

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

February - March 2011

The President's Pen

2010 now seems like a distant memory and we are only one month into 2011. I hope that everyone had an enjoyable Christmas and you were able to spend some quality time with family and friends. I was fortunate enough to enjoy a marvellous cruise around New Zealand in December (which meant I missed the end of year breakup breakfast and annual water polo game). The rain events of this month have had far reaching affects on many in the community including some our members. In some way or another almost everyone is affected and our thoughts are with those that have been severely impacted.

Because of these events the Toowoomba Swim for Hospice has been postponed to 5 March, with the drawing of the raffle to take place at 5pm on that day. Thank you to all those who have assisted in the sale of raffle tickets. If you are now able to swim in the swim-a-thon please register as soon as possible. While we were selling raffle tickets at Grand Central (which just happened to turn out to be the week of the floods, and in turn resulted in not being a good time to sell tickets), we took up an impromptu collection, and collected \$298.50, from the generous shoppers of Grand Central, for the Grantham Flood Support.

The Club's Annual General Meeting will be held on Sunday 6 March, commencing at 8:45am. Our club is strong because of the involvement of members in the running of the club. I would encourage anyone who is interested in being on the committee to talk to myself or the other current committee members. There is a nomination form attached to the newsletter if you would like to make a nomination. You may have noticed over the last year Masters Swimming being renamed with AUSSI being removed from the names of Masters Swimming Australia, and Masters Swimming Queensland. Members may wish to consider if we would like to remove AUSSI from our official name (Toowoomba Masters AUSSI Inc) at our AGM.



28 Years of Masters Swimming
1983 - 2011

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

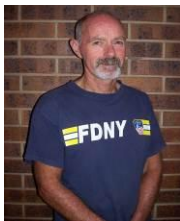
Glennie Pool Session Times

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

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The Captain's Report



I would like to congratulate club members on their dedication to their fitness since the end of the silly season, the attendances for each training session have been impressive so keep up the good work every one of you. To those of you who haven't got back to "IT" COME ON!

Welcome to the many new swimmers who have come along to give Masters swimming a try, we hope you will enjoy the experience and ultimately join our club. Please remember if there is something you're not familiar with or need explained, come and talk with the deck person or a senior member and we will try to assist you any way we can.

The recent happenings within Toowoomba and our surrounding areas certainly has brought home the fragile environment we live in, to those who were affected in any way our club wishes you our best wishes and hope you are back on deck soon.

The Swim for Hospice and Relay for Hospice were postponed owing to the after effects of the disaster however the date has been reset for Saturday 5th of March and will be as big as ever with your support. Start time has changed to 12 noon. That weekend will be full as our AGM is on the NEXT DAY Sunday the 6th of March so keep that morning clear. So if you would like to see into the inner workings of the club, there will be I'm sure some small position within the committee you can assist with- just look for a nomination form on the table at each session, you will be most welcome.

To those who would like to get some stroke correction or feel they would benefit from some additional one on one instruction our Stroke Correction swims will commence on the first Saturday of each month as of February at the Glennie Aquatic Centre with Glennie coach Andrew Look on the notice board at training for the start time. Cost is \$3 a session and the club sponsors the rest. Come along also if you want to do some Aerobic swims these can be catered for at the same time, just talk to Lionel before- hand so timers can be organised.

As this will be my last Captains Report I would like to thank those members who have assisted me whilst I have been in the position and wish the new incoming Captain and Committee all the best in the coming season.

Old Captain Pete.



Stroke correction

Our first stroke correction for 2011 will be **Saturday 12th February from 3-4pm**. Cost is only \$3 and you will be able to gain some personal swimming advice.



Are you able to help?

We need someone to volunteer to lock up on either Wednesday or Thursday night after training. If you can help, please see Stephen Gray.

The Registrars' Ramblings

Happy Birthday to all the following Tadpoles.



February Birthdays

Noel Jensen 6th Lauren Carlish 8th Lou Hill 18th

March Birthdays

Kristy McLean 5th Stephen Gray 7th Margie Smythe 15th
Meryl Carfrae 17th Sonia Muller 20th Katherine Wilson 29th

NEW MEMBERS

A big welcome to our new members:

Noel Jensen, Simone Mooketsi, Katherine Wilson & Stephanie Biggs.

The club has now 69 financial members!!!!

MEMBERSHIP RENEWAL

A reminder to everyone that your membership fees are now due.

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 who haven't renewed in the next week or so. The membership fees for 2011 are as follows:

Standard Membership	\$82.00
Health Care Card Holder Membership	\$69.00
Life Member Standard Membership	\$70.00
Life Member Health Care Card Holder Membership	\$63.00

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

This is now available. For those who are interested in this payment option please check our web site, there is a link that will take you to the membership renewal page. If you don't have a password click on the forgotten password option and you can enter one that and get on-line immediately. Alternatively drop me an email and I can assist.

BREAKING NEWS

After a long absence the "Big Taddie" has been sited at the pool. Rumor has it that "Big Taddie" is desperate to join the talking lane with Lionel, Vanessa etc but can't get a word in!!

Until the next edition enjoy the swimming and I hope to see you at our big swim on the 5th of March.
Bill Waterhouse Registrar



Training attendance in 2011

The training sessions have been well attended so far this year. Our Sunday morning sessions are particularly well supported and many swimmers stay to enjoy a cuppa and toast along with a chat afterwards.



!



Swimming Tip of the Month

I see some members starting to enjoy a number of butterfly laps. Over the past couple of newsletters we have printed the backstroke and breaststroke rules so it must be time for butterfly this 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 out” new swimmers in a race. I was recently part of a relay team that was disqualified when the butterfly swimmer was deemed to take an extra stroke underwater during the touch, and not extend his arms over the water (I have also seen this happen in breaststroke). If you practice turns 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. Note that in masters butterfly, breaststroke kick is allowed, which can make doing longer distances easier to achieve.

SW 8 BUTTERFLY

- SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- SW 8.2M Both arms must be brought forward together over the water and brought backward simultaneously throughout the race, subject to SW 8.5.
Clarification: Both arms must be brought forward over the general surface of the water with the elbows being visible on the top of the water and the arms being brought back simultaneously.
- SW 8.3M All up and down movements of the legs must be simultaneous. The legs or feet need not be at the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is permitted.
Clarification: Either a dolphin or breaststroke leg action may be used with the butterfly arm action. A mixture of these leg actions may be used during the performance of butterfly.
- SW 8.3.1M For events up to and including 200m Butterfly, only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull.
- SW 8.3.2M For Butterfly events longer than 200m, up to two breaststroke kicks are permitted per arm pull.
Note: FINA rules allow only one breaststroke kick per butterfly arm stroke in all events i.e. 8.3.1M applies over all distances at meets run under FINA rules.
- SW 8.4 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 surface.
- SW 8.5M At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. A single breaststroke kick is permitted prior to the first arm pull. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

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.





The next Bronze Medallion course will be close to the middle of the year. Please see Stephen Gray if you are interested in doing the course.

Congratulations to our members that have just completed their Bronze



Medallion. Brad Curtis, Markus Forde, Greg Biggs, Stephanie Biggs, Dick Williams, Matt Torr and Paul O’Gorman.

Aerobics

Happy New Aerobic Year!!!

Hi all you budding aerobics swimmers,

The new aerobic year has started a bit slowly but I am sure the pace will pick up. Both with the number of people participating in the program and the ever improving times that will be recorded. The aerobics program is an excellent way to measure your fitness over a period of time. There are 22 different swims to choose from and there are 62 swims if you would like to complete the entire program. The program requires you to do distance swims of 400 metres and greater some swims you complete five times during the year others you only need to do once. Talk to Lionel or Lou and we will help and encourage you as much as possible. This link takes you to [Masters Swimming Australia Aerobics Page](#), it provides more information regarding ‘The Vorgee National Aerobics Trophy’.

2010 Aerobics Results

The results from 2010 were a little disappointing with the number of swimmers and points achieved down on the previous year.

The outstanding achievement for 2010 was Stephen Gray’s effort in completing the full aerobic program with top points for all 62 swims. This is the eighth year in a row Stephen has achieved this, congratulations from all of us. This is a tremendous effort from Stephen.

Six of our girls and eleven of our boys contributed to the total club points.

Some of the Stats from our club in 2010

Age range 20 to 81 (Age is not a barrier.)

Approx 18% of club members participated in the program.

Total club points 969

Most points in one day – Swim-A-Thon Day 2010 (Now there is something to put in your calendar, 2011 Swim-A-Thon 5th March)

Aerobic Swim times are Wednesday night, Sunday morning and on the Saturdays that a coaching clinic is on.

Lou and Lionel



Swim-a-thon for the Hospice Saturday 5th March 12-5pm

The Toowoomba Swim for Hospice has been postponed to 5 March 2011 and will still be held at the Glennie Aquatic Centre but from 12 noon to 6pm. The Swim-a-thon will be from 12noon to 4pm. If you would like to swim in the Swim-a-thon (and obtain sponsors) please complete a participation form 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 McSweeny), as a prize for the highest adult fund raiser. There is a \$200 shopping voucher for the highest junior fundraiser (raising over \$250).

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.

The multi-draw raffle will be drawn at 5pm. There are still some tickets to be sold. If you are able to help selling tickets please see Marien Stark.

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

We wish to thank the following sponsors for their generous support.



Paula selling raffle tickets at Grand Central



Upcoming Swim Meets in 2011

JANUARY

23 River City SC Sprint 01 Somerville House South

FEBRUARY

12 Rocky Crocs 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

25-27 State 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

26-30 National 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.



Lane Warriors Award

Masters Swimming Queensland (MSQ) has an initiative to track the number of metres you complete this year, the Lane Warriors Award.

A record sheet will record the distances swum. Members with computer access can directly enter the distances using a spreadsheet* supplied by MSQ.

Attached in the newsletter is a flyer with more information. The spreadsheet to log your metres will be sent out with your newsletter.

For those who require a sheet for manual entries could you please see Lou Hill



Dates to remember

Saturday 12th February 3-4pm: stroke correction

Sunday 13 February: BBQ breakfast after training

Saturday 5th March 12-5pm: Swim-a-thon

Sunday 6th March: 8.45am Annual General meeting

Sunday 20th March: no swimming

Notice of the Annual General Meeting of Toowoomba

Masters AUSSI Inc.flyer at the end of newsletter*

Editor's Addition

Congratualtions

Beres Hindman was awarded the 2010 Sportsperson of the Year at the Maranoa Regional Council Australia Day celebrations. She is pictured here with the Mayor Robert Loughnan and the Australia Day Ambassador (Young Queenslander of the Year) Yassmin Abdiel-Magied. It was for her efforts with Masters that she received the award. Well done Beres!



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



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

Venue: Glennie Aquatic Centre

Time: 8.45am

Date: Sunday, 6th March 2011

Agenda:

Management Committee Report

Financial Report

Auditor's Report

Election of members of the Management Committee

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

Charitable organisation to support in 2011

Appointment of an Auditor

General Business

BBQ Breakfast to follow the AGM

NOMINATION FORM

I, (*print full name*) being a registered member of Toowoomba Masters AUSSI Inc. Swimming Club hereby nominate (*print full name*) for the position of on the committee of Toowoomba Masters AUSSI Inc. to be voted on at the Annual General Meeting of the club on Sunday, 6th March, 2011.

Signed on this day of 2011

Signed proposer

Signed seconder

Signed as the nominee accepting the nomination

Nominations close Sunday 27 February 2011 at 8.45am with the Secretary.

LANE WARRIORS - DISTANCE SWUM FROM 1 JAN - 31 DEC

Name :-
Registration Number:

CLUB:

CLUB CODE:

Date	Metres	Total	Date	Metres	Total	Date	Metres	Total	Date	Metres	Total
			Balance B/F	0		Balance B/F	0		Balance B/F	0	
1			101	0	201		0	301		0	
2		0	102	0	202		0	302		0	
3		0	103	0	203		0	303		0	
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VERIFIED BY CLUB
PRESIDENT:

NAME:

SIGNATURE

Overall Total 0

c



**MASTERS
SWIMMING**
Queensland

Queensland Masters Swimming.

LANE WARRIORS

A New Annual QMS Fitness Challenge Program

A NEW FITNESS CHALLENGE PROGRAM

FOR QMS:

QMS is introducing a new Fitness Program, which calculates every distance you swim, long or short, every time you get into the pool.

WHEN: 1st January 2011

UNTIL: 31st December of each year

HOW: Add up your personal distances swum every time you swim laps.

WHAT: Calculate the distances you've swum on a spreadsheet, which will be sent to you.

THEN: Your club must return the sheet by the end of January of the each year and then wait for the results.

NEW

3 AGE
GROUPS:

18—34 years
35—60 years
61 +

How is it different to the Aerobic & Million Metre Programs?

- It doesn't matter what stroke you swim
- Include kicks and drills
- Flippers and pool buoys permitted
- No minimum distance required
- It's only about swimming to increase your fitness
- It's in 3 age group categories
- Calculate your distance on a spreadsheet, each time you swim laps—regardless of your stroke or how far you swim
- Top 5 awards in each age group
- A certificate for each participant
- Top 3 clubs of the year
- The spreadsheet must be entered individually

QMS

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4157

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EMAIL: administrator@qldmastersswimming.org.au

