

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

April-May 2011

The President's Pen

Congratulations to all the members of our Committee for 2011, elected at our AGM in March. Many of our members making up the committee are refilling the same positions as last year, but in some cases there have been a few slight changes. Thank you once again for your support in re-electing me as President. Congratulations also to Beres Hindman, our most improved swimmer for 2010.

The Toowoomba Swim for Hospice was well supported on 5 March, with many members participating. Swimmers rose to the personal challenges they had set themselves on the day, with some very accomplished swims. Our club was able to present the Toowoomba Hospice with a cheque for \$18,000 as a result of your hard work and support.

Our swimmers have also been in the pool at the State Long Course swim meet with some great results. If you have been thinking about going to a swim meet, but not sure about it or have some questions, please talk to our new Club Captain, Wayne Carlish.

Easter is fast approaching, and as per previous years there is no swimming on Easter Sunday. I wish you and your families a safe and happy Easter.

Stephen Gray



**28 Years of Masters Swimming
1983 - 2011**

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

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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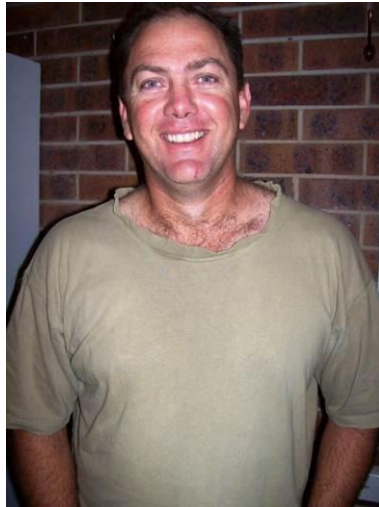
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Our new Committee for 2011

There were only minor changes in the committee for 2011. Congratulations and thankyou to:



President: Stephen Gray



Vice President: Stephen Mina



Secretary: Marien Stark



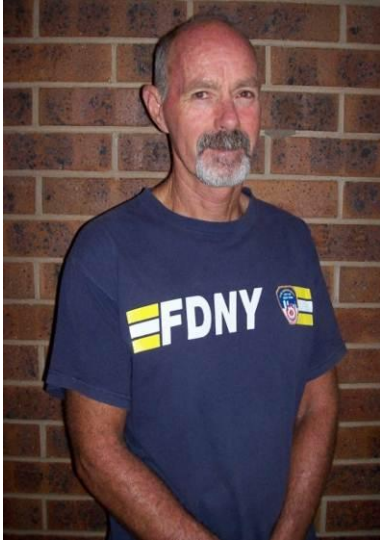
Assistant Secretary and Meet
Coordinator:
Paula De Keyzer



Treasurer: Vanessa O'Sullivan



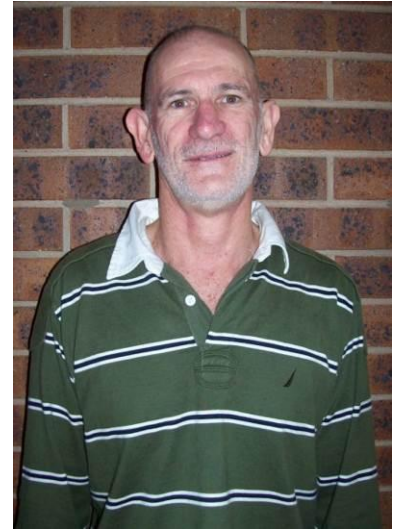
Assistant Treasurer:
Justin Maddock



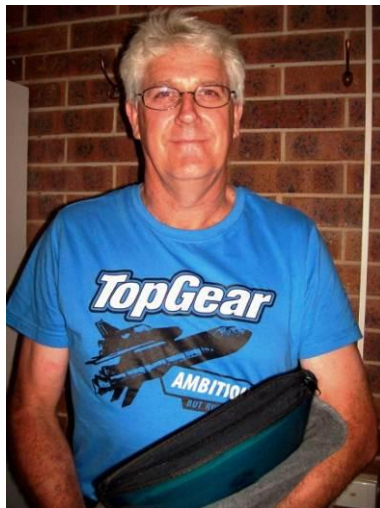
Club Vice Captain:
Peter McMonagle



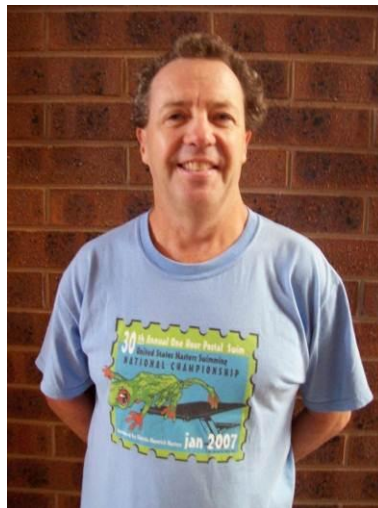
Club Captain:
Wayne Carlish



Registrar and Deck
Coordinator:
Bill Waterhouse



Aerobic Coordinator:
Lionel Scotney



Recorder: Lou Hill



Social Director: Rosalie Lutvey



Newsletter Editor: Sue Walker



Publicity Officer: Mona Baker



Safety Officer: Brad Curtis

The Captain's Report



Hi I'm Wayne. I have been given the opportunity of being the club Captain for 2011. I know I have big shoes to fill, but with the ongoing support of the Committee and club members, I'm sure that I can continue the great work that has previously been achieved.

There are swimmers attending the following meets, State Championships Barona Point 25th-27th March, Albany Creek on the 9th of April and the National Championships in Perth on the 26th-30th of April, we wish these members all the best for their events and hope they travel safely.

The Swim for Hospice was a successful event, with all who took part enjoying the chance to exercise and raise funds for a worthy cause at the same time. A special mention to Justin for his mammoth swim on the day (10 km's a fantastic effort) The Relay for Hospice was swum by teams selected on the day and the winner would be "crowned" (or in this case medalled) by the team that could get the closest to their nominated time. At this point I would like to congratulate, Greg, Hugh, Justin and former Captain Pete on their fine effort in eclipsing, Nicola, Lauren, Matt and myself for the silver, to be awarded the Gold medal and trophy for this year.

Stroke Correction swims continue throughout the year and as previously advised, is a great opportunity for members to gain instruction on how to swim those laps a little easier. The next Stroke Correction swim will be held on the 30th of April, hope to see you there.

Finally, for this edition, I would like to again thank Peter for not only his current help, but for his assistance over the years. As many of us have found, Peter has been a great source of knowledge and encouragement to all, especially when it has been his rostered time as coach on the deck.

Wayne

Just to hand are the State Medallists results:

Ann Todd: 50 Free-Gold, 100 Free-Gold, 200 Free-Gold, 200 Breast-Gold, 400 Back-Gold, 400 Breast-Gold

Dorothy Stevens: 50 Back-Silver, 50 Breast-Silver, 100 Free-Gold, 100 Back-Silver, 200 Back-Silver, 400 Back-Gold,

Beres Hindman: 50 Breast-Gold, 100 Breast-Silver, 200 Back-Gold, 200 Breast-Gold, 400 Back-Gold, 400 Breast-Gold,

Rosalie Lutvey: 50 Fly-Silver, 100 Fly-Silver, 200 Free-Silver, 400 Free-Bronze,

Barbara Lawes: 200 Back-Bronze, 400 Free-Bronze, 400 Back-Bronze,



Swimmer of the Year for 2010

The club annually presents one member with the most improved swimmer of the year award. This has previously been presented on the basis of improvements to swimming through the year and usually these swimmers have some outstanding achievements, and dedication to the club. For 2010, the achievements of many of our members could easily make them worthy of receiving this award. This year the award goes to a dedicated member, who has swam some times in 2010 better than the past four or five years, who has achieved very well at a local level (picking up 3 Gold, 3 Silver, 2 Bronze at Pan Pacs), at state level (6 Gold), at national level (2 Gold, 2 Silver) and a world level (3 top 10 finishes). We congratulate Beres Hindman on being our most Improved Swimmer for 2010.

Toowoomba Tadpoles most improved swimmer 2010:
Beres Hindman



Toowoomba Swim for Hospice 2011

Toowoomba Swim for Hospice was held on 5 March and hosted by Toowoomba Tadpoles. Starting with the 3rd Annual “Dr Bill Beattie Memorial Swim-a-thon”, the Swim-a-thon splashed off to a good start at 12 noon. Swimmers completed 82km over the following four hours. While the real purpose behind the swim-a-thon is to raise money, some swimmers also like to challenge themselves with their swims, and this resulted in many feelings of achievement being felt by swimmers at the completion of their swim. To mention a few: Justin Maddock completed a 10km (400 lap) swim in just under two and a half hours, the Tersize family (including the youngest swimmers Tia and Declan) completed a combined total of 5km, and Brad, Marcus, Stephanie, Greg, Nigel, and Hugh knocked over hour swims, many swimmers completed half hour swims and some swims not previously attempted. Other achieving swims included 1500m from Cr Peter Marks, Rachael Gray (Iona) and daughter, Claudia completing 100 laps each, and from the Toowoomba Hospice, Alicia (150 laps) and Nicole Rangiira (126 laps). Well done to all swimmers.

The JJ Richards Swim Relay Challenge was hotly contested, with the teams swimming closest to their nominated time, taking the places. The “Misfits” (aka Justin Maddock, Greg Biggs, Hugh Stevens and Peter McMonagle) came racing home in first place, with not only the quickest time, but only 2.8 seconds from their nominated time. 2Plus2 came in second, with the Forensic Fish close behind in third placing.

The multi-draw raffle was drawn by Mrs Wendy Ashley Cooper (head of the Glennie School) at 5pm. Robert Hills was most pleased to be able to pick up the first draw prize painting (donated by Lindsay Hamilton) for his Son, Harry, and in what can only be described as an absolute stroke of good luck, the second draw prize framed, signed photograph of Susie O’Neil (donated by Paul O’Gorman). I’m sure Harry has now paid Robert for his tickets?

At the presentation breakfast on 27 March, our club presented the Toowoomba Hospice with a cheque for \$18,500, toward the “adopt-a-room” program and other Hospice services. The highest fundraiser was Allison Beattie who received a \$500 travel voucher donated by Craig Mathieson, from Travelscene Jan McSweeny (Southtown Shopping Centre, 144 South St), and the highest Junior fundraiser (\$625) was Claudia Gordon who received a \$200 shopping voucher.

Thank you to all our sponsors, swimmers, helpers and supporters. It is only with your support that we are able to hold this event. We look forward to your support for next year.



During the swim-a thon afternoon



Robert Hills- Raffle prize winner



Winners of the JJ Richards Swim Relay Challenge:

- 1st: (Misfits) Justin Maddock, Hugh Stevens, Peter McMonagle and Greg Biggs (centre)
 2nd: (2 Plus 2) Wayne Carlish, Lauren Carlish, Nicola Carlish, and Matt Torr (left)
 3rd: (Forensic Fish) Marcus Ford, Fiona Brown, Geoff Faulks, and Brad Curtis (right)



Presentation of the cheque at "Thankyou Breakfast"

Dates to remember

- There will be NO swimming on Sunday 24 April (Easter Sunday). All other public holidays swimming is as usual.

Stroke correction

- The next session will be 3-4pm on Saturday 30 April
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The Registrars' Ramblings

Happy Birthday to all the following Tadpoles.



April Birthdays

Dick Bianchi 4th Beres Hindman 11th Malcolm Stevens 15th
Stephanie Biggs 18th Judith Wilson 23rd



May Birthdays

Nicholas Keen 3rd Brad Curtis 4th Marien Stark 5th Bernie Bianchi 6th
Paula Harding 7th Alan Jones 14th Ann Todd 30th Brian Shackleton 31st

NEW MEMBERS

Welcome to all the new members below and welcome back to Maree & Margaret who have managed to dive in again after an absence of a couple of years.

Suzy Maloney, Roger Richards, Rachel Fairlamb, Maree Antonio, Paula Harding, Margaret Stewart & Jane Metcalfe.

BREAKING NEWS

Not a lot to talk about this time round, I'm still exhausted from my swim at the Swim-A-Thon! Anyway I will leave all the news for the editor in chief. Until next newsletter. All the best.

Bill Waterhouse

Swimming Tip of the Month

Over the past few newsletters we have printed the backstroke, breaststroke and butterfly rules, and was about to go onto the rules for swimming a medley when I realised I had totally missed freestyle. The freestyle rules are the simplest, and are printed below.

When swimming freestyle always try and streamline. More than 50% of your propulsion comes from your arms, so make the most of each stroke. Stretch out before taking a stroke as this also gives you a fraction more of a second for your arms to recover. You should be trying to reduce the number of strokes you take each lap. A good starting point for this is to count the number of strokes you take in a length, and then see if you can reduce that number (by at least two strokes). At the last stroke correction session I saw two swimmers reduce their number of strokes by two strokes per length.

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. Note that in masters butterfly, breaststroke kick is allowed, which can make doing longer distances easier to achieve.

SW 5 FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn 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 5.4M In freestyle events, except as in SW 3.6.2M, if a swimmer nominates a form stroke or medley for sealed handicap, Top Ten, Award Swims or record attempt purposes, the swimmer shall comply with all the rules relating to that stroke or strokes. The swimmer must notify the Meet Referee of their intention to swim other than freestyle in the event by the close of entries for the Meet.



Lane Warriors

We need your meters!!

Lane Warriors is all about your fitness. It allows you to track how far you have swum during the year. As a club we can see how far we swim, after only one month of recording the club that is "all of you" have covered more the 490 km.

Every meter counts.

Please fill in the log book after each swim. If you swim in a different pool or time remember to log it with the date you swam.

Lou

Aerobics

What is aerobics

The Aerobic Trophy Program is designed to encourage people to compete in distances from 400m to 1 hour duration in the full variety of strokes. The programme is entirely optional and to achieve the required goals (which relate to gender and age groupings) the swims are to be done over an extended part of the calendar year. As a result, a certain level of aerobic fitness needs to be maintained in order to complete the individual event requirements. Hence the name, Aerobic Trophy.

The total number of swims (gaining points) that can be completed is 62 - broken down into:
25 individual 400m swims (5 each of freestyle, backstroke, breaststroke, butterfly and medley)
25 individual 800m swims (5 each of freestyle, backstroke, breaststroke, butterfly and medley)
3 by 1500m swims (1 each of freestyle, backstroke and breaststroke)
3 by 1/2 hour swims (1 each of freestyle, backstroke and breaststroke)
3 by 3/4 hour swims (1 each of freestyle, backstroke and breaststroke)
3 by 1 hour swims (1 each of freestyle, backstroke and breaststroke)

Points are gained for the completion of each different event. These combine with points gained by fellow club members and contribute to a total point score for each competing club. The highest scoring club is then declared the National Aerobic Champion Club. Toowoomba Tadpoles was the club attaining the highest number of points in 1992, 93, 94 and 95.

When can you swim aerobics?

The club sets aside 1 or 2 lanes each Wednesday night for aerobic swimming. There is also an opportunity on Sunday morning between 7am and 7:30pm.

Who will time me?

A number of swimmers involved in the aerobic swims will be only too happy to time you: Lionel Scotney, Allison Beattie, Vanessa Welke, Lou Hill, Stephen Gray, Ashley Welke and many, many more.

Why do aerobic swimming?

Basically to improve your swimming and maintain fitness. It allows you to challenge yourself and push your boundaries in a non-pressure environment.

How to start?

Start with a stroke and distance you feel confident with. A 400m freestyle would normally be a favourite first choice, but you might like to start with a longer swim or different stroke. Treat it as you would a training swim. Don't try and go out too fast. Try and pace yourself evenly through the entire swim. The swim should be continuous, but if you need to stop at an end to regain your breath, that is okay (as long as you don't push off from the bottom of the pool).




Your challenge:

So when someone asks if you would like to do an aerobic swim, take a deep breath and give it a go!




Upcoming Swim Meets in 2011

APRIL

2	Whitsundays	SC	08	Proserpine Memorial Pool	North	 Flyer Forms Workshop
9	Albany Creek	SC	09	Albany Creek Leisure Centre	Sunshine	 Flyer Forms Meet Manager
16	Cairns Sea Eagles	SC	10	TAS Aquatic Centre	North	 Flyer Forms
26-30	National Championships	LC	N.A.	Perth		

MAY

1	National Open Water Swim	OWS	N.A.	Perth		
14	Noosa Challengers	LC	11	Noosa Aquatic Centre	Sunshine	 Flyer Forms Meet Manager

JUNE

1-31	Sunshine Coast	POSTAL	12		Sunshine	
19	Caboolture Crays	SC	13	Burpengary Aquatic & Fitness Centre	Sunshine	
26	Cairns Legends	OWS	14	Ellis Beach	North	

JULY

23	South Burnett	SC	15	South Burnett Aquatic Centre	Sunshine	
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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://www.qldmastersswimming.org.au/index.php?option=com_content&view=article&id=124&Itemid=127

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



Editor's addition

Another very busy and successful couple of months for the Toowoomba Tadpoles as you will see from this newsletter. Keep up the good work and continue to have fun and keep fit.



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: Wayne Carlish
Treasurer: Vanessa O'Sullivan 4634 9784
Newsletter Editors: Sue Walker 4638 3572
Publicity Officer: Mona Baker 4637 0712
Social Director: Rosalie Lutvey
Swim meet director: Paula de Keyzer 0448 474 568

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www.toowoombatadpoles.org.au

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

Fun, Fitness and Friendship

