

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

October-November 2011

## The President's Pen

What a great couple of months. Spring, has sprung (so they say) and the temperature is starting to warm up outside (however, based on my past predictions about things warming up, expect a cold snap shortly after this newsletter is released). Our swim meet has now been swum, and thank you to everyone who assisted on the day. Thank you to Paula, our Meet Manager, Linda and Marg for welcoming all our visiting swimmers, Lennie who started all our races (hope that knee is feeling better), Hugh (chief timekeeper), Marien (marshalling), Rosalie, Barb and their helpers on the food stall, Brian (announcing), Ashley (hidden up in the controllers box, to all our time keepers, our referees (particularly Ray), and everyone else (if I listed everyone, I would run out of space on this page), who helped and supported the event.

Without everyone's assistance it would not have been as good a day as it was. It was great to see so many swimmers have great swims, especially our members participating in their first swim meet. Thank you to ERGON Energy for sponsoring the Dash for Cash, which had a pretty close finish this year.

You may have noticed Monday nights have taken on a new image with Georgie now giving us some great coaching. Georgie will be taking a break from coaching in October, but will be back in November. The next away swim meet is the Redlands Bayside meet. I know some swimmers are planning on attending, so if you are interested in going please see Wayne.

I have had some members ask about club shirts. In the coming weeks the committee will look at some design options and will ask members if they are interested in purchasing a shirts.

Our next BBQ breakfast will 23 October.

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 Social snippets
3	Toowoomba swim meet
7	Aerobics, Lane Warriors
8	Registrar's ramblings Dates to remember
9	Upcoming swim meets
10	Editor's addition Tadpole shop Committee contacts

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## The Captain's Report



Once again time has passed rather quickly, but allot has happened since the last Newsletter.

A big congratulations to all those participated at our swim meet. Whether you were ticket selling, time keeping , marshalling, catering or competing, everyone contributed to a day that was successful and enjoyed by all. To those competitors whose times were impressive, (in particular, Nick 30:01 50m Freestyle and Maree 1:25:01 100m IM, know to whom I am referring) group 1 awaits with open arms, as I am constantly reminded by those that are already there.

Don't forget the upcoming swim meets:

Twin Towns long course - 15th October  
Atherton Mountaineers long course - 29th October

If you are going to compete, please leave your nomination forms in the "Money Tin" for collection. It would be great to see some of the Tadpoles participate at these or other meets, as it was fantastic to see the effort made by other clubs to make the trek up the hill and help create a friendly, but competitive atmosphere.

Good to see some different faces for Georgie's Monday night sessions. Although they can at times be strenuous, I'm sure the results at the end will be rewarding.

On that note I'll finish for this edition, hope everyone continues to enjoy the great resources that we have at this club.

Wayne

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## Social snippets

### 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>



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## Sad news

It was sad to hear news of the passing of club member Keith Brown. Keith has been a member of the Tadpoles club for about 17 years and was a quiet and likable fellow. Keith has been fighting cancer for the last few months. His funeral will be on Friday 7 Oct at 10.30am.

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# Toowoomba swim meet: 10<sup>th</sup> September

Even though the weather was unusually cold and windy on the day, the Toowoomba Tadpoles gave a warm welcome to competitors from as far afield as Maryborough, the North and South Coasts to their 10 September Swim Meet.

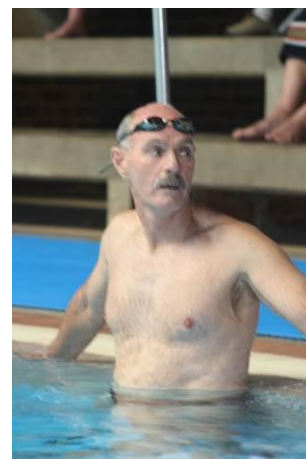
This year brought more than 75 competitors together from 14 clubs for an afternoon of fun and friendly competition. With 9 heats more than 2010 it was an action-packed afternoon with many personal records being broken.

Congratulations to the winners of the Ergon Energy Dash for Cash . Congratulations also to the lucky winners of the multidraw raffle prizes and the winner of the President's Raffle of the lovely jewellery set kindly donated by Creative Reflections. The President's Raffle income is to be donated to the Toowoomba Hospice.

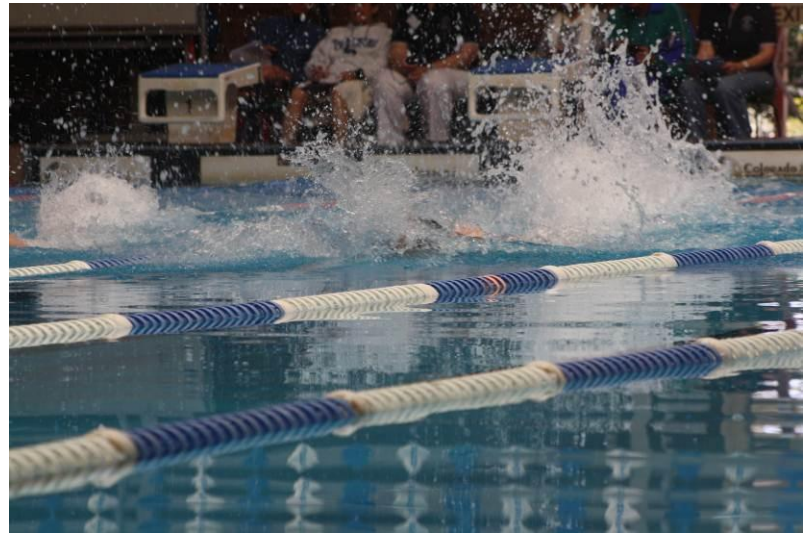
The many who attended the prize presentations at the Gladstone Hotel afterwards enjoyed warm food and a drink or two while applauding the many winners. The trophy for the winning team went to Miami Masters.

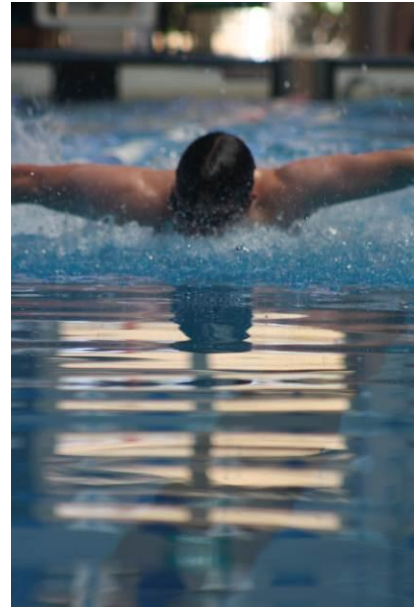
Special thanks go to all those members who donated raffle prizes and the food that was available on the top deck. Also, special recognition goes to Linda and Margaret for their great work selling all those raffle tickets. Without all your contributions, the day would not have been as successful. I would like to personally thank many volunteers who gave up their time to assist - Rosalie, Barbara and their helpers on the food stall; Simon and Ashley in the Control Room; Ray and his Refs; Len on the Starter buzzer; Hugh for Keeping Time; Brian the Caller Marshalling Marien, Runner Mona and Checker Stephen and to everyone who jumped in to help with timekeeping. I know I really enjoyed the day and I hope those of you who competed and attended did as well. Till the next Toowoomba Tadpoles Swim Meet.....

Paula de Keyzer  
Swim Meet Director



# Toowoomba swim meet: 10<sup>th</sup> September







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## Aerobics

With the end of the year looming anyone one who has started their 400 or 800 metre swims needs to ensure they get the opportunity to finish them for the year. You do need to complete five swims for the year to achieve aerobics points for yourself and the club.

On Wednesday nights the aerobics swimmers are taking two lanes when possible. This is to allow for the swimmers to complete the longer distance swims (1500m, ½, ¾, 1 hour swims). Thanks for your patience in advance for letting us do this; I am sure you will find someone new to talk to in a different lane. If not, Lionel will be glad to stop and have a chat!!

If you haven't completed any aerobics this year consider trying one or two next year. The structure of aerobics swimming is changing slightly in 2012 and will be more goal orientated.

Many thanks to our resident Wednesday night timekeeper, Alison Beattie, without her help it would make the aerobics sessions more difficult and we would not achieve as many swims.

## Lane Warriors

Great effort from everyone, you have clocked up in excess of 3 million metres so far this year. (To be precise as of the 28 Sept. 3,159,675 metres) A summary will be placed on the notice board to keep everyone up to date.

If anyone wants their personal tally just send an email, (louie.jo@gmail.com) to me or see me at the pool and I'll reply as soon as practicable.

Remember any swim can be recorded it does not have to be a club session. So get in have a swim and record those metres. Write them in the folder with the date you swam it and this added to the total.

Thanks to all the members on deck for recording the distances swum this really is a big help.

**Lane Warriors Goal**  
**1<sup>st</sup> December – 4,000,000 metres**

Lou



Lionel



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## The Registrars' Ramblings

Happy Birthday to all the following Tadpoles:



### October:

9 Colleen Parravicini  
29 Robert Hills

9 Justin Maddock  
29 Grahame O'Brien

28 Jill Davidson  
31 Mona Baker

### November:

1 Margaret Stewart  
3 Dorothy Stevens  
15 Lionel Scotney  
21 Carly Hendy

2 Peggy Turner  
Margaret Connick  
16 Rebecca Budd  
23 Ashley Welke

2 Roger Richards  
14 Jane Metcalf  
20 Susan Doyle

## Save on membership fees:

What an opportunity new joining members have to save on membership fees! New members can join to the end of 2011 for \$43. But will need to reregister next year (2012) for \$82. But new members can currently join on the 16 month deal of \$98, which will take a new membership through to the end of December 2012, for only an extra \$16, saving \$27.

## Members encouraged to pay online:

Preference is for all memberships now to be processed online, so if you have access to the internet, please register online at [https://www.clubsonline.com.au/registrationclubportal/index.cfm?fuseaction=display\\_main&orgid=3400](https://www.clubsonline.com.au/registrationclubportal/index.cfm?fuseaction=display_main&orgid=3400).

If you don't have internet access please see Bill Waterhouse and he will arrange your membership the old fashioned way. Please remember, to swim with our club (and with all Masters Swimming Clubs) you need to be covered by insurance, which for members, is included in the membership fee, and for non-members is included for up to one month during the one month trial period.

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## Dates to remember

BBQ Breakfast Sunday 23 October after training.

Swim for Hospice 10am -2pm, 19 February 2012



# Upcoming Swim Meets in 2011

Please see the Club Captain if you are interested in going to any of these events.

## OCTOBER

2	Maryborough	SC	22 Maryborough Aquatic Centre	Central
15	Twin Towns	LC	23 Oasis Pool, Banora Pt	South
15	Atherton Mountaineers	LC	25 Atherton Pool	North
29	Redlands Bayside	LC	24 Cleveland Aquatic Centre	South

[Flyer](#)      [Meet Manager](#)

## NOVEMBER

6	<b>State Open Water Swim</b>	<b>OWS 26</b>	<b>Lismore</b>	
12	Cairns Mudcrabs	SC	27 Gordanvale Pool	North
19	Brisbane Southside	LC	28 Brisbane Aquatic Centre	South
26	North Mackay Sinkers	SC	29 Mackay North State High School Pool	Central

[Nomination Form](#)

[Flyer](#)

 [Forms](#)

## DECEMBER

3	Aqualicious	LC	Splash Centenary Pool- Twilight Relay Meet	
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This is a link to the Qld Masters swim meet calendar.

[http://qldmastersswimming.org.au/index.php?option=com\\_content&view=article&id=124&Itemid=127](http://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.**



Congratulations to the small clubs trophy winners at Northside swim meet on 20 August.



## Editor's addition

Well done to everyone for a great swim meet! It was my first carnival to compete in since I was 16....and it was a lot of fun and quite an achievement. Thanks to Debi McMaster (and Will) for the great photography.

Just letting you know that fins will no longer be available to borrow at the pool. Also, if you would like help with stroke correction at training, just ask and there will be someone with the expertise to help you.



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](mailto:info@toowoombatadpoles.org.au) or see him at the pool.

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## Committee contacts

**Pres.:** Stephen Gray 4639 5665 [president@toowoombatadploes.org.au](mailto:president@toowoombatadploes.org.au)  
**Sec:** Marien Stark 4696 8812 [secretary@toowoombatadpoles.org.au](mailto:secretary@toowoombatadpoles.org.au)  
**Reg.:** Bill Waterhouse 4639 2434  
**Club Capt:** Wayne Carlish 4696 2271  
**Newsletter Editors:** Sue Walker 4638 3572  
**Publicity officer:** Mona Baker 4637 0712  
**Social Director:** Rosalie Lutvey  
**Swim meet director:** Paula de Keyzer 0402 159 512  
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[www.toowoombatadpoles.org.au](http://www.toowoombatadpoles.org.au)

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

**Fun, Fitness and Friendship**

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