

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

October-November 2010

The President's Pen

Last month we were saddened to hear of the passing of Dr Tim Barrett OAM. Tim Barrett (father and father-in-law of Margie and Ray Smythe) has attended many of our swim meets as an official, and had a long history with Queensland Swimming.

September was a big month with our Swim Meet. Congratulations to Paula (our new Swim Meet Director) on a great meet. We had many new members participating in their first swim meet, and I saw many good swims. It was particularly pleasing to hear "outsiders" say what a friendly and social group, masters swimmers are.

Many thanks to everyone who helped on the day of the swim meet. The time keepers, recorders (hidden out of sight up in control room), food stall helpers, welcomers, and everyone else that filled important roles (starter, chief timekeeper, check starter, announcer, marshall, event board monitor, etc) to make the meet run smoothly. Also thank you to our officials and St John Ambulance. Thank you also to ERGON for sponsoring our dash for cash paired relay. Thank you to everyone that donated raffle prizes and anyone else I have missed.

Thank you to everyone who purchased tickets in the President's raffle. This raised \$129 for the Toowoomba Hospice. Talking of the Hospice, a reminder that on 22 January 2011, we host our Toowoomba Swim for Hospice event. This time it will incorporate a swim-a-thon and swim relay challenge, multi-draw raffle and sausage sizzle/food stall.

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

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Swim Meet Wrap Up

Many thanks to all that helped on the day. Without the help of our members and friends/families we would not be able to conduct such a swim meet. Congratulations to all those that participated. Many new members rose to the challenge for the first time and should be very pleased with their swims, and I note that other swimmers produced some personal bests.

It seems that some previous Olympic swimmers are finding an itch to get back in the water and test their abilities once again. Swimmers in the Mens 45-49 age group had some tough rivalry as Greg Fasala (previous Olympic and Commonwealth games medallist) also participated in his first Masters Swim Meet. Swim times from all meets are recorded on the Masters Swimming Australia website (<http://www.portal.aussi.org.au/index.php>) where you can also view your personal history back to 2002.



In a case of what seemed like deja vu, not only did Brian Fernley and Lynette Follent (who won the Dash for Cash last year), both attend the swim meet this year, they were both randomly drawn to participate in the Dash for Cash relay and were both randomly paired together, the same as last year. The odds of this happening were interestingly about 1 in 175. However, the chances of them winning the Dash for Cash were the same as all the other

swimmers (except with maybe the advantage of experience), as all teams were time handicapped based on their 50m freestyle times. In a close finish, they once again took away the “first team home” prize of \$100 donated by ERGON ENERGY (many thanks Ergon).



Dash for Cash Winners

The results of the day saw Brisbane Southside Masters (48 points) narrowly taking out the Club Trophy (average team score) from the Ipswich City Masters (45.4 points) with Toowoomba Tadpoles (45 points) in third place.

Individual age group placings were:

Vanessa O’Sullivan: 1st
Nichola Martyr: 1st
Kirsty Maclean: 1st
Kylie Ladner: 3rd
Lyn Robinson: 1st
Meryl Carfrae: 2nd
Ann Todd: 2nd
Dorothy Stevens: 3rd

Stephen Gray: 1st
Wayne Carlish: 2nd
Phillip Fletcher: 3rd
Brad Curtis: 4th
David Maclean: 5th
Nigel Bearman: 2nd
Marcus Ford: 3rd
Peter McMonagle: 1st
John Power: 3rd
Richard Bianchi: 1st



Ray Smythe and Paula de Keyzer

The Registrars' Ramblings



Happy Birthday to all the following Tadpoles.

October Birthdays

Dave Bowman 10th
Cathy Leerentveld 24th
Graeme O'Brien 29th

Tim Windle 12th
Jill Davidson 28th
Mona Baker 31st

Justin Maddock 19th
Robert Hills 29th

November Birthdays

Peggy Turner 2nd
Suzanne Smith 5th
Fiona Brown 6th
Lionel Scotney 15th
Sue Doyle 20th

Katrina Hamilton 2nd
Margaret Conrick 5th
Peter McMonagle 7th
Rebecca Budd 16th
Carly Hendy 21st

Dorothy Stevens 3rd
Donna Aston 6th
Richard Robins 11th
Leah Harrison 17th
Ashley Welke 23rd

NEW MEMBERS

A big welcome to our new members: Sandina Spanidis, George Spanidis, Rebecca Budd, Tim Windle & Greg Biggs.

The club has now reached triple figures; 101 financial members!!!!

MEMBERSHIP RENEWAL

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

I will advise you of the membership fees for 2011 in the next newsletter, we have to wait until we are advised of the National & State components of the fees before we can determine if the membership fees rise or remain as they are.

We are currently arranging for members to pay their fees electronically via the QMS website. I should have more details about in the next newsletter.

Until the next edition
Bill Waterhouse

Social snippets



Progressive Dinner

The Progressive Dinner will be held on 23 October. It will commence at 5:30pm and start at Anne's for "Champagne and Nibbles" followed by "Main Courses" at Rosalie's, and "Desserts and Beverages" at Cecily's. Addresses will be on the tickets and the cost is \$20 per person (BYO spirits). Please give your name and money to Treasurer Vanessa as soon as possible.

Regards, Rosalie

The Captain's Report

What a brilliant start to spring, perfect weather and excellent water temperatures, come on you swimmers who have been putting off returning from the long sleep (Winter), it's time to get back into the pool.

Congratulations to all members who competed in and or assisted in the running of our clubs Spring Fling Swim Carnival on 11th September. Some amazing performances were recorded by our swimmers especially the first timers who shocked themselves at just how well they raced. Shows how dedication to training can pay off.

Not only the first timers performed but a couple of the old stages showed how it was done as well, one Group 2 swimmer is about to become a Group 1 leader with the times he recorded . Welcome aboard Wayne. The three old Group 1 A'migos are lookin' to step back to fill your place in G2.

Talking about speedster Seniors, Dick Bianchi asked not to mention his win in the 80-85 age group because he was the only competitor, well Dick you stand tall old Tadpole, just because the others didn't have the courage to race you, their loss is your "Win" well done.

Funny the things you see when awaiting your event in the assembly area, why 'o why was Group 2 Nigel doing a quick sprint down the side of the pool when he should be behind the blocks for the start, seems he had on his reading glasses and not racing goggles. Could have started a new trend Nige!

Over the years I have observed a number of ways to pull out of an event when you're not overly fussed about swimming the race, but Meryl, you don't have to frighten the wits out of us by doing a reverse two'n'half with pike onto the concrete, that's dangerous and it hurts . Hope the bruises are clearing.

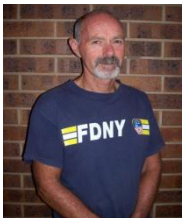
To those members and members wives who came along and volunteered their time or supplied food for the stall ,obtained or supplied prizes for the raffles on the day to see the carnival a success, a big thank you from all of us. Your assistance is very much appreciated. A great day was had by all.



Food Stall Helpers Rosalie and Barbara

To Margie and Ray Smythe our thoughts are with you after the passing of the "DOC". Those of us who got so used to his presence on the pool deck and his beaming smile will miss him lots. See you in the pool,

Captain Pete.



Swimming Tip of the Month

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 new swimmers out in a race. If you are not sure if 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. This month we will look at the Breaststroke Rules

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

Clarification: The feet may break the surface when executing the single dolphin kick at the start and turns.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

Clarification: The second sentence refers to the starts and turns.

SW 7.5M The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

The full set of Masters Swimming Australia rules can be downloaded from the Masters Swimming Australia website

(http://www.clubsonline.com.au/customdata/index.cfm?fuseaction=display_main&ItemID=23387&OrgID=3397&dts=249201029913)

Editor's addition

With Sue Walker having a well deserved break seeing the sights of Europe (actually in Paris on 1st October) Paula and I would like to add our thanks to all those who helped make the Swim Meet such a great day. Sue will be back for the next edition of The Tadpole Tales, so until then.....

Regards Mona



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

Or see him at the pool.

Committee contacts

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

