

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

June – July 2011

The President's Pen

The temperature is starting to drop and winter is upon us. Fortunately the pool has had its few maintenance issues fixed, and should now be right for the rest of winter. The last time I measured the temperature it was sitting at a nice 27 degrees. While the pool was out of action it was great to share a nice breakfast at Sizzler with fellow swimmers (and a few family members) the other week.

During the month I was privileged to attend a lunch at the Hospice, thanking organisations and people who have "adopted a room" for the year. I was proud to accept a certificate on behalf of the club for the rooms that we have adopted from the proceeds of the Toowoomba Swim for Hospice.

I also attended a coaching course during the last month and hope to spend a bit of extra time on deck over the next twelve months, to complete the required number of hours for the course.

Congratulations to Ann Todd, who seems to be setting new age group records every time she attends a swim meet. I'm sure we will see a few more records in the near future with a number of short course meets coming up.

I believe we should always take some time to review how we are travelling. In the near future there will be questionnaire aimed at giving some feedback to the committee on how you think the club is going and things you would like done differently. Thank you in advance for taking the time to comment.



Stephen Gray- President



**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 |

In this issue

| | |
|----|---------------------------|
| 2 | Captain's report |
| 3 | Social snippets |
| 4 | Registrar's ramblings |
| | Swimming tip of the month |
| 5 | Aerobics |
| | Lane warriors |
| 6 | Upcoming swim meets |
| | Dates to remember |
| 7 | Safety report |
| 8 | Members' achievements |
| 9 | photos |
| 10 | Editor's addition |
| | Tadpole shop |
| | Committee contacts |

The Captain's Report



As this newsletter goes to print, I'm still finding my feet in the big shoes I am filling. The last 2 months have gone quickly and with that, there has been a significant change in the weather. Unfortunately due to circumstances beyond our control, the pool has been too cool to swim in (25.5 degrees is not nearly warm enough). But hopefully all the temperature problems are behind us and we can look forward to swimming as usual.

I would like to take this opportunity to welcome Georgie Scott to the Thursday night coaching ranks. Having had the pleasure of being coached by her, I can honestly say that her style is interesting and enjoyable and for all that have participated in these sessions, I have only heard positive feedback. So anybody who was thinking of coming on these nights, I would suggest you come along and experience a new and different style of coaching.

There are swimmers competing in the upcoming meet at Burpengary (Indoor Short Course Winter Challenge) on the 19th June. The club wishes them well with their endeavours and safe travelling to and from the meet.

I have placed a flyer for the Brisbane Northside Masters (20th August) short course swim meet in the purple folder for anybody who is interested.

Records this year for Ann Todd

National

400m Backstroke Long Course

State

400 Backstroke Long Course

200 Breaststroke Long Course

400 Breaststroke Long Course

Results from the National Championships

Ann Todd - 200 Breast, 100 Breast, 200 Back, 50 Free and 100 Free all GOLD

Paula Harding - 200 Breast Silver, 100 Breast Silver, 400 IM Silver, 200 IM Silver and 400 Free 5th

Until next time.

Wayne



Paula Harding and Ann Todd at National Championships – congratulations!

Social snippets

Lunch with Finnie

You are invited to join special guests Olympic legends- Laurie Lawrence and Duncan Armstrong to surprise and honour our friend and colleague Ian Findlay and support him on his journey with Parkinson's Disease.

- + 1pm Friday 29 July at Hillstone, St Lucia Golf Links Carawa Street, St Lucia.
- + Tickets \$120 includes lunch and bar
- + Lucky Door prizes, Sports Memorabilia auction
- + Smart casual attire
- + RSVP 07 3379 1630
- + Enquiries: Craig Tobin 0428 711 739 craig@dunlipparkpool.com

Facebook

Come and join Toowoomba Tadpoles on Facebook.

Members can go to the website and click on the Facebook icon and request to be a friend (if you already have a Facebook account)

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



Breakfast at Sizzler

When the pool was out of order, our President organised a breaky gathering at Sizzler on the Sunday morning. About 20 keen swimmers enjoyed catching up out of the pool.

Barbeque breakfast

Everyone is welcome to join in for a Barbeque breakfast **Sunday 26th June** after training at 8.30am.



Tent for sale

The club has owned a marquee for a number of years. This was used by our members to provide shade at the various competitions in south east Queensland. However, the marquee is now surplus to our needs as we have one that is lighter to handle and store. Therefore, the marquee is available by tender to members. It would make a great marquee for a sporting organization or if you have biggggg family get togethers! The marquee measures approximately 4.9 metres wide by 3.7 metres deep. There are fold down sides on 3 sides which can be secured in the open or closed position. We hope to have the marquee available at the club on Sunday the 26^h of June at the breakfast! How good is that!

If you are interested, please submit a tender in a sealed envelope addressed to the secretary by 30 June.

The Registrars' Ramblings

Happy Birthday to all the following Tadpoles:

May you enjoy your birthday celebrations and still swim well the next day!



June

| | | | |
|---------------------------------|-------------------------------|--------------------------------|-------------------------------|
| Bill Waterhouse 5 th | Max Lennon 7 th | Bob Edwards 15 th | Kev McKeon 16 th |
| Peter Trezise 17 th | Sue Walker 22 nd | Keith Brown 25 th | Simon Isakka 25 th |
| Shayne Baker 26 th | John Creedon 28 th | Debbie Wagner 29 th | Brain Luxton 30 th |

July

| | | | |
|---------------------------------|--------------------------------|-------------------------------|-------------------------------|
| Dick Williams 4 th | Rosalie Lutvey 7 th | Julie Adrian 12 th | Beryl Thomas 15 th |
| Alison Beattie 19 th | Nigel Beaman 22 nd | Nev Bambrick 23 rd | Barry Anstey 27 th |
| Hugh Stevens 30 th | Greg Biggs 31 st | | |

NEW MEMBERS

No new members this month so maybe you all need to get out there and tell your friends what a great time you are having.

NEW COACH

By now most of the regular Thursday night swimmers would have met our new coach; Georgie Scott. Georgie has had an immediate impact by setting some new challenges for the people in groups 1 & 2. There has been a lot less talk in between sets and a lot more gasping for air. Make sure you say hello to Georgie next time you are at the pool. I've been sitting quietly over in group 3 but I think my luck (& excuses) has just about run out!

Swimming Tip of the Month

Okay, it is time for Medley rules this month, which are printed below. It is important to remember that each stroke has to be swum correctly (and in the right order), from the start to the finish of each length. This means, when you end the butterfly leg, you must touch with both hands, you must end your backstroke leg on your back (you can not do a forward roll turn into the breaststroke), you must touch with both hands at the end of the breaststroke leg, and the freestyle leg must be freestyle (you can't substitute another stroke). Note also in a relay the order is different, and the race starts with backstroke.

MEDLEY SWIMMING

SW 9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

Clarification: A swimmer who commences any leg with the wrong stroke cannot negate the error by stopping and returning to the pool end to recommence using the correct stroke.

SW 9.2 In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

Clarification: A swimmer who commences any leg with the wrong stroke cannot negate the error by stopping and returning to the pool end to recommence using the correct stroke.

SW 9.3 Each section must be finished in accordance with the rule which applies to the style concerned.

Clarification: This rule applies to both Individual and Relay events.

The rules of swimming can be downloaded from the Australian Masters Swimming website or [https://assets.clubsonline.com.au/assets/console/document/documents/MSA Swimming Rules Oct 2010 updated1.pdf](https://assets.clubsonline.com.au/assets/console/document/documents/MSA_Swimming_Rules_Oct_2010_updated1.pdf)

Aerobics

After a bit of a false start, our secretary dragged herself away from the mail to complete an extraordinary aerobic swim.
As usual on a Wednesday night I was trying to talk someone, anyone into trying a 400 freestyle and Marien raised her hand to do a 1500 metre swim for her very first aerobic swim. There was a little false start where Marien completed a 100 metre warm-up first. The timekeepers thought she had started the 1500, Oh!! silly us. Congratulations Marien it really was a great swim and most importantly you completed it.
You don't have to do what Marien did but you can do a 400 of something, **go on have a go, I dare you!!!**



Lane Warriors

The total to the 29th of May was just under 1.3 million metres. This is the number of metres as a club we have swum this year. I have created a summary page that shows each persons contribution and the running total for the club. This will be with the book where you write down the metres completed. If you would like a copy of the metres completed by the you. Send me an email and I'll be happy to send you a copy of your swim log.
Keep recording all swims they can be done anywhere anytime. When writing distances down not swum on that day can you please add a date, makes life a little easier? I am trying to use my psychic abilities for the six lotto numbers. (Not much luck there either.)

Total 1,297,475

Lou



Position vacant

We are in need of someone to lock up on a Monday, Wednesday or Thursday nights. If you are a regular swimmer on one of these nights please consider if you would be prepared to lock up. Please see Stephen Gray if you are interested.

Upcoming Swim Meets in 2011

| JUNE | | | | | | |
|-----------|--------------------|-----------|----|------------------------------|--|---|
| 1-31 | Sunshine Coast | POSTAL 15 | | Sunshine | Flyer | 1Km Postal 2Km Postal 3Km Postal |
| JULY | | | | | | |
| 4 | Caboolture Crays | SC | 16 | Burpengary Aquatic Centre | Sunshine Flyer | Meet Manager Postal Sheet Summary Sheet |
| 24 | South Burnett | SC | 17 | South Burnett Aquatic Centre | Sunshine Flyer | Meet Manager Postal Form |
| 27-7 Aug | FINA World M C | LC | | Göteborg, Sweden | Entry Booklet | |
| AUGUST | | | | | | |
| 14 | Rum City | SC | 31 | Bundaberg Swim Academy | Sunshine Flyer | Meet Manager |
| 21 | Brisbane Northside | SC | | | Program | Meet Manager |
| SEPTEMBER | | | | | | |
| 1-31 | Aqua Jets | POSTAL 19 | | South | Flyer & Entry Form | |
| 11 | Toowoomba Tadpoles | SC | 20 | Glennie Aquatic Centre | Sunshine Flyer | Summary Sheet Meet Manager |
| 25 | Redlands Bayside | LC | 21 | Cleveland Aquatic Centre | South Flyer | Individual Entry Summary Sheet Postal Forms |

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.

Dates to remember

Barbeque breakfast Sunday 26 June after training at 8.30am.





Safety Report

Little did I think that when I signed up as Safety Officer that I would actually have to do anything except turn up to meetings, stick my hand in the air occasionally (to second something) and nod my head. Things have been a little bit different to that, however, overall I cannot complain.

Apparently the safety Officer does have duties that do require attention, which is why you are finally hearing from me (*that and the fact that Stephen told me I had to write something*).

On a serious note over the 18 odd months that I have had this role there has been little of concern. We have had a couple of instances where someone has sustained an injury however fortunately none have been serious.

That being said we did have an injury to a swimmer in March that was very painful to the swimmer concerned and although all is now well perhaps a timely reminder is not a bad idea.

The pool has a number of obvious risks which we all negotiate without giving them a second thought. The chances of slipping while walking around the pool, slipping when entering or exiting the pool, banging your arm or head on the end of the pool while doing backstroke or an arm/hand clash with another swimmer are just some of those things we give little thought to (and human nature being what it is the list of incidents or injuries could be endless). The purpose of this column is to remind everyone that these things can happen and none of us want to see someone injured.

For your own safety and wellbeing just take a moment to make sure that you are not putting yourself or others at risk and that way I can go back to putting my hand in the air occasionally and nodding at meetings.

P.S. If there is something you consider is a safety risk at the pool please let me know and that way I can look like I actually know what I am doing at the monthly meetings.



Brad Curtis
Safety Officer



Members' achievements

Marien's Swim in the Ocean...

Recently I completed my first ever ocean swim as part of the Noosa Winter Festival. I chose to do the 1km swim as my first although there was also a 2km option. My aims were to finish and have fun, both of which I achieved.

I managed to coerce my best friend into swimming with me, and I was very grateful to have her next to me at the starting line at Little Cove as the nerves were building. Between the starting line and actually reaching the water, we ended up doubled over with laughter unable to move as the rest of our group swam off into the distance. We eventually got moving and underestimated how exhausting it was to swim through the waves, so ended up doing breaststroke pretty early on. At this point we had a visit from a life saver on a paddle-board reassuring us it was OK to take our time as 'it is a social event anyway'.

I then found my 'groove' and eventually got swimming, which felt great. There was a slight swell and the surface was a bit choppy, both of which took a bit of getting used to. However, I didn't have to adjust my stroke from bilateral breathing, despite being coached in several other options (thanks Steve M.). As we were considerably behind the rest of our group, we didn't have to contend with being kicked and feeling like we were in a washing machine. In fact I spent much of the swim on my own, which felt both liberating and disconcerting at the same time. There were several buoys and paddle-boarders to help us navigate to Main Beach, although it was still necessary to constantly look forward and get my bearings.

Then a strange thing happened as I started to overtake people and the competitive juices started flowing. As we got closer to the finish line the swimmers seemed to pack closer together as we aligned ourselves towards the flags. I was then on a mission to beat as many blue-caps identifying our group as possible. I don't have a photo of us at the finish line as nobody warned us about the brown sludge that accumulated on our faces and gave the impression that we'd grown beards during the swim. Apparently the seasoned swimmers knew about this and wiped it off as they exited the water. Good tip for next time! I also won't tell you my time as it really is embarrassingly slow. However, all of that is beside the point. The point is that I went there to achieve a 'first' and absolutely loved the sensation of swimming from A to B in the ocean. We have agreed to both do it again next year.

Next year I will aim for a slightly faster time but more importantly to have just as much fun as we had this year. If I'm not having fun, I wouldn't keep doing it!!





Ann Todd being congratulated on her achievements from State titles



Enjoying Sunday breaky at Sizzler

Editor's addition

Happy reading, and I hope you are enjoying being a part of this great club!



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

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

Fun, Fitness and Friendship