

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

December 2008/January 2009

The Presidents Pen

25th Anniversary Celebrations

The 26th of October saw our club officially celebrate 25 years of Masters Swimming. The day highlighted many of the clubs successes over the years. A number of the founding members attended along with visitors from other clubs helping in our celebrations.

The visual presentation showed some of the highs of being aerobics champions, both state and national. It also displayed our champions whether international, national, state and those of us who just get to the other end.

We had a great afternoon at the Downs Club and those who attended are still talking about it.

For me the greatest compliment the club received was the number of comments that endorsed the fun and the friendships that members had experienced over the years and of course somewhere in there is the fitness that we all aspire to.

So to the Toowoomba Tadpoles please raise your glass in readiness for the next 25 years.

Christmas BBQ Breakfast

Date Claimer – Sunday 14th December

Len has confirmed he will be firing up the BBQ and cooking up a storm of sausages, bacon and eggs.

Everyone is welcome to celebrate the end of our 25th year with our "Christmas BBQ Breaky"

Life Membership

At last years AGM the constitution was aligned with QMS regarding "Life Membership". With the AGM not that far away if you know of a member who deserves the consideration of life membership please contact me for guidelines.

See you at the other end!!

Lou



**25 Years of Masters Swimming
1983 - 2008**

Christmas Break

Last Session 2008

Monday 22 December

6:30pm – 7:30pm

First Session 2009

Sunday 4 January

7:30am – 8:30am

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Sunday 21st December
Annual Water Polo Match
Boys V Girls

The Registrars' Ramblings

Membership Renewals

Member's with this newsletter is a copy of the membership renewal form. Could you please have this completed and returned by the 21/12/2008. This will ensure you will be able to swim at any meets early in the New Year.

December 08 Birthdays

John Power 8th Thelma Doyle 9th Janet Etchells 24th Paul Denning 27th

January 09 Birthdays

Peter May 5th Marj Chipperfield 8th Barbara Lawes 14th
Len Passier 16th Kathy Simpson 27th Matt Torr 30th



Happy birthday to those members listed above we hope you enjoy the day.

Bill W



Safety Matters

Bronze Medallion Course

Congratulations go out to the eight members who successfully completed their Bronze Medallion on the 9th of November. The members listed below volunteer their time and skills on deck to ensure your safety during the swimming sessions. The cost of the course is paid for from a grant received from the Queensland Government, Department of Local Government, Planning, Sport and Recreation.

Vanessa Welke	Stephen Mina	Stephen Gray	Peter McMonagle
Matt Torr	Ashley Welke	Len Passier	Dick Williams

Other Bronze Medallion holders

Sue Walker	Wayne Carlish	Lou Hill
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Each time they volunteer their time as Member on Deck they are rewarded with their next swim free. This is part of the grant the club received from the Queensland Government.

There will be more courses in the future so if you are interested please contact the Safety Officer Stephen Mina or one of the committee.



Coach's Corner

Coaching Director Matt Torr will be holding some dryland training sessions in the near future. The previous sessions were very popular and give members an extra way to improve their swimming. Keep an eye on the notice board for times.

The programs being used on Monday, Wednesday and Sundays are in a twelve week cycle and were developed by Lindsay Clyde. The programs are available on our website. This means there are no excuses while on holidays you can download and take the sessions with you. If you need help getting them from the website, please contact Lou or Stephen Gray and they will arrange to have some printed for you.

2008 Pan Pacs

For those of you who aren't sure the Pan Pacs are a multi sport Masters Games held every second year on the Gold Coast.

This year eight of our Tadpoles made their way to the Gold Coast to pit themselves against some of the best in the land in their respective age groups and this year all eight had success. Six of them (pictured below) competing at the Southport Olympic Pool, John Power competed in the open water swim at Currumbin Ck and Phil Fletcher in his water polo team.

Congratulations to the following members for a great effort. The picture below tells the storey of their success.



Beres Hindman	Stephen Gray	Rosalie Lutvey	Lionel Scotney	Lyn Robinson	Ann Todd
3 rd 400 Back	1 st 400 Fly	3 rd 50 Fly	3 rd 200 IM	1 st 400 Back	1 st 400 Breast
3 rd 200 Back	3 rd 200 Fly	3 rd 400 Back	3 rd 200 Back	2 nd 200 Back	3 rd 100 Back
3 rd 200 Breast	2 nd 100 Back	2 nd 400 Free	3 rd 100 Back	3 rd 50 Back	1 st 200 Breast
3 rd 100 Breast	3 rd 100 Breast	3 rd 100 Fly	3 rd 50 Back	3 rd 100 Back	3 rd 200 Free
	3 rd 200 Back	3 rd 200 Free	2 nd 200 Medley	3 rd 200 Medley	1 st 100 Breast
	2 nd 200 Medley		Relay	Relay	2 nd 200 Back
	Relay				1 st 200 Free Relay
					1 st 200 Medley Relay

Open Water at the Pan Pacs

In the open water swim John Power had success in his age group with a 1st place in the 2.5 km event. At one stage John had two dolphins pacing him during one of the laps of Currumbin Ck. Congratulations John.

Water Polo at the Pan Pacs

Phil Fletcher competed in a gold winning team in his age group. Congratulations Phil.

Well done to all who competed. A special mention to one our members Cecily Cooke who cheered everyone on but was unable to swim this year.

Upcoming Swim Meets

The 2009 Swim Meet calendar has just been received and is attached to those who receive paper copies of the newsletter. A link will be put on the website to the calendar.

The first swim meet in the south of the state is the River City Meet on the 25th January.

Remember the 2009 National Championships will be held in Brisbane from 30th April to 4th May. This will be a great opportunity for a strong club representation at the Nationals. Watch the notice board for more information on this swim meet.

Postal Swims

January - 2009 US Masters one hour postal swim. This postal swim has been popular with a number of swimmers. It is a good chance to do a long distance aerobic swim. A Sunday morning during January may see a couple of lanes set aside for members who may wish to compete in this swim. This can be completed as an individual or as a relay.

<http://www.usms.org/longdist/ldnats09/1hentry.pdf>

<http://www.usms.org/longdist/ldnats09/1hrrelayentry.pdf>

March 2009 "The Five of Your Best" postal swim. Details will be out early in the New Year. This may be a great opportunity to get some times for the Nationals. This is hosted by the Tadpoles.

25th Anniversary Shirt



The limited edition 25th Anniversary Polo Shirt is available. This collector's item costs \$20.00.

Shirts sizes available now are S, M, L, XL, XXL.

The shirt is navy blue with white trim.

If you would like one please contact Lou.

Phone 0427966872

Email: louie.jo@gmail.com

Or see me at the pool.

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

Committee Contacts

Pres.: Louie Hill 0427 966872

Sec: Stephen Gray 4639 5665

Reg.: Bill Waterhouse 4639 2434

Club Capt: Rosalie Lutvey 0431 135641

Publicity Officer: Janet Etchells 0407 784835

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Glennie Pool Session Times

Monday 6:30pm – 7:30pm


Wednesday 6:30pm – 7:30pm

Thursday 6:30pm – 7:30pm


Sunday 7:30am – 8:30am

December 2008



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Glennie Pool 6:30 pm to 7:30 pm	2	3 Glennie Pool 6:30 pm to 7:30 pm	4 Glennie Pool 6:30 pm to 7:30 pm	5	6	7 Glennie Pool 7:30 am to 8:30 am
8 Glennie Pool 6:30 pm to 7:30 pm	9	10 Glennie Pool 6:30 pm to 7:30 pm	11 Glennie Pool 6:30 pm to 7:30 pm	12	13	14 Glennie Pool 7:30 am to 8:30 am Christmas BBQ Breakfast
15 Glennie Pool 6:30 pm to 7:30 pm	16	17 Glennie Pool 6:30 pm to 7:30 pm	18 Glennie Pool 6:30 pm to 7:30 pm	19	20	21 Glennie Pool 7:30 am to 8:30 am Water polo Match Girls V Boys
22 Glennie Pool 6:30 pm to 7:30 pm Last Session 2008	23	24	25 	26 Boxing Day	27	28
29	30	31				

January 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 <i>Happy New Year</i> 	2	3	4 Glennie Pool 7:30 am to 8:30 am First Session 2009
5 Glennie Pool 6:30 pm to 7:30 pm	6	7 Glennie Pool 6:30 pm to 7:30 pm	8 Glennie Pool 6:30 pm to 7:30 pm	9	10	11 Glennie Pool 7:30 am to 8:30 am
12 Glennie Pool 6:30 pm to 7:30 pm	13	14 Glennie Pool 6:30 pm to 7:30 pm	15 Glennie Pool 6:30 pm to 7:30 pm	16	17	18 Glennie Pool 7:30 am to 8:30 am
19 Glennie Pool 6:30 pm to 7:30 pm	20	21 Glennie Pool 6:30 pm to 7:30 pm	22 Glennie Pool 6:30 pm to 7:30 pm	23	24	25 Glennie Pool 7:30 am to 8:30 am
26 Glennie Pool 6:30 pm to 7:30 pm Australia Day Holiday	27	28 Glennie Pool 6:30 pm to 7:30 pm	29 Glennie Pool 6:30 pm to 7:30 pm	30	31	