so the water temperature in the pool should be nice and warm and be between 27 and 28 degrees this winter.

The results of the postal swim have now been completed and certificates will be awarded shortly.

Our swim clinics are held on the first Saturday of the month from 2pm to 3pm. These clinics will concentrate on stroke correction, turns and starts, and are tailored to the needs of swimmers that attend.

Planning is starting for our next swim-a-thon, which will be held on Saturday 22 January 2011. If anyone is interested in helping with the planning please let me know.

We will be having a time keepers training course in June. It would be beneficial for anyone that attends swim meets or assists with time keeping it attend. Time keeping is usually quite an enjoyable activity at swim meets, but it certainly need to be done correctly. It is also important because, for swimmers to set records, the time keeping needs to be done by accredited time keepers.

Congratulations to our National swimmers, recently back from Hobart. You have achieved some very good results.

And for or those who have been training hard, there are a few good swim meets coming up in the second half of the year. Details can usually be found on the notice board.

Stephen Gray  
President



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

### Swim clinics:

First Saturday of the month 2-3:00pm  
(5<sup>th</sup> June and 3<sup>rd</sup> July)

### In this issue:

- 2 Results of National and State swims
- 3 Aerobics report
- 4 Registrars' Ramblings  
Social Snippets
- 5 Captain's cabin  
Upcoming swim meets  
Editor's addition
- 7 Tadpole Shop  
Committee Contacts

# Results of national swim 2010

<p><b>Ann Todd</b>                  25 Freestyle – 3<sup>rd</sup>                  25 Breaststroke – 2<sup>nd</sup>                  50 Freestyle – 2<sup>nd</sup>                  50 Breaststroke – 2<sup>nd</sup>                  100 Freestyle - 5<sup>th</sup>                  100 Backstroke - 6<sup>th</sup>                  100 Medley – 2<sup>nd</sup>                  200 Breaststroke - 2<sup>nd</sup></p>	<p><b>Barbara Lawes</b>                  25 Freestyle – 29<sup>th</sup>                  25 Backstroke – 20<sup>th</sup>                  50 Freestyle – 22<sup>nd</sup>                  200 Backstroke – 12<sup>th</sup>                  400 Freestyle – 14<sup>th</sup></p>	<p><b>Beres Hindman</b>                  25 Freestyle – 7<sup>th</sup>                  25 Backstroke – 5<sup>th</sup>                  25 Breaststroke – 2<sup>nd</sup>                  50 Backstroke – 4<sup>th</sup>                  50 Backstroke – 1<sup>st</sup>                  100 Breaststroke - 2<sup>nd</sup>                  200 Backstroke – 5<sup>th</sup>                  200 Breaststroke – 1<sup>st</sup></p>
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# Results of state swim 2010

<p><b>Beres Hindman</b>                  25 Breaststroke – 1<sup>st</sup>                  50 Breaststroke – 1<sup>st</sup>                  100 Breaststroke – 1<sup>st</sup>                  200 Breaststroke – 1<sup>st</sup>                  400 Backstroke – 1<sup>st</sup>                  400 Breaststroke – 1<sup>st</sup></p>	<p><b>Rosalie Lutvey</b>                  100 Backstroke – 3<sup>rd</sup>                  100 Butterfly – 2<sup>nd</sup>                  200 Freestyle – 3<sup>rd</sup>                  200 Butterfly – 1<sup>s</sup>                  400 Freestyle – 2<sup>nd</sup>                  400 Backstroke – 2<sup>nd</sup></p>
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Anne Todd, Rosalie Lutvey and Beres Hindman are all smiles after their wonderful efforts.





# Aerobics

Hello everyone

The Aerobics season started off with a big bang thanks to the swim-a-thon at the start of the year a massive 36450 metres being recorded during January. Unfortunately things have dropped away a little over the following few months.

The aerobics program is a great way of measuring your fitness and improvement in swimming. All you need to do is swim 400 metres of any stroke nonstop with someone recording your time and you're away. It is as simple as that.

Congratulations to a few first timers doing their times. Hopefully you will follow up during the next few months to see if your level of fitness is improving.

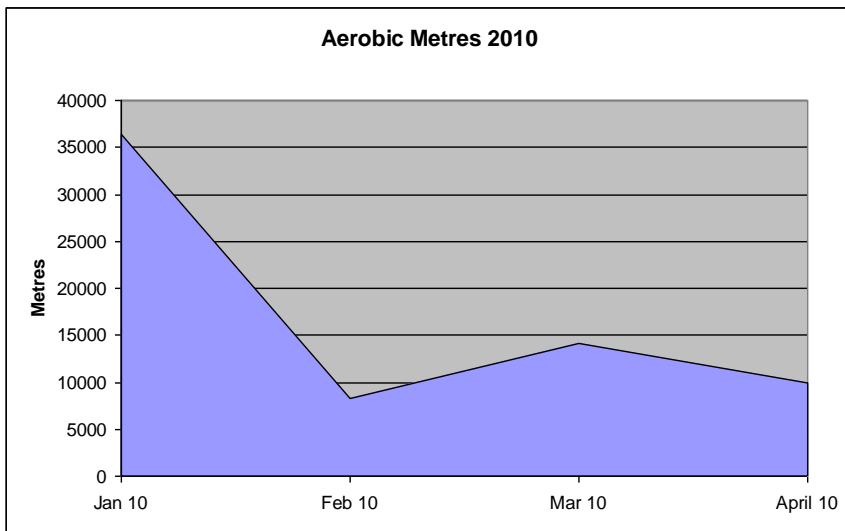
If you have any questions regarding the aerobics swims please speak to Lionel Scotney or Louie Hill and we will answer your questions and encourage you as much as possible to start. It is all part of the fun of Masters Swimming.

In the first four months of 2010 members have recorded over 68000 metres, with your help we can get it over 300,000 metres by the end of the year.

Come on give it a go, what's the worst that can happen, you can get to the other end!!  
Lou and Lionel



PS We are the good looking ones that talk a lot!!!!



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## The Registrars' Ramblings

Happy birthday to all the following Tadpoles.



### June

Bill Waterhouse 5<sup>th</sup>  
Kev McKeon 16<sup>th</sup>  
Simon Isakka 25<sup>th</sup>  
Brain Luxton 30<sup>th</sup>

Max Lennon 7<sup>th</sup>  
Peter Trezise 17<sup>th</sup>  
Shayne Baker 26<sup>th</sup>

Dave MacLean 10<sup>th</sup>  
John Clancy 19<sup>th</sup>  
John Creedon 28<sup>th</sup>

Bob Edwards 15<sup>th</sup>  
Sue Walker 22<sup>nd</sup>  
Debbie Wagner 29<sup>th</sup>

### July

Dick Williams 4<sup>th</sup>  
Beryl Thomas 15<sup>th</sup>  
Barry Anstey 27<sup>th</sup>

Rosalie Lutvey 7<sup>th</sup>  
Alison Beattie 19<sup>th</sup>  
Hugh Stevens 30<sup>th</sup>

Karen Catlow 10<sup>th</sup>  
Nigel Beaman 22<sup>nd</sup>

Julie Adrian 12<sup>th</sup>  
Nev Bambrick 23<sup>rd</sup>



### Welcome to our new members:

Lauren Carlish & Kirsten Hunter

Lauren's membership now means we have another father - daughter team in the pool.

Currently we have 95 members.

Until the next edition

Bill Waterhouse

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## Social snippets



### Vietnam Adventure

I thought I'd commence with a little of my own social life (which is usually boring). Beryl Frost (Milne Bay Mob) and I went to Vietnam for 3 weeks in April which began in Hanoi and we travelled to Hue (pronounced Kay) to Saigon (Ho Chi Min City). The scenery was beautiful and interesting. It was an organised tour and very inexpensive. Food, tips, 'cordial' and gifts are very cheap! We had lunch including a meal and beer for \$2.50. We have lots of photos to scrapbook now.

### Progressive Dinner

Anne Debbie and I are planning a Progressive Dinner for up to 30 people for 26 June. 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 12<sup>th</sup> June.

PS. Lifts in a car can be arranged

### Coffee Morning?

We would like to see if some people are interested in meeting at a cafe after swimming on the first Sunday of the month for a chat and coffee (or even breakfast for those who have worked hard!) Let Rosalie know if you may be interested....

Editor's comment: maybe those in-pool chatters will save up until after the session!!

Regards

Rosalie

# The Captain's Cabin

## South Burnett (Nanango) Swim meet 24 July



Please see Peter if you are interested in attending.  
Pete is happy to organise a bus if enough people are keen.

## Upcoming Swim Meets

JUNE					
1-31	Sunshine Coast	POSTAL 15		Sunshine	
JULY					
4	Caboolture Crays	SC	16	Burpengary Aquatic Centre	Sunshine <a href="#">Flyer</a> <a href="#">Meet Manager</a>
24	South Burnett	SC	17	South Burnett Aquatic Centre	Sunshine
27-7 Aug	FINA World M C	LC		Göteborg, Sweden	<a href="#">Entry Booklet</a>
AUGUST					
14	Rum City	SC	31	Bundaberg Swim Academy	Sunshine <a href="#">Flyer</a>
21	Brisbane Northside	SC			<a href="#">Flyer</a>
SEPTEMBER					
1-31	Aqua Jets	POSTAL 19		South	<a href="#">Flyer &amp; Entry Form</a>
11	Towoomba Tadpoles	SC	20	Glennie Aquatic Centre	Sunshine
25	Redlands Bayside	LC	21	Cleveland Aquatic Centre	South
OCTOBER					
3	Maryborough	SC	22	Maryborough Aquatic Centre	Central
16	Twin Towns	LC	23	Oasis Pool, Banora Point	South
23	Atherton Mountaineers	LC	24	Atherton Pool	North
23	Gladstone Gropers	SC	25	John Dahl Pool	Central
30	(BNE Southside Deleted)		26		

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



### 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.

### Position vacant: Swim meet director

If you have some time to assist the club, we need a swim meet director by the end of June. Our carnival is Saturday 11 September. Please ask Stephen what is required and offer your help if you can.

### **Need a JP?**

Brian Shackleton JP(Qual) is a Justice of the Peace and happy to assist with any such services. He's a regular at Sunday morning sessions.

### **Work accident**

Bob Edwards had a fall at work and has damaged ribs. He'll be out of the pool for at least a month. We wish you all the best for your recovery and return to swimming.

### **Swim clinics**

The first Saturday of each month you will be able to be given stroke correction at a swim clinic which will run from 2-3pm.

### **Time Keeper's training**

If you would like to learn how to time keep correctly, Ray Smythe will be running a short session on Sunday 20 June from 9-10am. We will be needing time keepers for the Toowoomba carnival in September so this will be a good chance to be trained.

### **Swimming Tip of the Month:**

Try to maintain good swimming habits and technique when training. An example of this is touching the end of the pool with two hands when doing breaststroke and butterfly. If you practice your swimming, the way you swim in a race, you are less likely to make a mistake in a race (like forgetting to touch with both hands) and getting disqualified. This also allows you to think about other things in the race.

### **Swimwear rules 2010 – Updated April 2010**

Masters Swimming Australia (MSA) has adopted the FINA rules for swimwear. These rules specify that a competitor may wear only one swimsuit, limit the amount of the body that the swimsuit may cover and require that all swimwear must be of a design and material approved by FINA.

#### **The basic requirements for swimsuits are:**

- 1) A competitor may wear only one swimsuit in one or two (women only) pieces.
- 2) All swimsuits shall be made from textile materials.
- 3) For pool swimming, swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder or extend below the knee.
- 4) For Open Water Swimming (from 1 June 2010), swimwear for both men and women shall not cover the neck, extend past the shoulder or extend below the ankle.
- 5) Items other than caps, goggles and swimsuits, covering the body and not part of the swimsuit are prohibited.
- 6) No zippers or fastening systems are allowed.
- 7) Swimsuits must be of a design approved by FINA and marked accordingly.

Refer to "Additional requirements for approval" below.

Note: 5) above prohibits taping of the body and wearing wristwatches and bangles.

#### **The basic requirements for Caps and Goggles are:**

- 1) Caps and goggles cannot be attached to one another nor to the swimsuit (no "hood" or "mask" effect). This means the old goggle cap can no longer be worn in competition.
- 2) Cap shape must follow the natural shape of the head and not include any artificial shaping. This means that shaped novelty caps are not allowed.
- 3) Hard helmets are not allowed.

More information is available from

<https://assets.clubsonline.com.au/assets/console/document/documents/swimwearrulesapril.pdf>

# 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.



## 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.**