

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

April - May 2012



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29 Years of Masters Swimming  
1983-2012

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

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## The President's Pen



Congratulations to all the members of our Management Committee for 2012, elected at our AGM in March. Welcome to Matt (Treasurer) who rejoins the committee and Jane (Assistant Secretary) who is new to the committee. The committee thanks you for your support as we head into 2012. Congratulations to most improved swimmer for 2011, Wayne Carlish. Wayne has been recognised for the improvement he has made in his swimming over the past year.

This year at the AGM, for the first time in many years, two members were endorsed as life members of the club. These members have embraced the ideals of Masters Swimming and have been great ambassadors of the club over many years. Congratulations to Ann Todd and Peter McMonagle.

The Toowoomba Swim for Hospice was well supported on 25 March, with many members participating. Swimmers rose to the personal challenges they had set themselves on the day, with some accomplished swims. The JJ Richards Relay results were very close this year, and well done Team Whitehouse. We also had a number of non-members, swim on the day. We will make a presentation to the Toowoomba Hospice at the thank you BBQ on Sunday 15 April. Our swimmers have also been in the pool at the State Long Course swim meet, at Harvey Bay, with some great results.

Easter is approaching fast (it's hard to realise that 1/3 of the year is gone already), 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  
President



# The Captain's Report



Another autumn is upon us and you can feel a slight chill in the air, but the water temperature remains pleasant.

Great to see new faces on the committee, but also good to see many of the same people backing up for another year.

I was hugely surprised in receiving the "Most Improved Swimmer Award" at the AGM (although I wasn't there to accept it). To have my name placed on the same trophy as some of the great club members that appear on there is an honour.

While most of us have been slogging up and down the black line, some of our members have been representing the club in short and long course events in the state and their results are as follows:

## Miami Short Course 26/02/2012 (Nerang)

Ann Todd	1 <sup>st</sup> 25m Freestyle 1 <sup>st</sup> 100m Freestyle 1 <sup>st</sup> 200m Breastroke	Paula Harding	3 <sup>rd</sup> 25m Butterfly 2 <sup>nd</sup> 50m Breastroke 3 <sup>rd</sup> 50m Butterfly 2 <sup>nd</sup> 100m Breastroke 1 <sup>st</sup> 200m Breastroke
Beres Hindman	1 <sup>st</sup> 25m Breastroke 1 <sup>st</sup> 50m Breastroke 1 <sup>st</sup> 100m Breastroke 1 <sup>st</sup> 200m Backstroke		

## MSQ State Long Course 09/03/2012 (Hervey Bay)

Rosalie Lutvey	3 <sup>rd</sup> 50m Butterfly 5 <sup>th</sup> 100m Freestyle 2 <sup>nd</sup> 100m Butterfly 5 <sup>th</sup> 200m Freestyle 3 <sup>rd</sup> 400m Ind Medley 5 <sup>th</sup> 100m Freestyle	Barbara Lawes	5 <sup>th</sup> 50m Freestyle 5 <sup>th</sup> 50m Backstroke 6 <sup>th</sup> 100m Freestyle 7 <sup>th</sup> 100m Backstroke 6 <sup>th</sup> 200m Backstroke 3 <sup>rd</sup> 400m Freestyle
Ann Todd	1 <sup>st</sup> 100m Freestyle 1 <sup>st</sup> 200m Backstroke 1 <sup>st</sup> 400m Backstroke 1 <sup>st</sup> 400m Backstroke 1 <sup>st</sup> 400m Breastroke 1 <sup>st</sup> 200m Breastroke 2 <sup>nd</sup> 100m Breastroke	Beres Hindman	3 <sup>rd</sup> 50m Freestyle 1 <sup>st</sup> 50m Backstroke 2 <sup>nd</sup> 50m Breastroke 3 <sup>rd</sup> 100m Breastroke 1 <sup>st</sup> 200m Backstroke 3 <sup>rd</sup> 200m Breastroke

All would agree that these results are fantastic for the participants as well as the club, and my congratulations go to each of the members.

Ann and Paula's next assignment is the 37th National Championships in Adelaide on the 14th-17th April. We wish them all the best, safe travelling and a successful meet.

The last meet for April is at Albany Creek, all who wish to attend, please have your entries in by 10th (I know that Easter is fast approaching, that's why the extra time) as the closing date is the 13th.

May has only 1 meet, Noosa Challengers Long Course on the 19th, so entries in by the 20th April (closing on the 27th April)

If you intend to swim at any of the meets, please remember to check the calendar.

Finally, I will be a bit slower around the pool deck in the coming weeks after surgery and may not be there for every swim, but I will be available to collect entries or talk about upcoming meets. So, if you need, please contact me by either phone or email.

Until next time remember - Fitness, Friendship, Fun

Wayne



## Tadpoles AGM



## Most improved swimmer of the year



Once again this year choosing the Most Improved Swimmer of the Year was not easy as many members have shown improvement, performed at very high standards, have set records and many have achieved personal bests. Our swimmer of the year, this year, has shown dedication and improvement to their swimming, (and I might add, has shown good improvements over a number of years). They achieved a Silver level in the MSX excellence program, and they enthusiastically swim consistent times and results. Congratulations to **Wayne Carlish**, our 2011 Swimmer of the year.



## Our new Committee for 2012

Thankyou 2011 committee and congratulations to:



President: Stephen Gray



Treasurer and Meet Director: Matt Torr



Secretary: Paula de Keyzer



Vice President: Brad Curtis



Assistant Treasurer: Vanessa O'Sullivan



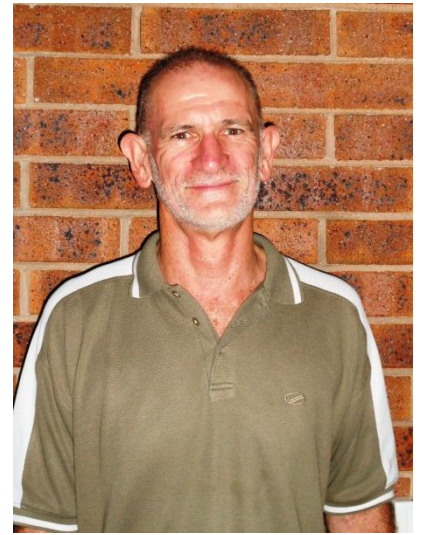
Assistant Secretary: Jane Metcalfe



Club Captain:  
Wayne Carlish



Club Vice Captain: Debi McMaster



Registrar and Deck  
Coordinator:  
Bill Waterhouse



Recorder:  
Lionel Scotney



Endurance 1000 Coordinator:  
Lou Hill



Social Director:  
Mona Baker



Newsletter Editor: Sue Walker

Publicity Officer: To be confirmed

Safety Officer: To be confirmed

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## New Life Members

Congratulations to our two new life members, Peter McMonagle and Ann Todd. These members have been nominated by their fellow club members and been endorsed by the Management Committee. Both Peter and Ann have been members of the club for over 15 years have both served on the Committee, and give freely of their time for the club and assist members as needed. They have both represented our club at local, state and national swim meets, (and Ann Todd at world meets). Both Peter and Ann are tremendous ambassadors for our club, embrace the ideals of Masters Swimming and are very deserving recipients.



Peter McMonagle accepting his Life Membership.

Ann Todd also accepting her Life Membership at the AGM.



# Tadpoles Calendar April - May 2012

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>April</b>							<b>1</b> Nudgee, Tadpoles special meeting
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Easter Sunday- no swimming
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> National Champs	<b>15</b> National Champs, Thankyou BBQ- Swim for Hospice
	<b>16</b> National Champs	<b>17</b> National Champs	<b>18</b>	<b>19</b> Mini meet	<b>20</b>	<b>21</b>	<b>22</b>
	<b>23</b>	<b>24</b>	<b>25</b> Holiday	<b>26</b>	<b>27</b>	<b>28</b> Albany Creek, Whitsunday Warriors	<b>29</b>
	<b>30</b>						
<b>May</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>7</b> Holiday	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Noosa Challengers	<b>20</b> Mini meet
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
<b>June</b>					<b>1</b>	<b>2</b>	<b>3</b> World Masters-17 <sup>th</sup> , Ipswich Masters
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>11</b> Holiday	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Caloundra Crays
	<b>18</b> Mini meet	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

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## Training information- Mini meets

What is a mini meet:

Toowoomba Tadpoles have historically held regular mini meets at swim sessions, so swimmers could practice their race swimming (especially starts, turns and finishes) and check how their times were going in a no pressure environment. We haven't consistently held many over the past few years, but in 2012 a mini meet will be programmed for each month. These swims are totally optional, and if you don't wish participate (although I do encourage everyone to have a go), an alternative swim program will be available to do. Typically the session will consist of a warm up swim for about 15 to 20 minutes, then a series of timed "races" consisting of 2 x25m, 2x50m and a 100m swim (strokes and number of swims of your choosing), with a short break between each swim.

Proposed dates for 2012

- ✓ Sunday 22 January
- ✓ Monday 13 February
- ✓ Wednesday 21 March
- Thursday 19 April
- Sunday 20 May
- Monday 18 June
- Wednesday 18 July
- Thursday 16 August
- Sunday 2 September
- Monday 15 October
- Wednesday 15 November
- Thursday 6 December

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## Participation and Improvement Program

Congratulations to Brad Curtis, the January winner and Meryl Carfrae, the February winner of the random draw from the participation entrants for the month.

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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>



## Member Profile: Thelma Doyle

Sometime in the first half of the last century- when the world was young- along with yellow belly, cod and catfish, in the big brown sluggish Condamine River as a 'do or die' exercise, I found a way to swim. Of course, being a perfectly sensible child, I kept my head above water, as the dogs did.

Some years later, a patient and generous man taught me a more comfortable style and along with a keen group, we learned to swim distance and sprint. Because of his coaching and organisation, the Roma team competed in State and National championships where we were medal winners. Have any of you heard of Denise Spenser? During the years I knew him he was never in the water but he was a great motivator. Thankyou Mr Rooker.

Passing over another half century when things dreamt of by pre-pubescent youth took over- marriage, childbirth, droughts and flooding rains etc.

This brings us to nineteen years ago when at friends urging, I joined the club. I t has been a great experience and I became used to wearing goggles and to seeing the bottom of the pool- which was in meters not yards- and not a diving board in sight.(hoe do kids learn to handle a spring board?) There was one at Milne Bay for a while but is long gone. The help and support of members and coaches was much appreciated.

Eventually the competitive urge grabbed me and I had a fantastic trip to Italy for the World Swim titles where I was placed 4<sup>th</sup> and 5<sup>th</sup> in the 50m and 100m freestyle.

Now I am happy to enjoy life without pressure and just keep fit.

The greatest fun is in watching as the "huffers and puffers"; the "what am I doing here" newbies go on to be wonderful achievers.

Good luck to all and a big THANKYOU.



Cheers  
Thelma



Above:Thelma and Beres- back left with the 1940's Roma swim team.

Left: Mr Rooker giving instruction to Thelma



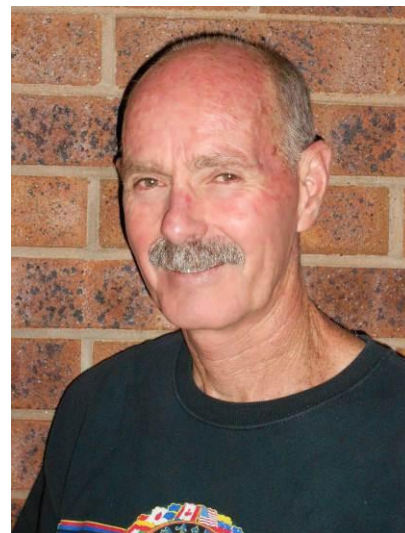
## Member Profile: Peter McMonagle

I grew up in Warwick where the Swimming pool was the centre hub of entertainment for young people over the summer months. My Mum was never able to swim, having grown up in a country centre with no such thing as a pool. Her family said "you can't go near the creek until you can swim"-(work that one out) She vowed that my three brothers and myself would be able to swim if it meant her life and so we were taught to swim. We all excelled in the pool and apart from the eldest (who went flying) all competed at school, state and national levels over the following years.

When I commenced work swimming was forgotten and apart from waterskiing, swimming did not enter into life until children came along and they wanted to go swimming, so as a family, we joined the Warwick Swimming Club. I became President for a couple of terms and encouraged parents to compete along with their children on club night and so the parents 50 metre "dash" became a highlight of each club night for the children. A move to Toowoomba to further our two younger children's swimming career and later a transfer with my job saw me swim at Milne Bay Pool with Wendy Howard as coach where I met Dick Williams and our late member Keith Brown. Dick and Keith encouraged me to give Masters a go and so I joined Toowoomba Tadpoles in about 1996. With a new group of training companion, I became fitter and decided to do some competitions and enjoyed the challenge of those and so registered to compete in the World Police and Fire Fighter Games in Melbourne. These competitions are held somewhere in the World every two years with average attendances of 9 to 10 thousand competitors and supporters - a fantastic experience. I have attended two more of these games both being in Canada with some success.

I enjoy seeing other swimmers improving overall in their fitness and particularly if they find a stroke they excel in and see their excitement at that improvement.

Pete



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## Endurance 1000 News



Hi Everyone

During February there were 28 swims completed, which is a great effort and there is still plenty of lane time available if you would like to have a try at one of the Endurance 1000 swims.

The Swim for Hospice on the 25<sup>th</sup> of March was a great success not only for the money raised for the Hospice but the number of our swimmers that completed Endurance 1000 swims. I haven't received all of the sheets but some of the notable efforts were Thelma Doyle completing a half hour swim, Hugh Stevens and Steven Gray completing one hour freestyle swims while Bill Waterhouse powered through a 1500 metres freestyle as a warm-up to the JJ Richards Swim Relay Challenge. (Team Waterhouse were victorious in this event.)

Some handy tips if you want to try an Endurance 1000 swim,

- Take it easy
- It is only 16 laps
- You are competing against one person, yourself.
- The swim time is not important completing the swim is important.

# Lane Warriors

## 2011 Season

Congratulations to our baby Tadpoles, in the 18-34 age group the Toowoomba Tadpoles filled the Top 5 positions. As this was a state wide program their achievements are a tremendous.

### 18 – 34 years

1. Lauren Carlish (QTW)
2. Justin Maddock (QTW)
3. Vanessa O’Sullivan (QTW)
4. Nicholas Keen (QTW)
5. Steph Biggs (QTW)

So keep those metres rolling in and your name could be up in lights next year, with a new towel to boot!

## US Masters 1 Hour Postal Swim

During January the US Masters has its 1 Hour Postal swim, this year I talked our Club Captain Wayne Carlish into keeping me company for the hour swim.

Wayne completed 3600 metres for hour while I was little behind at 3300 metres.

These were great efforts and in our respective age groups Wayne managed 101<sup>st</sup> out of 197 participants, while this year was my best effort in distance and a placing at 139<sup>th</sup> of 216 swimmers, I was over the moon.

**But the most important thing- we had a go and we finished!**

Thanks Wayne and thanks to our daughters, Lauren and Emma who did the timekeeping.

Below Lionel is checking out Wayne’s reward. The exclusive One Hour of Power T-shirt designed by Blue Wave Aquatics in the US.



If anyone would like to try next year we’ll appreciate the company- wont we Wayne?

Lou



Lionel



# Swim for Hospice 2012

What a great day for the Toowoomba Swim for Hospice on 25 March. We had 30 swimmers on the day complete over 56km. Thank you to all the swimmers, helpers on the day, and sponsors. Without you, we would not have had such a successful event.



The JJ Richards Swim Relay Challenge was closely fought out. Team Waterhouse (**Bill Waterhouse, Jo Waterhouse, Kery Lillington, Jess Olding**) took out the honours, narrowly defeating the Destroyers (Lou Hill, Sue Walker, Hugh Stevens and Brad Curtis) in second place, with Pooped Out (Alison Beattie, Debbie Wagner, Barbara Lawes and Rosalie Lutvey) closely behind in third. All these teams swam within 2.6 seconds of their nominated time.

The fastest relay team was the Submariners (Matt Torr, Wayne Carlish, Justin Maddock and Jarrad Torr) in a blistering time of 1:55.72.

All members are invited to attend the thank you breakfast and presentation on Sunday 15 April at 8:45am (following swimming).







## The Registrars' Ramblings

Happy Birthday to all the following Tadpoles:  
May you enjoy your birthday celebrations and still swim well the next day!



### APRIL BIRTHDAYS

Beres Hindman 11<sup>th</sup>    Malcolm Stevens 15<sup>th</sup>  
Stephanie Biggs 18<sup>th</sup>    Judith Wilson 23<sup>rd</sup>

### MAY BIRTHDAYS

Kim Stevenson 2<sup>nd</sup>    Nicholas Keen 3<sup>rd</sup>    Brad Curtis 4<sup>th</sup>    Marien Stark 5<sup>th</sup>  
Paula Harding 7<sup>th</sup>    Narelle Taylor 13<sup>th</sup>    Alan Jones 14<sup>th</sup>    Ann Todd 30<sup>th</sup>  
Brian Shackleton 31<sup>st</sup>

### NEW MEMBERS

Three new members have joined our ranks during February and March; Kim Boland, Kim Stevenson and Prue Braund. On behalf of the committee welcome and we hope you enjoy your swimming. So if you see Kim, Kim or Prue ensure you welcome them to the club.

Membership now stands at 78!

### NEW MEMBER KITS

All new members have previously been sent a "membership kit" by the Brisbane state office when they joined the Toowoomba Tadpoles. This process has now changed and the kit will be issued locally by the local club's registrar (me!). Therefore if any new member hasn't received their kit please see me next time you are at the pool or send me an email so I can arrange delivery. The email address is [registrar@toowoombatadpoles.org.au](mailto:registrar@toowoombatadpoles.org.au).

Until the next newsletter.

All the best and I hope to see you at the pool

Bill Waterhouse      (Registrar)



## Members other achievements

Our members don't only compete in Masters Swimming Events. Bob Edwards competed at several Surf Life Saving Competitions recently and achieved great results. At the Gold Coast Surf Life Saving Titles – Tugan (65-69 years): 2 Gold, 2 Silver, at the State Surf Life Saving Titles – Kurrawa (70+ years): 2 Silver, 2 Bronze, and at the Australian Surf Life Saving Titles – Kurrawa (70+ years) 5<sup>th</sup> in Beach Sprint, and 5<sup>th</sup> in Beach Flags

Congratulations also to Marien Stark and Ben Fargher who completed the Mooloolaba Ocean Swim, and Stephen Mina who completed in the full Mooloolaba Triathlon.

And in the Hell of the West Triathlon, Kim Boland, Kim Stevenson and Paula Trezise (and Peter Trezise riding the cycle leg in Paula's team) each completed the swim leg for their Mixed Team, with their teams placing 5<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> respectively (out of 67 competing teams).

# Upcoming Swim Meets in 2012

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

<b>April</b>				
(Sun) - 1 <sup>st</sup>	Nudgee Brothers	Long	09/12	St Joseph's Nudgee College
<b>14 – 17</b>	<b>NATIONAL CHAMPS</b>	<b>Long</b>		<b>Adelaide</b>
28 <sup>th</sup>	Whitsunday Warriors	Long	10/12	Proserpine Pool
28 <sup>th</sup>	Albany Creek	Short	11/12	Albany Creek Leisure Centre
<b>May</b>				
19 <sup>th</sup>	Noosa Challengers	Long	12/12	Noosa Aquatic Centre
<b>June</b>				
<b>3 – 17</b>	<b>WORLD MASTERS C</b>	<b>Long</b>		<b>Riccione, Italy</b>
(Sun) - 3 <sup>rd</sup>	Ipswich Masters	Long	13/12	Ipswich Grammar School
17 <sup>th</sup>	Caboolture Crays	Short	14/12	Burpengary Aquatic Centre

This is the link to the Qld Masters swim meet calendar for 2012

[https://memberdesq.imgstg.com/index.cfm?fuseaction=custom\\_data\\_main&ItemID=46225&OrgID=3400](https://memberdesq.imgstg.com/index.cfm?fuseaction=custom_data_main&ItemID=46225&OrgID=3400)

Copies of the complete 2012 swim meet calendar will be available on the desk at the pool.



## Dates to remember

- Easter closure- No swimming Easter Sunday 8 April, but swimming as usual on Thursday 5 and Monday 9 April.
- Breakfast BBQ Sunday 15 April after training- thankyou for Swim for Hospice



## Editor's addition

What a busy time it has been these last couple of months. Many members had been involved in swimming training, competing, social and charity activities- what a great club!

I'm hoping to hear very soon that our new club clothing is ready for delivery. Once I do, I'll put the folder on the desk reminding you what you owe and payment can be made to the treasurer.



Regards Sue

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## Committee contacts

**Pres.:** Stephen Gray 4639 5665 [president@toowoombatadpoles.org.au](mailto:president@toowoombatadpoles.org.au)  
**Sec:** Paula de Keyzer 0402 159 512 [secretary@toowoombatadpoles.org.au](mailto:secretary@toowoombatadpoles.org.au)  
**Treasurer:** Matt Torr 4634 0480  
**Reg.:** Bill Waterhouse 4639 2434  
**Club Capt:** Wayne Carlish 4696 2271  
**Newsletter Editor:** Sue Walker 4638 3572  
**Endurance 1000 coordinator:** Lou Hill 4630 8576  
**Recorder:** Lionel Scotney 4634 2761  
**Publicity officer:** to be confirmed  
**Social Director:** Mona Baker 4637 0712  
**Swim meet director:** Matt Torr  
[info@ToowoombaTadpoles.org.au](mailto:info@ToowoombaTadpoles.org.au)  
[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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