



January 2013

President's Prattle

We are well and truly into the OWS season with many of our members taking up the sport, if not yet in competition, building their skills and experience at our social swims at Doddi's Beach. With the changing currents and weather conditions in the area, Doddi's has been a little messy with seaweed build up, but hasn't deterred our swimmers with between twenty and thirty fronting up for a little salt water and frolic with the occasional dolphin on a Saturday morning.

Keep in mind the extreme temperatures we're experiencing when venturing out in the open water - Slip/Slop/Slap and plenty of non-alcoholic hydration, particularly when participating in long swim sessions.

On 10 January, Des and I will be attending another Council update of the MARC Redevelopment Project. The Council is holding these meetings to

ensure participation and input by the main stakeholders, i.e., swim and other sporting clubs that use the centre. To date, the club has had representation at each of these meetings.

We will shortly be posting a call for nominations for the 2013 Club Committee, with a brief description of the various roles. All positions become vacant at the time of the Annual General Meeting. This is an opportunity for new committee members to be elected through due process.

On behalf of the Club, our condolences to those members who have lost loved ones: our thoughts and support also go to those confronting personal and family health. May this year see recovery, good health, wellbeing and happiness.

In Fitness, Friendship and Fun,

Wayne

The deepest sympathy is extended to Rosemary Green and her family on the passing of Rosemary's husband, Laurie, after a long illness. Laurie died at home on 27 December 2012 surrounded by family.

The club shares in Rosemary's sorrow at this time and hopes she and her family find comfort from knowing they are in the thoughts of many friends and club members.

RIP Laurie.

The following organisations proudly support the Mandurah Mannas



australia's aluminium



Supporting the HBF Masters Open Water Series for MSWA members



Pool Closures for 2013

MARC has notified the club of the following 2013 dates and times when usual training arrangements will be unavailable.

Public Holidays - Centre opens at 7.30am and closes at 6.00pm

Monday	28 January
Monday	1 April
Monday	3 June
Monday	30 September

Public Holidays - Centre closed all day

Saturday	26 January	Australia Day
Friday	29 March	Good Friday
Thursday	25 April	ANZAC Day

Pool Maintenance on Lapper Pool - closed

Monday, 22 April through to Sunday, 19 May inclusive

Alternative training arrangements will be made for the 4 weeks the lapper pool is closed.

Goings on at Doddi's

A small gathering took place on the Sunday before Christmas on the lawn at Doddi's Beach. As the accompanying photos show, they had a bummer of a time but managed to stay long enough for the sky to get dark and the wind to pick up and turn cold.



About 30 Mannas and partners turned up to enjoy the evening and to ruminate on the best efforts of some at that very same beach, where many enjoy the pleasures of an ocean swim, followed by a cold shower and a hot coffee from the Dome across the road.



The club holds several functions at this spot throughout the summer, but mostly they swim - almost every day of the year 9.00am. They love it (or at least say they do).

See Wayne or Ivan if you're interested in joining in for a dip at Doddi's

It's that time of the year again

No, not Christmas. I refer to the upcoming Mandurah Mannas Annual General Meeting, of course. Your current committee meets this week and will set a date for the AGM, probably late February or maybe early March, but suffice to say, it's now time to start thinking about who you want on the next committee.

I take this opportunity to declare that I won't be standing again for the position of Coaching Director. I have been looking after your coaching needs for five years now and see that it is time for a change – especially for me. You now have three regular competent coaches on-deck to guide you through an overall program designed to improve your fitness and technique – and I'll be still around to help out when needed.

The "Coaching Director" can be, but does not have to be, a coach. It is someone who oversees the coaching program and arranges for other educative matters in order for you to become a better swimmer – see the duty statement in our By-Laws. (The Constitution and By-Laws are on our website under "Club Documents").

In my former life (as Executive Director for Masters Swimming Australia) I saw clubs come and go and there were a number of identifiable reasons – the most common being the failure to introduce "new blood" into the management committee each year. The strong clubs (not always the biggest) would introduce new people with fresh ideas and enthusiasm and their strength, I believe, was that they still had the retired committee members there in the background with the experience to guide the new people and hop in and help when needed. I see Mandurah now as being one of the great clubs within Masters Swimming Australia and will become even more vibrant and exciting if we keep introducing new people and new ideas into its management. I think that several of the oldies, like me, are looking for a break or at least a change of portfolio and would like to see a few more young'uns get involved. Many of us started in club administration when we young/ish – now it's your turn.

If you would like to know more, speak to me or Wayne or any others on the current committee.

Swimmingly,

Ivan

Coach's Corner

Froude's Number concerning the best way for a body travelling in water has been mentioned before. The rule is simple – the longer the body, the faster it will travel through the water (all other things being equal). For we swimmers, this is best achieved by developing a body role when doing freestyle or backstroke.

The photo below shows how this can be achieved in freestyle. Note the high elbow and the relaxed hand as it transitions from recovery to the catch and pull. Try it – it will work for you in the pool and in open water.



Annual membership fees are now overdue and *must* be paid by 31 January 2013 when your insurance cover expires. If you haven't already re-registered for 2013, go to our website or the Masters Swimming WA website to make payment. Website details are on the back page of this newsletter. The 2013 membership fee is \$90.00.

It's not too early to start thinking about pool events even though they are quite some distance away. Possibly the easiest way for you to cut your times for any event is to develop slick starts, turns and finishes. So while you are in the pool grinding out the laps, remember that everything you do in the pool is practice – if you practice slow swimming with slow turns, you will swim slow times. Crowded

lanes can make the touches at the wall difficult, but if swimmers can keep the wall clear (hang onto the ropes or something) it will be possible to do so. And make the turns legal – bad habits will lead to disqualifications. A common bad habit seen from the deck is kicking off from the wall on the breast to start a backstroke lap. You'll be disappointed if you do that during an event.

New Bub

Congratulations to Jazmyn Tobin (lane 4) who welcomed the arrival of baby Mason on 4 December. Mason, who greeted the world a bit earlier than expected, weighed in at 4lb 14oz (whatever that means). Mum and bub are both doing well: Grandma Joan is over the moon.

This Month's Quiz



Please take a good look at the photo at left and note the great set of wheels and the curvaceous wheel-arches on the scooter. You have to admit it's a pretty flash bit of gear. The photo is believed to have been taken around the Doddi's Beach area by someone who prefers to remain anonymous.

This month's question is, "what is the registration plate of the scooter?" Answers to the Editor.

CCC

That stands for Country Carnival by Correspondence. It means we swim certain timed events and send the results off by mail. Our results are then compared to the results from other country clubs and scores determined and announced.

To prepare for this event, we will be conducting some timed swims on our regular training nights. We'll employ normal Masters Rules and have accredited officials on hand to make sure it's all kosher. Events are to be swum during January and February.

Each event is over quickly and provides competition-like training at starts, turns and finishes (and the bits in between). We've done very well in this little comp in the past and you are encouraged to get involved when the opportunity comes around. More details will be provided when they come to hand.

New Members

Well, one is not a new member exactly, but someone who was a member, left, and has now returned to the fold. Welcome back Ruth Haslam. We also welcome Mike Bennett to the club. We hope you both enjoy the swimming and social activities.

Christmas/New Year

There was a mangle of Mannas at the Wingate residence on 9 December to celebrate Christmas and to bring to a close another successful year for the club. Those not in attendance missed a great night. Those who did attend may find themselves in the photos below.



All photos are courtesy of Lyn McPhail. These and others are displayed in "The Shed".



While Christmas was a handy excuse, the truth is we don't need an excuse, merely a date and a venue. As the photos show, it was a warm night and about fifty members and partners turned up to have a feed, have some fun and play the left-right pass-the-parcel game.

Many thanks to Pauline and Ivan for allowing us to invade their property and to the lovely ladies (especially Sue J) who provided and assisted with the salads and desserts.

Rosemary's Shop

A reminder that you can obtain club merchandise through Rosemary.

SWIM CAPS – silicon – are in stock and yours for \$10:00 each.

CLUB SHIRTS



Short sleeve - \$28:00,
Long sleeve - \$30:00,
Long sleeve fleecy – 40:00
Logo - \$7:00,
Your name (optional) - \$7:00

CLUB TRACKSUITS



Jacket - \$55.00
Pants - \$20

Tracksuits can also be ordered direct from Maggie Zee (9535 8382). (The clobber looks better on).

January Birthdays

In Roman religion and mythology, Janus (see right) was the god of beginnings and transitions, thence also of gates, doors, doorways, endings generally, and also time. He is usually depicted as a two-faced god since he looks to the future and the past, making it appropriate that he should see in the New Year.

One could undertake a mental exercise to work out a swimming style for this character. He probably wouldn't need to breath bilaterally doing freestyle for one thing (as long as he holds his breath with one face while breathing through the other).

Our January babies, some of whom could do with a bit of bilateral breathing (but without the need for opposing faces), include Graeme McAuslane (2nd), Kirsty Sinnott (5th), Anne-Marie Kerr, (11th), Rosemary Green (20th), Margaret Genge (21st) and Neil Aitken (23rd). Happy birthday to each of you.



Some Open Water Swim News

Of particular interest in December was the Fremantle Masters Ports Swim Thru at which seven of our members entered. Rod Baker won his age group and Jenny Crake and Ken Phillips were second in their respective categories. Rosemary Green was another well-deserved finisher. Not to be out done, Deb Bloor took away a spot prize.

Ray and Sue Reynolds spent a pleasant weekend with friends at Rottnest and Ray swam the 1600m Swim Thru Rottnest event in the clear waters of the island with 608 other competitors.

Although not a Masters Swimming event, three of our members swam the popular Cottesloe Classic Mile. Again, Rod Baker won his age group and President Wayne carried off two prizes in the free raffle. To make his day, Ken Phillips ran past Rod onto the sand

finish to pip him by 1 second. Ken was heard to say, "Dirty tricks maybe, but it was a Surf Life Saving event after all and not a Masters Swimming comp!!"

If you're interested in entering an Open Water Swim checkout the OWS Calendar available in the Shed or on-line at www.mswa.asn.au/.

Dip at Doddi's

This (below) is what a swim at Doddi's looks like after a swim and a cold shower (coffee obscured). The Saturday before Christmas saw 30 swimmers in the water with 24 of them staying back afterwards to block up the car park and socialise under a tree. Doesn't look or sound half-bad, does it? (Photos courtesy of Ivan).



Annual General Meeting

The 2013 AGM is coming soon at a venue near you! While the club has grown significantly over recent times with membership almost doubling in just 3 years, the committee has remained largely the same over the same period. While this is good for stability and can steer the club through the shoals of change, it is necessary for different people to get involved in running the club so new ideas can be introduced.

The following article first saw the light of day some years back but still has relevance today.

"MANDURAH MANNAS is a training Organisation" - but why limit it to swimming?

Regardless of age or ability, we swim regularly together in order to promote fitness and improve general health. Regardless of age or ability, many of us have also taken on tasks necessary for the operation of MANDURAH MANNAS and have gained many benefits from that too.

Too often, we look for an office worker in our club to be secretary, an accountant to be treasurer and a manager to be President.

To an accountant, being treasurer is just another job and has little or no opportunity for learning whereas an accountant taking on the position as President or Coach could bring out those wonderful extroverted personality traits suppressed for years.

Positions falling vacant at the next AGM (and the current office holders)

President - Wayne Cable

Vice President - Rob Rankine

Secretary - Deb Brown

Treasurer - Des Seery

Director of Coaching - Ivan Wingate

Captain - Haydn Brimson and Kirk Bamford (split role)

Recorder - Pauline Wingate

Property Officer - Rosemary Green

Public Relations Officer - Gerry Green

Safety Officer - Jim McQuade

Registrar - Pauline Wingate

Photographer - Lyn McPhail

Only the first four are statutory roles, that is, they are required by law. All other roles are at the discretion of the club. Some of these officers have indicated their intention to stand down from committee this year so new blood must be found to ensure the club's future.

Nominations for positions will soon be called, so keep an eye out for invitations to nominate and get involved.

The beauty of extending yourself and taking character risks as a volunteer in a club is that you have your club mates around you to help and to pick up the pieces if it doesn't work out. Even if you lose your job in the club, you don't lose any money and you've learnt something.

Try it – look for people in the club who are prepared to reach out and “give it a go”. People tend to not *volunteer* for positions but often will take them on if *invited*. But please, help them and don't let them flounder and never be critical of their failings (unless it's constructive and put diplomatically), but focus on the positive - their successes.

However, having an accountant as treasurer and an office manager as secretary in a club is a good idea from time to time, to set things up and ensure good business practices are in place – for the trainees to follow later. Good procedures should include a duty statement and “Duty No.1” should always be - “Look for someone to train as your successor”.



Coaches and Officials

It's a drum that gets beaten quite often and it sounds a tune you'll likely hear again through the coming year.

Masters Swimming invites volunteers to officiate at their official meetings. Training is provided for people seeking accreditation for the many roles that must be filled in order for our pool competitions to be successful. The roles are not onerous, but they are essential or we won't have a competition. See Ken (lane 3) if you have any interest.

Your club could also do with another one or two coaches. As noted earlier, Ivan is desirous of leaving the coaching role behind after many years providing excellent service. The club offers financial support for those undertaking the training courses and offers other assistance to assist trainees through to accreditation by the Australian Sports Commission.

As your coaches know, the best way to learn about how to swim is to teach, so, talk to one of them about the process.

Alcoa-Mandurah Masters Ocean Swim

The 2013 Mandurah Masters Open Water Swim will be held on Sunday, 17 February at the Henson Street Beach, Mandurah. A practice swim will be held at the venue on 19 January – all members welcome to have a go.

This swim, a fixture of the open water calendar, has previously attracted swimmers from as far away as Albany and promises to be bigger than ever in 2013 as it is nicely sandwiched between the Busselton Jetty swim (3.6km) and the Rottneest Channel swim (19.7km). Our 3km swim should be good preparation for the Rottneest swimmers and we expect a large number of entries. This year we are using on-line registration and electronic timing, which makes the task of running the event a lot easier

But we still need helpers. If you can give some hours on the day to assist in the event's running, please contact Wayne or Des (they are the coaches on deck most nights).

The flier is below.



Alcoa-Mandurah Masters Ocean Swim

9.00am Sunday 17 February 2013

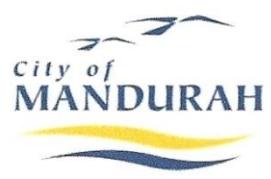
1.5 or 3 km Silver Sands Beach

Major prizes awarded to 1st male and female:

- Overall
- Sub-masters 13-17 (GNOP)*
- 18-24 then 5 year age groups(GNOP)*

* Gaining no other prizes

Event Sponsors:



MASTERS SWIMMING
Western Australia



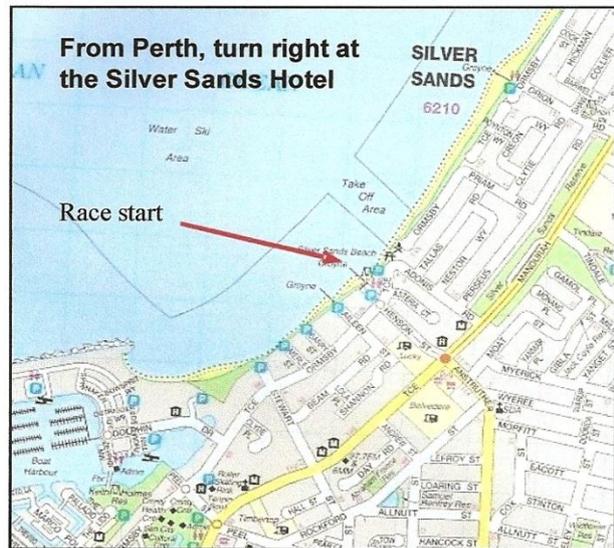
This event is part of the HBF Masters Open Water Series for MSAW



Peel Health Campus



australia's aluminium



Enter on-line at <http://mhmannas.tripod.com>
 Masters Swimming WA website www.mswa.asn.au
 or download an entry form.
 Entries close on 15th February 2013
 For enquiries phone 0427005524 or email mhmannas@hotmail.com

Up-coming Major Events

Check out the relevant web page for these **major events**. Local events are advertised in the relevant pool and open water schedules – look in “the shed”.

2013 BHP Billiton Aquatic Super Series
Challenge Stadium
18*19 January
www.venueswest.wa.gov.au/challenge-stadium/events/bhp-billiton-aquatic-super-series

Alcoa – Mandurah Masters Ocean Swim
Silver Sands Beach
Sunday 17 February
<http://mhmannas.tripod.com/>

National Masters Swimming Championships
Sydney, NSW
17 – 23 April
www.mastersswimming.org.au/

World Masters Games
Turin, Italy
2 – 11 August
<http://www.torino2013wmg.org/>

Australian Masters Games
Geelong, Vic.
5 – 12 October
www.australianmastersgames.com/

2014 National Masters Swimming Championships
Rockhampton, Qld
23 - 27 April
(Website under construction)

FINA World Masters Championships
Montreal, Canada
Swimming events 3 to 10 August
www.finamasters2104.org/

2015 FINA World Masters Championships
Kazan, Russia

Useful Web Addresses

Mandurah Masters Swimming <http://mhmannas.tripod.com/>

Masters Swimming WA www.mswa.asn.au/

Masters Swimming Australia www.mastersswimming.org.au/



February 2013

President's Prattle

Hi

I have been busy working with the small, but highly efficient, Open Water Swim Sub-Committee in preparation for our event on 17 Feb. Most of the preparations seem to be in place, but I'm planning to hold a meeting with the group next Monday to finalise arrangements and catch up with support groups.

Des and I attended a meeting, along with other swimming groups, with the City of Mandurah to listen to reports on the progress and timelines regarding the pool redevelopment and to contribute to the planning. Clubs have been encouraged to work together and contribute to the development of the project. Club representatives agreed to look at working together towards funding adequate shade for the pool area. (The City has gained some funding from Federal and State sources as well as chipping in a large amount themselves. But the budget only goes so far and some desirable things cannot be initially provided, so clubs have been asked to contribute some funds).

A few of us have ventured to the OWSs on the Masters calendar and have enjoyed the organized swims run by Masters, various Surf Life Saving Clubs and Swimming WA. We are now moving into a period where we have a choice of OWS or pool events. Be careful when swapping between the pool and open water, considering fast to slow, slow to fast swimming and the effect on your muscle system.

Check the Swim Calendars and plan some of the classic OWS and pool events, so you can prepare and enjoy the challenges. Most of the swims are accommodating and encourage not only the experienced, but also the novice amongst us. The Coogee Jetty to Jetty and Masters State OWS are two great swims. Have a go!

I encourage members to become volunteers and participate in the management of the club, whether on the committee, coaching, or helping with the organizing of events. Please consider taking on a role within the club, or nominate someone you know after discussing the position with them. The club is rich with experience, and people taking on roles would have more than enough help from outgoing committee members.

In Fitness, Friendship and Fun

Wayne

Coaches Comment

- A few words on lane etiquette. To show courtesy to your fellow swimmers and to reduce the chance of injury, please remember the following rules
 - if the swimmer behind is touching your feet, let them pass at the next turn
 - leave space at the wall to allow finishing swimmers to make a legal touch. If at the shallow end, stand in the middle of the lane, down the line

- allow sufficient space between yourself and the swimmer in front of you to allow that swimmer to safely touch or undertake a tumble or race-pace turn
- if the swimming standard in your lane is not suited to you (i.e., too fast or too slow), feel free to move to one that is. You will likely gain more from being at the back of a faster lane than being comfortable at the front of your existing lane
- remember, that all of our butterfly, including as part of a medley, is done in 25 metre sets. You must wait at the conclusion of each 25m for every butterfly set. Do not swim against a butterflyer coming at you – someone could be injured
- if you cannot do butterfly because of back, shoulder or other conditions, please swim freestyle with fists instead. In fact, this rule applies to any stroke that you are uncomfortable doing.
- I heard someone say that swimming with a pull buoy make swimming easier, especially freestyle. There are two reasons for this being the case. One is that a pull buoy's buoyancy will elevate the back end, making you more horizontal. This in turn reduces drag as a more horizontal body will offer less body surface area to the water than a less horizontal body. To achieve this same effect when doing freestyle with a pull buoy, try pushing your chest further into the water.

The other reason that pull buoy swimming is almost universally enjoyed by swimmers is that it keeps the legs together. Gone are the legs that wander about out to shoulder-width and the accompanying wiggle at the waist. So, with legs together, the pull buoy streamlines the body so you present a narrower, more horizontal body to the water resulting in you being longer in the water thereby generating less drag, just as *Froude's Number* predicts. The big challenge is to transfer the way you swim with a pull buoy to the way you swim without. That takes practice.

- If you want to see how some really good swimmers perform particular aspects of a stroke, or turns, or starts, anything to do with swimming, don't forget to have a look at YouTube. Simply search "youtube butterfly swimming technique", for example, and you will find over 2.5 million video clips to look at. If you go to *Mr Smooth*, you will be able to download for free a clip of freestyle which is awesome.

Recorder's Report

The Aerobics Swim Program was replaced by the 'Endurance 1000' program during 2012. The new program employs a different points scoring system from the old so this makes comparisons between the two systems difficult. Under Endurance 1000 members now gain points for every swim completed. We had 27 members participate for the year gaining 4 143 points for the club.

17 female swimmers gained 2 871 points
10 male swimmers gained 1 272 points

Congratulations to Jeanette Rein for gaining maximum points for her 10th successive year.

Top points scorers for Mandurah were

Jeanette Rein	1 005	Kirk Bamford	415
Rosemary Green	824	Wayne cable	250
Lynette McPhail	260	Ivan Wingate	215

Cheers

Pauline

Lap or Length ?

There is much speculation, and controversy, down at Doddi's at present as to whether or not swimming from the groin to the reef constitutes a "lap", or whether you have to complete the return journey to call it a "lap".

In my early days of swimming, it was universal that one length of a swimming pool was known as a lap. Our Town Pool was 33 yards long, so it was three "laps" to the 100 yards. A sprint over one length was always known as the "lap dash". In the cities they were building 55 yard pools, so it was two laps to the 110 yards - the imperial equivalent to the 100 metres as we know it today. A 55 yard race was also known as a "lap dash" and in today's long course pools, it's 50 metres.

Sometime later, the various Education Departments became involved in teaching swimming and in their wisdom (probably quite correct, but I won't concede that easily) started referring to a "lap" being out and back. That didn't concern me a lot at the time because the new pools they were mostly using were 25 metres (or 27½ yards) in length - so two of their laps equalled 50 metres, which is what we in proper swimming circles understood as a "lap" anyway.

The Dummy Run

It was a terrific morning when 25 swimmers took part in the trial swim of the course that will be set for our Alcoa Mandurah Masters Open Water Swim on 17 February. The sun was shining, the air calm, and the sea flat. If there had been any birds about they would surely have been chirping.

Twenty-five swimmers took part – some swam one circuit of 1 500m while others did two circuits. No stingers were reported and the safety boat had nothing to do but watch.



If you run around an oval, when you get back to where you started, it is called a "lap". I have no problem with that and is quite likely the ED saw the simile in getting back to the start point in a pool. But if you run across the oval and return, do you call that a lap? A lap probably meant that you "go around" something and return to the start point. The "lap dash", I believe, was originally about 400m, the usual circumference of a running track. Nowadays, you hear the 100m run as a "lap dash" and that's only one length!

The FINA Rule book used to have the word "lap" referring to being one length of the pool but we changed it to "length" (I think on my initiative - there are quite a few changes in there that I've had made).

Maybe we can pass the question over to the ABC's QI program, but there again, we might not understand the answer. Another alternative is to hold a referendum as to what constitutes a "lap" down at Doddi's - perhaps in this newsletter. In the meantime, if I swim from the groin to the reef it's a lap and when I return, it's two laps.

Ivan



Photos courtesy of Ivan and Des



It was lovely to see Sue Johnston there, looking resplendent in her new coiffure (Sue is swimming in this year's Rottnest Channel Swim). First home in the 1 500m was 14-year old Josh Edwards, the safety boat's skipper's son. It was Josh's first open water swim. Karen Boyce was the first club member to hit the beach after swimming 1 500m while Kathy Williamson was the first home in the 3 000m.

Congratulations to Terri Kuchan and Jim Balding, both swimming their first open water swim under competition conditions. For Jim it was especially sweet: 4 months ago he could barely swim, but look at him now! Put it down to the coaching, Jim.

If you are not swimming in the event on 17 February and have not volunteered to assist, come down anyway and get a feel for what an open water swim entails and why people go nuts over it.

The following organisations proudly support the Mandurah Mannas



Supporting the HBF Masters Open Water Series for MSWA members



It's a Lousy Job, But . . .

Our Ivan HAD to attend a FINA meeting up in Frankfurt, Germany during January. He flew up on the Monday and was home again on the following Friday - what one could call a flying visit. It was to be a two day meeting, but such is the efficiency of the FINA Masters Committee, the agenda was completed in one day. Some elected to get earlier flights home, but Ivan and five other stoics stayed on and took a mini-bus out to Heidelberg the next day (as per photos below). The weather was mild, -7 up to -1°C which was not too bad when holed up in a heated hotel/conference centre. It was snowing on arrival so the Frankfurt airport would allow only in seven flights per hour (allowing for the sweepers to clear the runways) so Ivan's flight was in a holding pattern for two hours above the city. Two other committee members had their flights cancelled and Walt Reid, the FINA Masters World Recorder (in one of the photos below) caught a train from Amsterdam (the poor devil).



The meeting's main purpose was to review proposed rule changes submitted by the national Federations, to bless them or otherwise (they gave a "do not support" on all of them) before they go to Congress in Barcelona in July. However, most proposed changes which will go to the Congress were those they themselves had prepared - mostly they're housekeeping in re-arranging the numbering and putting a number of them into By-Laws, but they have also recommended a few changes, such as no wetsuits in Open Water and no two-per-lane for the 400s and 800s. Another major project was the creation of "Safety Regulations" for Open Water at the FINA Masters World Championships.

It's hard work, but Ivan comes from sturdy stock and is capable of dealing with the pressures his role with FINA serves up.

Annual General Meeting

The 2013 AGM will be held in the Mandurah Swimming Club clubrooms (next to our pool) starting at 10:00am on Sunday, 24 February 2013. Attendees please bring a plate: tea and coffee will be provided. Please come along and get involved in the running of your club!

You Can Too

Ivan's trip to the World Masters Swimming Championships last year, and his various previous international jaunts for FINA, could be laying in store for you, too. While Ivan's journey is Ivan's and others follow different routes, you can get involved at these high levels by doing one simple thing – become an official. Last year, 2 local Masters Swimming officials were invited to officiate at the World's in Italy. They went, of course (who wouldn't).

Being an official has its responsibilities but there is much pleasure to be gained from helping competitions run well and all swimmers are treated fairly. As with being a coach, you will become a better swimmer through your knowledge of the rules. There's fun to be had as well.

Go to www.mastersswimming.org.au and check the Technical/Technical Courses tabs - you'll find the pathways document there. Your practical on-deck training can be carried out at a meet you are swimming in (to cut travel time and costs). You don't have to officiate at every meet.

Please consider becoming an official. Check with Ken Phillips for more details. The Masters Swimming movement needs you!

This Month's Quiz



Please take a good look at the photo at left and, for heaven's sake, check out the pecs! The photo is believed to have been taken from the Indian Ocean's shore, probably at the site of our next open water swim (Henson Street Beach, 17 February. Water looks too good for Doddi's).

This month's question is, "how much burley (in grams) should be put into those orange things?" Answers to the Editor.

Australia Day Swim

Just like the Saturday before, Australia Day dawned warm and sunny and the sea was as glass – well, flat anyway. Graeme and Gerry had set up a large blue tarp on the ground under the trees and a large yellow gazebo alongside at the western end of Doddi's, near the gas BBQs.

By 8:30am, 26 'Mannas' had arrived with their gear and 25 went down to the waters' edge (they even went in!). Claude gallantly volunteered to stay behind to keep an eye on the gear left by the swimmers. Gradually, a few others arrived so, at a guess, we would have had about 35 'Mannas' mooching about, either in the water or reclining in the shade and keeping Claude company.

Most of those who swam did two 'double laps' (from reef to groin and return), a few did three double crossings and four enthusiastic souls did five (yep, 5) - that's about five kilometres in total (each 'lap' is a carefully ~~measured~~ guessed 500m).

The weather was just perfect and all were packed up and gone by about 1:00pm. Most were probably sound asleep by 1:30pm.

Many thanks go to Graeme and Gerry for setting up the site. You boys did it so well you can do it again next year!

Rosemary's Shop

A reminder that you can obtain club merchandise by contacting Rosemary.

SWIM CAPS – silicon – are in stock and yours for \$10:00 each.

CLUB SHIRTS

Short sleeve - \$28:00,
Long sleeve - \$30:00,
Long sleeve fleecy - 40:00
Logo - \$7:00,
Your name (optional) - \$7:00

CLUB TRACKSUITS

Jacket - \$55.00
Pants - \$20
Tracksuits can also be ordered direct
from Maggie Zee (9535 8382).

February Birthdays

February, and the sporting mind turns to Super Bowl (where they do no bowling). It's the shortest month of the year and, by a process that may appear to some as being on the spooky side of things, it's the month where we have the shortest birthday list of any month (the editor knows these things).

While the list may be less than imposing when numbers are concerned, each February baby can be pretty impressive in the pool in their own individual ways. So it's "happy birthday" to Lyn McPhail (3rd), Sue Fleming (15th) and Clay Andersen (20th).

Membership

We welcome new members Rosalind Macpherson, Christine Viljoen, John Musty, Tess Evans (Tess isn't new – she's re-joining after a bit of a break), Bev Webber (as per Tess), Debra Rhine, Helen Cahill, Ken Cornish, and Cathy and Ken Isbister.

We finished 2012 with 92 members but, as is common for clubs across the land, membership falls at the end of each re-registration period. While we have gained 12 new members in 2013, many 2012 members have elected not to re-register with the club by the 31 January extended cut-off date. Some of those not re-registering have moved away from the area, have altered work commitments, or are having to address health issues.

Those members who wish to re-register can do so through our website or the Masters Swimming Australia website (see back page for addresses). Please do not register as a new member. You will need your ID and password: if you don't know these, email Des at des.seery@yahoo.com.au and he will advise you of the details. Otherwise, thanks for having been a member and we wish you well for the future.

We have 69 members as at 8 February.

Coogee Swim

If you think you can't manage the 1 500m swim at our OWS, try the 750m at Coogee. It's a doddle and there are very few members who would be unable to complete the course, which is a straight line down the beach. The worst you need contemplate is swimming about 50m from the beach near race's end to round a turn buoy.

You can swim in shallow, sandy-bottomed water which allows you to stand to adjust gear or have a breather. No penalties apply for this so long as you don't walk forwards or jump off the bottom to recommence your swim. Even those in Lane 1 usually swim about 2 000m per session, so the Coogee swim on Sunday, 10 March should offer no difficulties. Look for the details at www.cockburnmasters.org.au/coogee.php.

Up-coming Events

Check out the relevant web page for these **major events**. Local events are advertised in the relevant pool and open water schedules – look in “the shed”.

- 2013 Alcoa – Mandurah Masters Ocean Swim
Silver Sands Beach
Sunday 17 February
mhmannas.tripod.com
- National Masters Swimming Championships
Sydney, NSW
17 – 23 April
www.mastersswimming.org.au/
- Australian Masters Games
Geelong, Vic.
5 – 12 October
<http://www.australianmastersgames.com/>
- 2014 National Masters Swimming Championships
Rockhampton, Qld
23 - 27 April
(Website under construction)
- FINA World Masters Championships
Montreal, Canada
Swimming events 3 to 10 August
www.finamasters2104.org/
- 2015 FINA World Masters Championships
Kazan, Russia

Useful Web Addresses

- | | |
|--------------------------------|--|
| Mandurah Masters Swimming | www.mhmannas.tripod.com/ |
| Masters Swimming WA | www.mswa.asn.au/ |
| Masters Swimming Australia | www.mastersswimming.org.au/ |
| United States Masters Swimming | www.usms.org/ |
| FINA Masters | www.fina.org/ |

A message from Healthway, major sponsors of Masters Swimming WA

Are you ready to make a healthy change? A healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today. Learn more at

www.livelighter.com.au





March 2013

President's Report to the 2012 Annual General Meeting Delivered on 24 February 2013

Administration

- The club web page is to be updated and developed through the Masters Swimming WA (MSWA) site, hopefully during the first quarter of 2013.
- Funding/sponsorship for the Alcoa Mandurah Masters Open Water Swim increased from last year. Funding from MSWA for a new club laptop and lap clock was successful.
- The club's newsletter experienced an upgrade, and was placed on our web page.
- The club finances were kept in order throughout the year by Treasurer Des. Des also did a great job on the budget for the open water swim (OWS).

Throughout the year I attended

- All MSWA Council of Clubs meetings with a committee member
- The MSWA Awards night for swimmers, clubs, officials, and service recognition
- OWS sanctioning meeting with Des
- club support program launch at Rushton Park with Deb Brown
- Pool development meeting with City of Mandurah. All pool development meetings have had club representation
- President's meeting, with guest speakers on attracting volunteers and developing social media within clubs for communication

Coaching

- Des became an accredited Masters Coach
- The club ran an exhibition training night at the Pinjarra Aquatic Centre.
- Des and I attended a coaching clinic run by Simon Redmond, focussing on energy system management in swimming
- Ivan, Des and I met to discuss coaching, and program planning throughout the open water and pool seasons.

Swimming

- The club has been building in open water swimming, and won an award for its development and performance in this area
- The club hosted its first ocean swim at Henson Street, fully funded from its sponsors. A sub-committee was developed to manage the event
- The English Channel team inspired many swimmers to join the Brass Monkey Group and swim in the ocean all year round. The club followed the team's progress throughout the build-up, and they gained much attention, and respect for their dedication, commitment and success
- The club had good participation throughout the year in open water Be Active Club Challenges, State, National and international pool events, with the club and individuals receiving worthy recognition with wins, or placings at the highest level

Events/Activities

We hosted the following events during 2012

- Alcoa Mandurah Masters Ocean Swim.

- BACC event
- 1500m event
- Fund raising morning at Melros Beach.
- First aid course.
- Technique workshop offered
- Regular club ocean swims at Doddi's Beach.

Social -

Thank you to the two Sues for organizing social events throughout the year. Each was well supported and enjoyed by attendees..

Safety

Thank you to Jim McQuade for looking after safety management for the club, in the pool and open water.

We reviewed risk management for our OWS, to address the need for improved water safety, including the use of shark-patrol aircraft, ensuring the right people are in the right position on the water and a knowledge on how to respond to emergency situations.

Growth

- The club has been involved with the MARC re-development planning phase. The City is looking at ways the club can contribute towards the project in unison with other users.
- The club has a need to develop a Department of Sport and Recreation initiative to promote volunteering within the membership, and encourage member participation in club management.

Finally

My thanks go to

- the club committee for their help and enthusiasm throughout the year
- to the OWS sub-committee for its work in preparation leading up to and on the day of the 2012 and 2013 open water event at Henson Street
- all our club volunteers, and family members for their input throughout the year from coordinating, coaching, timekeeping, officiating, and catering

In Fitness, Friendship and Fun

Wayne

Coach's Comment

Drills. I know you love 'em but that's not why you find them there each and every session. It's not to keep you happy or to ease you gently into the main set, and it's not to make things easy for the coach.

Drills are there for a very specific and valid reason: to improve technique. A poor technique will result in slower times, more energy being exerted than necessary and an increased risk of injury. You can be as strong as a mallee bull and be two axe handles across the shoulders and still be missing out on better times because of poor technique. So, what to do?

Swim your drills at a slower pace and concentrate on what the coach has asked you to do. That means that, for example, if the coach has asked you to "reach over the barrel" in a freestyle drill, that's what you need to concentrate on, not "what a stupid drill", not what you'll have for dinner that night, or that meeting you have the next day, or any of the countless things that can enter the wandering mind. Focus on the drill that has been set: it has been set for the purpose of improving your technique and helping to make you more efficient in the water. A more efficient technique is the foundation of good swimming and even a minor tweak in techniques could bring great benefits.

But it doesn't end there. It defies logic to do a drill and then drop back to the old habits as soon as the drill is over. Transferring the drill into your regular swimming is the only way to cement the new stroke. So, when you are sent off to do a 1 000m pyramid, transfer what you have drilled into your stroke.

Terry Laughlin, in his 2004 book *Total Immersion*, tells how the Russian National Swim Team spent one month doing freestyle repeats with a half-catch-up stroke. Why? To burn the stroke into each swimmer's nervous system in order to replicate world champion Alex Popov's habit of always having one hand in front of his head to lengthen his body. That's one month of drills without any hard or fast swimming! And that was just one aspect of the freestyle stroke.

For drills to work you must practice, practice and practice, and you do that best by transferring each drill into your regular swimming.

Finally, with the open water season soon to draw to a close, training will begin to change its orientation to pool event swimming. There will be some practice starts, finishes and relay changeovers to hone those skills that may have been forgotten over the summer months.

New Committee

The last AGM resulted in the election of new committee members.

President	Wayne Cable
Vice President	Jim Balding
Secretary	Deb Brown
Treasurer	Robin Trotter
Captain	Mike Bennett
Director of Coaching	Des Seery
Public Relations	TBA
Property Officer	Rosemary Green
Safety Officer	Jim McQuade
Social Secretary	Sue Giles
Photographers	Lyn McPhail and Ivan Wingate

Prizes were awarded to several members in recognition of their efforts during the past year.

The **Kathy McLeod Award for Best Club Person** was awarded to Des Seery.

Aerobic Champions for 2012 were Jeanette Rein and Kirk Bamford.

The female **Club Challenge Award** went to Sue Johnston while Rod Baker and Ryan Spencer tied for the male award (they both got one).

The **Coach's Award** was awarded to Jim Balding.

Robin was appointed Treasurer at a committee meeting held on 6 March.

Rosemary's Shop

A reminder that Rosemary will take your orders for any club merchandise.

SWIM CAPS – silicon – are in stock and yours for \$10:00 each.

CLUB SHIRTS

Short sleeve - \$28:00,
Long sleeve - \$30:00,
Long sleeve fleecy - 40:00
Logo - \$7:00,
Your name (optional) - \$7:00

CLUB TRACKSUITS

Jacket - \$55.00
Pants - \$20

Tracksuits can also be ordered direct from Maggie Zee (9535 8382).

New bathers are on order. Hopefully, they will be available to members before the Melville LLCC on 7 April.

The following organisations proudly support the Mandurah Mannas



Supporting the HBF Masters Open Water Series for MSWA members



March Birthdays

March "comes in like a lion, goes out like a lamb", according to a saying which dates back to the 17th century, but it's not necessarily a reliable forecasting guide. In the northern hemisphere, March is in transition between winter and summer, often starting with stormy weather before becoming mild later. However, the saying fails to be a specific weather predictor with studies showing no correlation between especially bad weather at the start of March and good weather at its end.

One idea which has recently gained currency is that the saying refers to the stars. At the start of March, the constellation Leo (the Lion) is on the eastern horizon at sunset. By the end of the month, Aries (the Ram) is on the western horizon. It's an ingenious explanation, but fails to account for the saying occurring specifically in weather folklore.

Perhaps it's best to take the saying at face value. The northern hemisphere's March may well start with fierce weather, but is always likely to end with some spring in its step.

Above taken from David Hambling, *The Guardian*, 9 March 2012

The club has only a few little March lambs, all of whom doubtless roared like lions on arrival and who still have plenty of spring in their step. The best of birthday wishes go to Annette Newcombe and Jenny Pedrana, both on the 3rd, Donna Hoskins (8th), Steven Crake (14th) and Christine Vilgoen (28th).

Memberships

We welcome new members Heather Newcombe-Virgl, Georgina Webb, Jenny Pedrana, who rejoins us after a few years absence, Johanna Roodt, Gerda-Lize Payne and Trent Lymn. We hope you each enjoy your time with us.

More 2012 members renewed their membership during the month, the result being that your club has 83 members (44 female and 39 male) as at 7 March.

Changing Your Personal Information

If you change address, telephone number or email account, can you please let one of the committee know so the club's records can be adjusted. Your registration with Masters Swimming Australia will also need changing. If you do not know your ID or password to do this, please ask a committee member who will be able to assist. The club always has someone with access to the data base who can guide you through the process, or even do it for you.

Open Water Swims

Busselton

The 3 600m Busselton Jetty Swim is a major event on the open water calendar. This year saw 994 solo swimmers start with just 17 failing to finish. We had 23 Mannas start the event and all swam very well (all finished), with 2 age group winners, Pauline Wingate and Rod Baker. They are two consistent and incredible swimmers.



Photos by Lyn McPhail



Mandurah

The Alcoa Mandurah Masters Open Water event saw just 158 swimmers enter, a little down on last year. Twenty-eight Mannas took to the choppy water, with swimming 3 000m and 8 completing the 1 500m event. In the 3 000m event we had 12 swimmers gain placings in their respective age groups with 3, Barbara Pellick, Sue Johnston and Brad Wardrope gaining first places.



Photos courtesy of Lyn McPhail and Ivan Wingate



The worst placing for the 1 500m event was fourth, with 3 first placings and 4 second placings. Again, a great effort. First placings in respective age groups in the 1 500m were won by John Cahill, Kirk Bamford and Donna Hoskins. See the notice board in the shed for full details.

Well done to all swimmers who took part in these events and a big thank you to the club members and especially to their spouses/partners/family who turned up to assist in running our event. The swim cannot take place or be a success without your valuable contribution.

Steak Night in Erskine

An enthusiastic mangle of Mannas turned up for a steak night at Forte Mandurah Quay Resort in Erskine where they enjoyed a \$15 a head dinner. Your editor is unsure whether the bloke with his head down in two photos is trying to avoid being seen on camera because he's done something naughty and doesn't want to be spotted, or he has a bucket between his legs.



Photos by Lyn McPhail



This Month's Quiz



The quiz usually features closer to the front of the newsletter but this month it's been slotted in at the back to test your patience (and to suit layout). But your patience is rewarded: here is the quiz.

The constable at left started the Busselton Jetty Swim by firing a stick that went "bang". The question this month is really two questions (bonus!!): What was he aiming at, and did he hit it?

Answers to the Editor.

Up-coming Events

Check out the relevant web page for these **major events**. Local events are advertised in the relevant pool and open water schedules – look in “the shed”.

2013 National Masters Swimming Championships
Sydney, NSW
17 – 23 April
www.mastersswimming.org.au/

Australian Masters Games
Geelong, Vic.
5 – 12 October
<http://www.australianmastersgames.com/>

2014 National Masters Swimming Championships
Rockhampton, Qld
23 - 27 April
(Website under construction)

FINA World Masters Championships
Montreal, Canada
Swimming events 3 to 10 August
www.finamasters2104.org/

2015 FINA World Masters Championships
Kazan, Russia

Useful Web Addresses

Mandurah Masters Swimming www.mhmannas.tripod.com/

Masters Swimming WA www.mswa.asn.au/

Masters Swimming Australia www.mastersswimming.org.au/

United States Masters Swimming www.usms.org/

FINA Masters www.fina.org/

A message from Healthway, major sponsors of Masters Swimming WA

Are you ready to make a healthy change? Here's a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today. Learn more at

www.livelighter.com.au





April 2013

President's Prattle

Hi,

The new committee held its first meeting at Robin's house with new members being welcomed into the realm of Clubhouse Management. All volunteers play a key role in running, organizing and promoting their cause: in our case, Fitness, Friendship and Fun. We are fortunate as a club that we have members with a vast pool of knowledge and experience at the club, state, national and international level that we can draw on. I would like to encourage all members to come forward with ideas and suggestions on how we can improve the way we do business.

One of the agenda items at the meeting was the appointment of a new Treasurer. Robin Trotter was elected to this role with Deb Brown continuing in the Secretary's role. Congratulations to both.

I called a Sub Committee meeting to discuss the club's OWS held at Henson St on 17 February. We read through the report from Peter Maloney, Referee on the day. Peter's comments were mostly favourable with some concerns over race management in rough weather; concerns that we can consider when planning our next event for February 2014. With funding in place, and tight budgeting, the financial outcome for the 2013 event was positive.

The OWS season is all but over, unless you're planning a trip to Lake Argyle in May, or Cable Beach in Broome in July. It's been another interesting season, with some members choosing to only participate in the Masters events. In March we experienced some classic swims with the, Jetty to Jetty, State OWS, the Albany and Denmark events held over Easter. Just a personal observation, I think many of our swimmers are finding the Doddi's experience more attractive, four times a week. We congratulate all the members who have taken on the challenge of OWS and enjoy the experience of open water.

We have another update meeting regarding the MARC redevelopment on Friday, 5 April, and are fortunate enough to have Ken and Des attending to keep the club in the loop with this project. A fund raising initiative, in the form of a wishing well, has been put in place at the entrance to the MARC to raise money for providing shade around the new outdoor pool. Maybe a good spot for some of that loose change. This is a joint initiative raised and accepted at a redevelopment meeting by all swimming clubs that will be using the new complex.

Although care has been exercised leading up to the Pool Season with our training programs, watch out for those shoulders. Going from aerobic freestyle OWS to the quite often anaerobic free and form stroke pool swimming has its perils. Have a word with Captain Mike, and join the Team in the LiveLighter 2013 Pool Events program.

In Fitness, Friendship and Fun

Wayne

Coach's Comment

The following organisations proudly support the Mandurah Mannas



Supporting the HBF Masters Open Water Series for MSWA members



With the pool events soon to start in earnest, including the State Championships, it is timely for some basic information on how swimmers know how they've swum, especially given the number of members who have not been to a swim meet previously. What follows has been taken by a 2012 article entitled "New to Masters swimming competition?" by John Marshall, Chair of the National Technical Committee. You will find the full document if you Google the document title.

The first thing to do is determine the time you expect to take to complete each of your swims. At a Masters meet you will swim your heat against competitors who have nominated a similar time to swim the same heat. That way, swimmers in each heat swim roughly about the same time, which helps add a level of excitement to each heat. It also means that you'll be racing against people of different ages – some of them much younger. Don't worry! They will all swim at around your pace.

A competitor who puts in an entry time which is much faster than they can actually swim ends up finishing the heat on their own which delays the rest of the day's program. It is particularly important for the longer distance events where an incorrect time can result in a swimmer being several minutes behind the rest of the field which delays the whole meet by those several minutes. At the other end of the scale, putting in a really slow time so that you can easily win a heat won't help overall because the final results are based solely on times swum within each age group. This means you might win your heat, but be down the order when all times by swimmers of your age group are recorded.

If you don't have any history of times, work with your coach or a fellow club member to do some trials to try to get a reasonable idea of how fast you might swim in each event.

Competing at a Masters swim meet is a lot of fun and helps provide a benchmark on how your swimming is progressing. If a newcomer, don't get frightened off from competing. Feel free to come along and support the club in a non-swimming role and drink in the excitement. You'll also see that there are plenty of swimmers just like you.

A Big Night Out

The next social get-together is set for Sunday, 14 April commencing at 6:30pm.

The venue is Pontoon Restaurant inside the Atrium Hotel. It is a Parmigiana Night at \$13.00 per head, or you can order from the menu at menu prices.

This social highlight for April is advertised on our notice board in the shed along with a list for the affixing of names and numbers of intending attendees. For seating purposes, please have names and numbers added to the list no later than Thursday, 11 April. Buon appetito!

Rottnest Channel Swim

In a major oversight, March's Newsletter failed to mention the 2013 Rottnest Channel swim, which was swum in February. The club had 4 female entrants in the swim – maybe next year there will be some males to make the 19.7km crossing.

So, somewhat belatedly, and with abundant apologies for the oversight, congratulations to Barb Pellick for completing another successful crossing. The editor hasn't enough fingers and toes to add up the number of solo crossings Barb's done, but it's lots!

Congratulations also to Jeanette Rein who completed her first solo swim and to Sue Johnston and Sue Giles who successfully crossed as a dynamic duo.

Well done ladies.

Melville LLCC Meet

Here are a few reminders to those taking part in the Melville LiveLighter Club Challenge this coming Sunday. Others please take note.

To those doing backstroke – finish on your back! Every backstroke finish, be it as part of a relay or as a backstroke heat, must finish on the back.

Again, in backstroke, when completing a turn you must come off the wall on your back. By all means do the tumble turn if that's your thing, but you must be on your back when leaving the wall.

When finishing a relay leg, do not slow down as you approach the wall (you shouldn't slow down anyway). The swimmer on the block is anticipating your touch and if you slow down they could leave the block early and earn a disqualification. Keep an even pace until the touch.

Simultaneous two-hand touches are necessary for both breaststroke and butterfly. It doesn't matter where you touch as long as both hands touch together.

Good luck to you all.

Rosemary's Shop

Rosemary is eagerly awaiting your order for club merchandise. She's in the pool most training nights and on Sunday mornings.

SWIM CAPS – silicon – are in stock and yours for \$10:00 each.

CLUB SHIRTS

Short sleeve - \$28:00,
Long sleeve - \$30:00,
Long sleeve fleecy - 40:00
Logo - \$7:00,
Your name (optional) - \$7:00

CLUB TRACKSUITS

Jacket - \$55.00
Pants - \$20
Tracksuits can also be ordered direct from Maggie Zee (9535 8382).

New club bathers (snazzy new design) have arrived and are available for purchase at \$30.00 (men's) and \$50.00 (women's). If you have ordered new bathers in this tranche, please arrange payment and pickup as soon as possible.

Other than actually swimming

One of the ways your club can deliver on its motto of "Fitness, Friendship and Fun" is to have an active social life away from swimming. We have been fortunate to have members willing to take on the role of organising evenings where much merriment can be, and is,

had. Our up-coming event at the Atrium Hotel is an example. Another way to have fun, develop friendships and stay or get fit is through competitive swimming.

Competition brings out the team spirit and helps solder the friendship gained during our training sessions. Being poolside during a swim meet, or being on the beach before and after an ocean swim, is a different environment from a training night. You will mix with people from other lanes whom you might otherwise have nothing more than a nodding acquaintance. A great friend could be in the next lane but you'd never discover that unless you changed lanes or enter a swim meet, especially as part of a relay team.

Swim meets don't just happen through some thaumaturgical intervention. In order for the event to run at all we need volunteers to assume one or some of the many roles needed to ensure the meet runs smoothly. We need accredited Timekeepers, Marshalls, Clerks of Course, Starters, Inspectors of Turns, Event Referees, to name just a few of the roles.

But in order for you to gain the best out of your swimming, be it for fitness or for competitive success, you need coaches. Your club currently has a small number of coaches who volunteer their time to write and deliver programs. This is not onerous – it is enjoyable. But work and travel interrupts the coaching from time to time and more people are needed to add depth to our coaching team.

Masters Swimming WA's Technical Education Coordinator, Ken Phillips (he's one of us), has planned some courses this month (Saturday, 27 April) at Sports House at Challenge Stadium. Masters Swimming needs more volunteer officials to share the load and these courses are ideally timed to be prior to the May State Championships. Registration forms are on pages 10 and 11 of this newsletter, however, as a heads up, these are the dates & officiating areas:

9.00 am – noon: Timekeeper and Chief Timekeeper courses
12.30 pm – 5.00 pm Marshal, Check Starter and Clerk of Course courses

However, if there are enough of us who would like to do the Timekeeper course here in Mandurah, please contact Ken on a training night, or talk to one of the coaches who can refer you to Ken.

On the coaching front, seven trainee coaches completed the Intro Coach Course in December 2012 and should have completed the Club Coach Course by last month, after which they must compete their practical time on deck to finalise their accreditation. Unfortunately, none of these coaches are from Mandurah.

It has often been said that, in order to learn you should teach. Coaching is an excellent way for you to become a better swimmer yourself. You do not have to be a swimmer from the top lanes to be a coach – you only need be ready to learn how to be a better swimmer and then pass that knowledge on to others.

The club needs some more people to become accredited coaches in order to add depth to the club. There are plans to conduct another round of courses in 2013, with August and November pencilled in at this stage. Please give it some thought. If you want to try out the role before committing, talk to one of your coaches – they will be happy to share the experience with you. Expressions of interest are being sought now for the next coaching course. Please have your EOI in by 31 May, 2013 (your coach can help).

Research on Adult Memory and Thinking Skills

Postgraduate Doctoral students from the School of Psychology at the University of Western Australia are looking to recruit healthy adults aged over 50 years for their upcoming study about memory and thinking skills.

As part of the study participants are invited to go to the University and take part in a session that involves a number of varied and interesting tasks. All participants will be provided with free parking and \$15 to cover travel expenses.

A notice is on the board. If interested in participating, just tear off the slip and contact the researchers.

Coogee Jetty to Jetty

Sixteen Mannas took to the water for the 2013 Coogee Jetty to Jetty swim – nine of whom finished in the top ten of their respective age group with four of them finishing on top of their group.



Photo courtesy of Ivan Wingate

A calm sea and overcast skies greeted 16 eager Mannas as they attempted to swim record times at the Coogee Jetty to Jetty on 10 March. Pauline Wingate and Rod Baker both won their respective age groups (no surprises there) so both had to walk the well-trod path to the presentation area to collect their prizes (that's them at left with loot in hand).

But we had other winners too. Corinna Rudler and Terri Kuchan both finished first in their age groups and had to face the embarrassment of collecting their first ever prize in front of all those people. You'll get used to it, ladies.

Well done to all of our winners.

One pleasing aspect of this event is that good results came from swimmers from each of our lanes. There was a winner from each of lanes 2, 3 and 4 while a lane 1 swimmer finished in the top ten of his age group. That's a good spread across lanes and shows that, be it an open water event or a pool event, you don't have to be a great swimmer to be competitive - you just have to be there.

Doddi's News



Just because the open water season has drawn to a close, in the metro area at least, don't think that swimming in the ocean is over until the weather fines up in September or October. It's on all year, though it will be interesting to see how many of those appearing left are left when the cold really settles in and the sea is less friendly. But Doddi's is where they go and the coffee afterwards a real treat.

There were 19 heathens at Doddi's on Good Friday and 24 on Easter Saturday (with the essential coffee and optional Easter eggs). Perhaps the club should buy the Dome across the road – then the coffees are free!

This Month's Quiz



Ivan took this photo at Doddi's Beach on 23 March and it shows one of our gallant crew doing some butterfly, presumably not for the whole swim. The photo was set up to demonstrate a failing common to many attempting butterfly, be it in the pool or out in the briney.

This month's question is, "How should the hands be placed when sweeping forward for the next stroke?" (clue: it's opposite how the hand reaches out for a coffee at Dome). Don't bother giving your answer to the editor – he knows how to grab a coffee.

News 'bout Former Members

Cassie Lindsay, a former secretary of this Club, recently won the inaugural 10Km OWS in Adelaide in a Wow! time of 2 hours 32 minutes. In doing so, she beat all the blokes; in fact the first three places were girls.

Cassie was our secretary in 2005/06 and her husband Adam was president. In that latter year, they represented the Mannas at the FINA World Masters Championships in Italy, along with Rod Baker, Pam Walker and Pauline and Ivan Wingate. Cassie was our first female to do a solo crossing of Rottneest Channel in 2004. Adam was attached to the submarine base at Garden Island then we lost the pair of them when he received a calling to Washington DC. They have since spent a couple of years in Canberra and early last year transferred to Adelaide where the Submarine Corporation is based, with Adam being promoted to Captain (maybe we'll get them back here someday?). Cassie swims for Atlantis, Pauline and Ivan's old Club – "Go the Frogs!"



LiveLighter State Championships

The 2013 State Championships are set for 25 and 26 May. They are just like a normal interclub competition, only bigger! The program is given on page 9 below. Start planning your swims now! The registration form will be on the board soon.

HBF Masters State OWS

Fifteen Mannas took to the water for the 2013 HBF Masters State Open Water Swim on 24 March. It was a beautiful sunny day with a light easterly and flat sea – perfect conditions for the around 230 competitors.

Our Rod Baker and Barb Pellick were successful in collecting the winner's glassware for their respective age group. A good time was had by all, especially by those who "burgled" spot prizes. No names Jen.



All photos by Des Seery



Up-coming Events

Check out the relevant web page for these **major events**. Local events are advertised in the relevant pool and open water schedules – look in “the shed”.

2013 National Masters Swimming Championships
Sydney, NSW
17 – 23 April
www.mastersswimming.org.au/

LiveLighter State Championships
Challenge Stadium
25 – 26 May
See club notice board

Australian Masters Games
Geelong, Vic.
5 – 12 October
<http://www.australianmastersgames.com/>

2014 National Masters Swimming Championships
Rockhampton, Qld
23 - 27 April
(Website under construction)

FINA World Masters Championships
Montreal, Canada
Swimming events 3 to 10 August
www.finamasters2104.org/

2015 FINA World Masters Championships
Kazan, Russia

Useful Web Addresses

Mandurah Masters Swimming www.mhmannas.tripod.com/

Masters Swimming WA www.mswa.asn.au/

Masters Swimming Australia www.mastersswimming.org.au/

United States Masters Swimming www.usms.org/

Healthway, a major sponsor of Masters Swimming WA, asks, “are you ready to make a healthy change? Here’s a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today”. Learn more (including recipes

at

www.livelighter.com.au





MASTERS
SWIMMING
Western Australia

LiveLighter 2013 State Championships

Challenge Stadium, Mt Claremont

25/26 May 2013

Saturday, 25 May - Day 1

9.00am pool open: 10.00am – 4.00pm competition

Event 1	200m	Freestyle
Event 2	200m	Breaststroke
Event 3	200m	Individual Medley
Event 4	100m	Backstroke
Event 5	100m	Butterfly
Event 6	50m	Freestyle
Event 7	50m	Breaststroke
Event 8	4 x 50m	Freestyle Relay – Women
Event 9	4 x 50m	Freestyle Relay – Men
Event 10	4 x 50m	Medley Relay – Mixed

Sunday, 26 May - Day 2

8.00am pool open: 9.00am – 2.00pm competition followed by Presentations

Event 11	200m	Backstroke
Event 12	200m	Butterfly
Event 13	100m	Freestyle
Event 14	100m	Breaststroke
Event 15	50m	Backstroke
Event 16	50m	Butterfly
Event 17	4 x 50m	Freestyle Relay – Mixed
Event 18	4 x 50m	Medley Relay – Women
Event 19	4 x 50m	Medley Relay – Men





**Masters Swimming WA
TECHNICAL OFFICIATING COURSE
REGISTRATION FORM**

Date: Saturday 27 April 2013 – 9:00am to 12.00pm

Venue: Conference Room, Sports House,
Challenge Stadium, Mt Claremont

MISSION:

To promote a professional approach to identification, training and ongoing development of technical officials at all levels of swimming, conducted under National Masters Australia Swimming rules and guidelines.

AIMS:

To cater for the needs of the association through a volunteer program and team of people who perform duties in all aspects of officiating for Masters Swimming WA at all levels.

COURSES OFFERED:

- | |
|--|
| <ol style="list-style-type: none">1. Time Keeper2. General Principles of Officiating 1 & 23. Chief Timekeeper |
|--|

DATE / TIME : Saturday 27th April 2013 09:00-12:00

VENUE: Conference Room, WA Sports Lotteries House, Mt Claremont (in northern grounds of Challenge Stadium).

COURSE FEE: FREE

ENROLMENT: Please complete the enrolment form below and return by midnight, **Wednesday 24th April** via email kandgphillips@primus.com.au or ring Ken Phillips 9581 4213 or mob. 0416 824 667

Please note:

- Officiating Courses are subject to minimum and maximum numbers. Early response will avoid disappointment

Application for Officiating Course – Saturday 27th April 2013 9:00 am

Name: _____ Surname: _____

Address: _____ Postcode _____

Date of Birth: _____ Tel. Contact: _____

Email: _____

Club: _____ MSWA # _____

I wish to enroll for Course 1 – Time Keeping only



**Masters Swimming WA
TECHNICAL OFFICIATING COURSE
REGISTRATION FORM**

Date: Saturday 27th April 2013 – 12.30 – 5:00pm
Venue: Conference Room, Sports House,
Challenge Stadium, Mt Claremont

MISSION:

To promote a professional approach to identification, training and ongoing development of technical officials at all levels of swimming, conducted under National Masters Australia Swimming rules and guidelines.

AIMS:

To cater for the needs of the association through a volunteer program and team of people who perform duties in all aspects of officiating for Masters Swimming WA at all levels.

COURSES OFFERED:

- 1. Check Starter**
- 2. Clerk of Course**
- 3. Marshal**

ACCREDITATION REQUIREMENTS: Volunteers should attend and complete the assessment tasks for General Principles and Timekeeping units to be eligible for accreditation in all other units. Completion of any unit and its associated assessment tasks will result Masters Swimming WA accreditation.

DATE / TIME : Saturday 27th April 2013 12:30-5:00pm

VENUE: Conference Room, WA Sports Lotteries House, Mt Claremont (in northern grounds of Challenge Stadium).

COURSE FEE: FREE

ENROLMENT: Please complete the enrolment form below and return by midnight, **Wednesday 24th April** via email kandgphillips@iprimus.com.au or ring Ken Phillips 9581 4213 or 0416 824 667

Please note:

- Officiating Courses are subject to minimum and maximum numbers. Early response will avoid disappointment

Application for Officiating Course – Saturday 27th April 2013 at 12:30 pm

Name: _____ Surname: _____

Address: _____ Postcode _____

Date of Birth: _____ Tel. Contact: _____

Email: _____

Club: _____ MSWA or TECH ID # _____

Accredited Chief Timekeeper Yes No (circle which)



May 2013

President's Prattle

Hi

Congratulations to Rod Baker for his swims in the 2013 National Championships in Sydney. Rod is a true champion and an inspiration to us all. My objective is to try and keep up with Rod, and Pauline, on the coffee run (the last lap of a morning swim at Doddi's). There's more on Rod later in the newsletter.

Well done to all the swimmers who participated in the Melville pool event on 7 April. Despite many of our regulars being away, many new-comers stepped up and had a go. LiveLighter Club Challenges are about having fun with a group of friends and participating as a team, at any level. Our next meet is here in Mandurah on 23 June, so mark your diary now and start training.

We have a great means of progression for swimmers within our Club. In the pool, two training nights during the week with people on deck to help individuals reach their goals, whether just achieving fitness in the pool, or preparing for ocean swims. Sunday mornings are an opportunity for swimmers to be timed and recorded over different distances, within the Masters Endurance 1000 program. This is a good way of checking on how well you are swimming - how you are improving your times. Measurement is a guide to your fitness and swimming efficiency.

As you are no doubt aware, MARC is currently having maintenance carried out on the lapper pool. It was good to see, last night, that numbers haven't dropped off that much, and the training session went well with the pool water temperature set to 31.5 degrees. Swimming in the indoor pool is aided by wearing no swim cap to hold in the heat, drinking plenty of water, and having carefully tailored programs by our on-deck coach Des.

Please do not hesitate to catch up with any committee member regarding items of concern, or suggestions or on how we could do things better, including the conduct club business, and how we can generally improve and move forward while addressing the needs of our members. Committee details are included later in this newsletter.

I will be attending the State Council of Clubs meeting on the 23 May. Please contact myself or Deb Brown on any issues you would like raised at this meeting. Our 2014 Open Water Swim preparation will be starting shortly with the securing of partners and sponsors to support the event. A meeting with all OWS-hosting clubs will be held on 8 June to share reports and ideas from their 2012/2013 season. That meeting forms part of the sanctioning process for the 2013/2014 OWS season.

Wendy Holtom, MSWA's Executive Officer, has requested I remind all members to maintain their personal details on the IMG data base. If you move address or have any other changes to your registration, please go to the Member Portal on the MSWA website. Contact Des if you do not know your login or password.

In fitness, friendship and fun.

Wayne

The following organisations proudly support the Mandurah Mannas



Supporting the HBF Masters Open Water Series for MSWA members



Coach's Comment

One of the advantages of this modern wired-world we live in is that computers can provide you with a lot of valuable information. Of course, there's a lot of stuff out there which is rubbish and the hard part is separating the good from the bad.

If you have an interest in improving your swimming, you only need go to YouTube to see video clips of every facet of swimming – many clips are of Olympic gold medal winners, so you know you will get something out of them.

But there are sites other than YouTube who can help – you only have to ask the pop question in your browser. The following freestyle hints are taken from <http://www.enjoy-swimming.com/how-to-swim-faster.html>. Because you're all busy (and I'm lazy) an abbreviated version of one person's idea of how to swim faster is given below.

Principle #1: Improve Your Balance

You should try to stay as horizontal as possible while moving through the water. When you do this, you disrupt the least amount of water molecules in your path, which translates into reduced drag. This is especially important for freestyle and backstroke - breaststroke and butterfly are a little different because a body undulation occurs during the stroke cycle.

Principle #2: Swim Taller

Try to make yourself as tall as possible in the water. For the same mass, a long tapered object moving through the water creates less turbulence than a short compact object. In fact this principle has been used by naval engineers for hundreds of years (remember Froude's Number?).

To swim taller in the freestyle stroke, you enter your recovering arm early in the water once it has passed your head. You also make sure to extend your recovering arm forward underwater before starting the catch and downsweep.

Principle #3: Compact and Efficient Kick

In world-class freestylers, the kick contributes for up to 10% of propulsion, while the arm stroke contributes the rest. So an efficient kick is important for fast swimming, but less than what is commonly believed.

Equally important is a compact kick, meaning that it should neither break the water surface nor move too low below the body line. Otherwise unnecessary drag is created which will only slow you down.

Principle #4: Swim More on Your Sides

Again, for freestyle and backstroke, the first way to improve propulsion is to roll more from side to side with each arm stroke. Rolling more on your sides allows you to better engage the large back muscles in addition to the shoulder muscles.

Principle #5: Use Your Core

This is another secret of how to swim faster. You should engage the large back, hip and torso muscles while rolling from side to side. The synergy between your core muscles and arm muscles allows you to apply more force to your swim stroke.

Once you have integrated this technique, you will be able to swim longer and faster and tire less quickly, as your core muscles have more endurance than the ones in your shoulders and arms.

Principle #6: Anchor Your Arms

Before applying propulsive force in the water with your arm, you need to make sure that your hand and forearm are aligned and facing backward. You can then effectively move your arm backward like big paddle. In freestyle, this technique is called the "high elbow catch" stroke because you need to keep your elbow above your hand to be able to successfully do this.

Visit the site to read the full article and pick up other tips. Don't be scared to use the Internet get information on how to swim better.

The Remarkable Rod Baker



(Photo by Ivan Wingate)

At the 2008 FINA World Masters Championships held in Perth and swimming in the 80– 84 years age group, Rod won six gold medals and set 2 World Records.

Swimming in the 85– 89 age group at the Australian Masters Swimming Championships in Sydney last month, he won 5 gold medals in all the freestyle events from 50m to 800m, breaking the World Record for the 400m and setting Australian records in each of the others. He came within a snip of the current World Records for that age group in those other events. Some of his times would have earned him gold at the Championships in age groups ten years younger.

Rod is an inspiration to anyone who thinks they are too old to do anything. A true champion and a really modest and decent bloke. Well done Rod!

Melville LLCC

Nineteen Mannas tramped up to Melville on 7 April to do battle in our first LiveLighter Club Challenge for 2013, finishing 5th out of 12 competing clubs.

We had some sterling efforts from individual swimmers and the relays. The performance highlight was two Mannas setting 4 new records at the meet. Rod Baker set new 3 National records (probably the only bloke capable of beating those records is Rod next time he swims) while Ivan Wingate established 1 new Sate record. Well done, boys.

Age group winners were Pauline Wingate, Rod Baker and Ivan Wingate, each winning their respective age groups in 3 different events. Jeanette Rein, Mike Bennett and John Cahill each won 2 events while Corinna Rudler and Ted Thompson won one event each.

The Mens' 280-319 relay (Rob Baker, Ivan Wingate, Ken Phillips and Wayne Cable) won their event (almost a given with Rod in the team) while three other relay teams finished third in their respective events.

It was a good meet and, though we didn't gain a podium finish as we did last year, we all had fun, which is the main thing.



Most photos by Heather Newcombe-Virgl



Rosemary's Shop

Rosemary is eagerly awaiting your order for club merchandise. She's in the pool most training nights and on Sunday mornings.

SWIM CAPS – silicon – are in stock and yours for \$10:00 each.

CLUB SHIRTS

Short sleeve - \$28:00,
Long sleeve - \$30:00,
Long sleeve fleecy - 40:00
Logo - \$7:00,
Your name (optional) - \$7:00

CLUB TRACKSUITS

Jacket - \$55.00
Pants - \$20

Tracksuits can also be ordered direct from Maggie Zee (9535 8382).

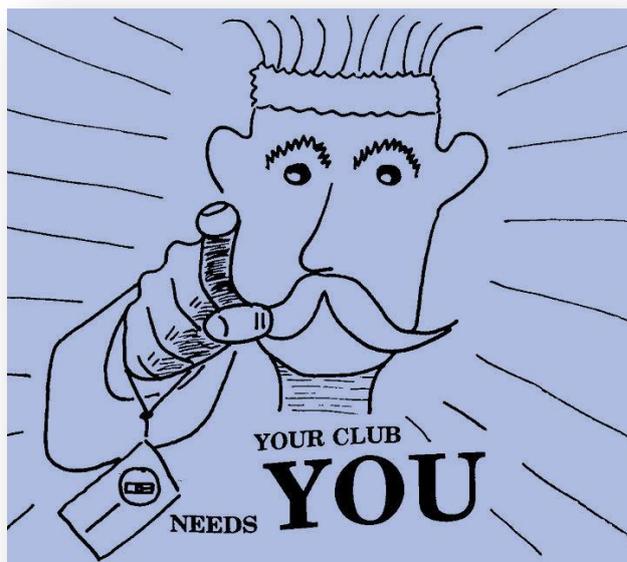
New club bathers are in stock. Mens' bathers are available at \$30 and females for \$50.

Officials for Mandurah's Club Challenge.

As you know, our club's annual invitation pool competition, the LiveLighter Club Challenge, will be held in Mandurah's indoor pool on Sunday, 23 June.

We can expect about 170 swimmers from 14 clubs to take part so you can imagine the day will be a buzz of activity and excitement. To ensure all runs smoothly our Club is expected to provide some of the Time Keepers, about 4 Chief Time Keepers, 4 Marshalls, 2 Clerks of Course and 2 Check Starters. Why so many you ask? So they can alternate with each other and still swim their 3 events. No official needs to miss out on swimming.

If you would like to find out how to be one of these officials, please see following advertisement for details of courses to be held at our pool on Sunday, 9 June.



and

Masters Swimming WA needs you too!

- Swimming needs officials
- Our Club is asked to provide some Time Keepers, Chief Time Keepers, Clerks of Course, Check Starters and Marshals for our LiveLighter Club Challenge on 23 June 2013
- Ensure our Club has people who can perform these functions
- Enrol in courses for the above duties

**8:30 am Sunday, 9 June
here at Mandurah**

- Put your name on the list in the Shed

Or contact:

Ken Phillips – Technical Education Coordinator
Tel: 9581 4213 or 0416 824 667
Email: kandgphillips@iprimus.com.au

Swim meets don't happen without Officials

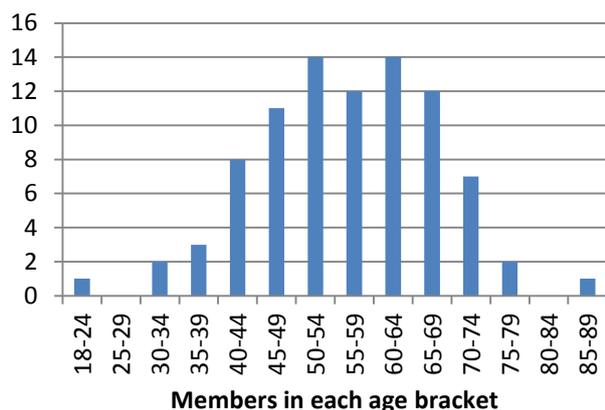


MASTERS
SWIMMING
Western Australia



Membership

We welcome Catherine Boyce and Clive Choate to our club. We now have 87 members.



While on the subject of membership, some statistics were run to get a feel of our membership (and to satisfy the editor's need to dabble in such things). You may be interested to know that our membership ranges in age from 22 years to 85 years (all ages are determined as at 31 December 2013). Our average age is 55.8 years and our mean age is 57 years.

Birthdays for April and May

A minor brain spasm meant that the Editor omitted April birthdays from last month's newsletter, so apologies for all those April babies who were not recognised. There's a lot of them, so here they are: Corinna Rudler (1st), Ted Thompson (7th), Ken Cornish (10th), Tess Evans (13th), Catherine Boyce (15th), Peter King (20th), Michael Hannah (21st), Helen Cahill (23rd), Hannelie Roodt (26th), Gerda-Lize Payne (27th) and Ken Phillips (29th).

Those babes entering the world screaming, but no doubt looking cute, during May include Colleen Cheale and Trevor Atkinson (3rd), Geoff Clancy (5th), Jennifer Crake (8th), Fred Mitchell (9th), John Reyburn (23rd) and Pauline Brimson (29th). All are pretty quiet now (except for Jenny).

Happy birthday to all.

Committee

To help those many new members who have joined since the February AGM, the list of committee members is under.

President	Wayne Cable
Vice President	Jim Balding
Secretary	Deb Brown
Treasurer	Robin Trotter
Coaching Director	Des Seery
Club Captain	Mike Bennett
Recorder	Pauline Wingate
Registrar	Des Seery
Property Officer	Rosemary Green
Social Officer	Sue Giles
Safety Officer	Jim McQuade
Club Photographers	Lyn McPhail Ivan Wingate

If still uncertain about whom to contact, ask someone. It's almost certain they will point out the person you want.

This Month's Quiz



It is doubtless a rare sight for anyone to catch a Manna doing anything that looks remotely like work, so relish this rare occurrence as snapped by Ivan.

The need to clean the pavement is without doubt a necessity some time and it's good to see 2 Mannas dedicated to the task. This month's quiz is tricky, so take your time to work it out.

If one Manna wields a broom and takes 60 minutes to sweep the pavement, at what time would they both be in Dome sipping coffee if 2 Mannas each wielded a broom?

Manta Rays

The Manta Rays were established in Mandurah in 1995 to provide a recreational activity for children with a disability. Some swimmers enjoy competitive swimming and have gone on to represent Western Australia at the Pacific School Games and one ex-member is on track for the Para-Olympics.

The club trains on Mondays and Wednesday from 3.30pm to 4.30pm, or would do if they had another volunteer to look after the Monday session. To become a competitive member it is up to the swimmer and parents who are advised by the coach but at present there is no coach for Mondays.

If you have some spare time and would like to help the Manta Rays out on the Monday training session please see [Des](#) who can give you contact details.

Next Social Event

The next social get-together is set for this Sunday, 5 May at Drakesbrook Dam, just outside Waroona. There be will swimming from 9:00am and a morning tea timed for 10:30am.

You could, of course, turn up at 9:00am and forego the swim. You could start with a barbeque breakfast while others are swimming, then seamlessly segue straight into morning tea (there's an oxymoron there). By the time mornos are over it will be lunch time, so you could tuck into that healthy feast. Then, after your post-lunch nanna nap, you might as well hang around to polish off any remnants for arvo tea, then pack up and stagger home having done nothing all day except chat, exchange gossip, and casually mention how good at something you once were. Just like a normal day at the office, really.

There's no need to book – simply turn up when you like on the day. You will need to take chairs, food, drinks, and whatever other paraphernalia you usually cart off to picnics. If you are intending to swim, bathers are essential (no going Dutch, thank you).



This event is on regardless of the weather. The water temperature is reliably reported to be a tad over 21 degrees.

Parmigianas at Pontoons

Thirty-four of the nicest people you'd ever meet were at Pontoons Restaurant on 14 April to celebrate, well, nothing really. It seemed a good idea to stuff everyone with a ponderous parmigiana sometime soon, so Sweet Suzie Giles organised it. Well done Suzie! The photos below were taken by our very own Max Dupain (aka Ivan).



LiveLighter State Championships

The 2013 State Championships are on in May. They are just like a normal interclub competition, only bigger! The program is given below. Get excited!



MASTERS
SWIMMING
Western Australia

LiveLighter 2013 State Championships

Challenge Stadium, Mt Claremont

25th / 26th May 2013

Saturday 25th May - Day 1

9.00am pool open: 10.00am – 4.00pm competition

Event	1	200m	Freestyle
Event	2	200m	Breaststroke
Event	3	200m	Individual Medley
Event	4	100m	Backstroke
Event	5	100m	Butterfly
Event	6	50m	Freestyle
Event	7	50m	Breaststroke
Event	8	4 x 50m	Freestyle Relay – Women
Event	9	4 x 50m	Freestyle Relay – Men
Event	10	4 x 50m	Medley Relay – Mixed

Sunday 26th May - Day 2

8.00am pool open: 9.00am – 2.00pm competition followed by Presentations

Event	11	200m	Backstroke
Event	12	200m	Butterfly
Event	13	100m	Freestyle
Event	14	100m	Breaststroke
Event	15	50m	Backstroke
Event	16	50m	Butterfly
Event	17	4 x 50m	Freestyle Relay – Mixed
Event	18	4 x 50m	Medley Relay – Women
Event	19	4 x 50m	Medley Relay – Men



Department of
Sport and Recreation



Useful Web Addresses

Mandurah Masters Swimming	www.mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/

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at

www.livelighter.com.au





June 2013

President's Prattle

Hi

Congratulations to all Club members who participated in the 400/800 meet at Thornlie and the State Championships held during May. We had swimmers achieve personal best times, including some setting new records in their respective events, proving that the training and hard work brings its rewards. Entering these competitions is all about participation, having a go and on the occasion stepping out of your comfort zone. They also provide a measurable guide as to how you are progressing.

Congratulations also to the Club and all recipients of awards at the State Awards presentation held after the conclusion of the State Championships. More details come up later in the newsletter. On a personal note, I feel very humbled to be chosen to be the inaugural winner of the Perc Edwards Volunteer of the Year Award, and I thank the club for the nomination and MSAWA for the selection. It is a great honour. But I also derive much pleasure working with a Club like Mandurah, especially in the areas of open water swimming and coaching.

During the month I represented the Club at a Council of Clubs meeting in Perth and attended the State Awards presentation. I will shortly be attending a meeting with MSAWA to achieve sanction for our open water swim, which is scheduled for February 2014.

Ken will be running a technical course on 9 June in the MARC and I have put my name down to attend, along with a number of other people. If you haven't already done so, I encourage you to attend this session to support the event we will be hosting on 23 June.

We are a Club of substantial depth and strength in the area of technical resources and swimming knowledge, both for pool and open water swimming. Don't hesitate to ask questions involving the sport, as the club is one that shares and helps people build on their ability, regardless of the level.

In fitness, friendship and fun.

Wayne



An "over-the-top" start to a 100m race at the LiveLighter 2013 State Championship. Photo by Peter Maloney

Coach's Comment

The following organisations proudly support the Mandurah Mannas



australia's aluminium



Supporting the HBF Masters Open Water Series for MSWA members



As an official, the just-concluded LiveLighter State Championships highlighted several things to me. One was the importance of a clean relay transition. I know of one team, which shall remain nameless, that was DQd due to a break on the changeover.

There are just two critical things to remember when in a relay. The first is for the swimmer in the water to maintain pace to the wall. It serves no purpose to thrash about getting to the end of the lane only to start slowing down just as you get there. A consistent pace should be aimed for. The second critical thing to remember is that the swimmer on the block shouldn't dive in until the incoming swimmer touches. An early departure from the block will result in a DQ.

At Challenge on Saturday there were a couple of illegal changeovers which were picked up by the electronic timing gear but missed by officials. That can happen if the official is blinded by a wild flurry of white-water when the incoming swimmer touches, or is trying to cover more than one lane and the touches are close. But, don't rely on an official's oversight or busyness to push the changeover boundary. Maintain pace to the wall and don't leave the block until the touch is made.

Another team was DQd in a medley relay because the freestyle swimmer swam backstroke. That is a no-no. Rule SW5.1 states that "*Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or relay medley events, freestyle means any style other than backstroke, breaststroke or freestyle*".

The ages for the 276 swimmers involved in the Championships ranged from 18 years to 93 years and one doesn't have to be a coach to have noticed a wide range of abilities and styles demonstrated over the two days. The message I want to give is that by the time we come to Masters swimming our styles are locked in and it will take a lot of training to change them in any significant way. But, you can make minor changes if practiced often enough and with your mind on the task.

Most of the suggestions made on training nights deal with slight modifications to stroke. One modification may work for you while another won't. But it is of little value, and you won't know if a modified technique works for you or not, if you trial a change in the drills but forget about that same change in the main set.

While practice may not make you perfect, unless you practice you will not get better. The adoption of just one modification to a stroke may lead to a PB or even a placing (not to mention a record) so you are encouraged to adopt a change.

I will soon be venturing up North for a well-deserved break. During my absence coaching duties will be expertly provided by Ivan. I have carefully packed some new books about coaching so as to research some drills for my return. Be warned, however, that if fewer than 50 members register to swim at the Mandurah interclub meet on 23 June I'll find out and there will be some punishment routines in store for you on my return. It's your home pool, so please set aside one Sunday morning in the year and "have-a-go".

Cheers

Des

2013 LiveLighter State Championships

Just 12 Mannas entered this year's State Championships in Challenge Stadium, a small number given our then membership of 90, but enough to gain 6th place out of 28 clubs and 276 swimmers taking part. Our 12 were Erica Thomas, Rosemary Green, Pauline Wingate, Karen Boyce, Corinna Rudler, Donna Hoskins, Ivan Wingate, Rod Baker, Kirk Bamford, Ken Phillips, Mike Bennett and John Cahill.



As the smiles show, this was one enjoyable weekend spent with good friends, lots of fun and some exercise thrown in. It was also a successful weekend too, as the following items from the post-Championship presentation function show.

Congratulations to Wayne

Our tireless President, Coach, major fund raiser, open water fanatic, regular nice guy and stunned recipient, Wayne Cable, was awarded the inaugural Perc Edwards Volunteer of the Year Award at the presentation function after the 2013 State Championships.



photo by Peter Maloney

This award was established to recognize an outstanding contribution at club level and is named in honour of one of Masters Swimming's great and long-serving volunteers, Perc Edwards, who passed away in 2012. Perc was a great role model and mentor to swimmers and officials in the Masters Swimming movement across Australia and is sadly missed by all who knew him.

Wayne was curious as to why Perth office kept ringing him up and insisting on his attendance at the presentation function, especially as he wasn't swimming. Now he, and we, know why.

The award was presented by one of Perc's sons, who flew over from Melbourne, and Perc's daughter (pictured above).

Well done and well deserved, Wayne. Like Perc, you are a great role model.

Other awards

[Pauline Wingate](#) won her age group with the maximum 60 points).

[Ivan Wingate](#) won his age group (also gaining the maximum 60 points) and established two State Records (100m and 200m 'fly) along the way. He also received a certificate from the Department of Sport and Recreation (DRS) acknowledging his lengthy and meritorious service to Masters Swimming. Masters sponsor Vorgee also donated a package of goodies in recognition of his well-deserved retirement from officiating. (Ivan also set a new State Record in the 400m IM At the 400/800m meet at Thornlie on 4 May).

Rod Baker had another great meet, setting a new National Record for the 200m backstroke. At the 400/800m meet at Thornlie on 4 May Rod set 2 new State Records, in the 400m and 800m freestyle.

John Cahill won his age group, gaining 53 points from a possible 60.

Mike Bennett established a new State record for his age group in the 50m breaststroke in 40.26 seconds.

Erica Thomas set a PB in each of her 3 individual events, which is a great effort given it was her first race-conditions swim since she was a nipper, which wasn't all that long ago, but a great effort all the same.

Donna Hoskins managed to swim in 6 individual events and cracked a PB in each one of them. Not a bad effort given she has a dicky shoulder.

Both Ken Phillips and Des Seery received certificates from DRS in appreciation of their officiating services to Masters Swimming.

The Mannas won the Combined Points Scored for the 2012/2013 HBF OWS Series. The Doodi's swims obviously have a positive and demonstrable outcome.

Congratulations to all participants. May next year be better still!



Photos by Peter Maloney, Director of Swimming, MSAW

Open Water Awards

Deb Bloor, Barb Pellick, Rod Baker and Ken Phillips each won their respective age groups in the 2012/2013 HBF Open Water Swim Series 2012/2013.

Country Correspondence Carnival

Mandurah was successful in winning the 2013 Country Correspondence Carnival.

Those with a long memory may recall the timed races conducted at the end of training sessions way back in February. For some it was the first race they'd been in for yonks and presented a bit of a challenge, but the effort was worth it in the end. The competition only lasted a few nights at the end of the drills set. It felt good to have your success recognized and rewarded in front of representatives of 27 other Masters clubs.

Well done to all who participated and thanks to Ken Phillips for getting us going in this competition.



Wayne, Pauline, Mike and Ivan holding trophies collected at the LiveLighter 2013 State Championships. Photo by Des Seery.

Mandurah LiveLighter Club Challenge

This event is on Sunday, 23 June and is a highlight for our pool swimming calendar. You can nominate for 3 individual events and the relays. Events are:

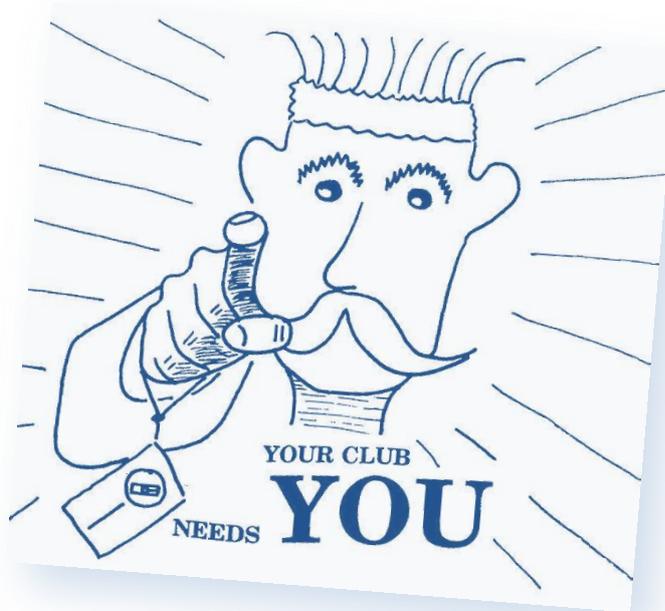
100m Breaststroke	50m Freestyle
100m Freestyle	100m Individual Medley
50m Backstroke	4 x 50m Mixed Medley
50m Breaststroke	4 x 50m Mixed Freestyle
50m Butterfly	

This meet will bring swimmers from 13 clubs to Mandurah to compete and enjoy the social atmosphere. Please "have-a-go" at this meet. It is our meet and we can win it if enough of you sign on for a swim.

So, before the registration form is processed for seeding, please make certain your name is on it for as many swims as you can do. Remember, you are ultimately racing against people in the same age group.

Membership

We welcome Sheila Salt, Daka Groves, Carolyn Scott and Joseph Mitchell to our happy club. Our membership now sits at 91.



and

Masters Swimming WA needs you too!

- Masters Swimming needs officials
- Our Club is asked to provide some Time Keepers, Chief Time Keepers, Clerks of Course, Check Starters and Marshals for our LiveLighter Club Challenge on 23 June 2013
- Ensure our Club has people who can perform these functions
- Enrol in courses for the above roles

8:30 am Sunday, 9 June here at Mandurah

- Put your name on the list in the Shed

Or contact:

Ken Phillips – Technical Education Coordinator

Tel: 9581 4213 or 0416 824 667

Email: kandgphillips@iprimus.com.au

Swim meets don't happen without Officials!



MASTERS
SWIMMING
Western Australia



Birthdays for June

Your editor is one sick puppy who sees patterns in things and this month there is a definite pattern in our June babies. He sees beauty at each end and in the middle.

On the first we have lovely Melanie Young, who's been missing in action for most of the year and forms the opening beauty section. Melanie is followed by Antony Williams (7th) who, it must be admitted, has his virtues, but lacks the beauty of Erica Thomas and Georgina Webb (they being the beauties in the middle), each of whom will doubtless be partying on the eleventh. Leaving beauty aside for a brief moment, we have our highly respected captain, Mike Bennett, kicking his heels up on the 12th and then we flip straight back to the beautiful Terri Kuchan who will be popping the occasional cork on the 14th. And that's it for June birthdays.

So there you have it. The pattern of beauty, dot, beauty, beauty, dot, beauty. Put into musical loop or poetry the pattern would eventually be beauty, beauty, dot, beauty, beauty, dot, beauty, beauty, dot, and so on until the end. Nice pattern. But as has been said already, he's one sick puppy.

Happy birthday to each of you.

Doddi's

The lack of perspective denies you the appreciation of the height of the surf that was rolling in at Doddi's on the morning of 24 May. The sea had roiled the water and there was no swimming against the strong in-coming tide so most walked to the reef and swam back with the elements behind them. Love the high elbow, by the way.

Some of the older bodies decided against swimming (too many aches from rigorous squad sessions and saving themselves for the State Championships that same weekend). Two swimmers tried swimming North but, while they got close, they didn't quite get to the reef. Others chose to walk up and "float" back on the in-coming tide.

Don't let the cloudless sky deceive you: the water was turbid and rough. But, as the following photos (take by Ivan who was saving himself for the State Championships) show, there are stalwart types who rose to meet the challenge (or weren't swimming in the States).



Don't forget: the Doddi's swim takes place throughout the year on Mondays, Wednesdays, Fridays and Saturdays opposite the frequently frequented Dome Café in Halls Head. If the water's fine it's Doddi's then the Dome: if it's not, it's straight into the Dome. Really, it doesn't matter 'bout the water – every day ends at the Dome.

Rosemary's Shop

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SWIM CAPS – silicon – are in stock and yours for \$10:00 each.

CLUB SHIRTS

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Masters Swimming WA	www.mswa.asn.au/
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FINA Masters	www.fina.org/

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at

www.livelighter.com.au





July 2013

President's Prattle

Hi

Congratulations to all those people who participated in the Club's LiveLighter Pool Club Challenge event last month. It was a fantastic result for the club in the pool, and we had great organisation to make the event run smoothly. Thank you to family members and friends who came along and helped.

During the month of June I attended:-

- the MSWA Open Water Sanctioning Meeting in Perth. The main topics discussed were safety and insurance for swimmers. On behalf of the club I have submitted the booking form for our 2014 event, which we will conduct on 16 February (put it in your diary). The swim will be placed between the Busselton Jetty and Rottne Channel swims. I will be inviting our sponsors of the 2013 event to once again partner us in the 2014 event.
- the MSWA officiating course held at the MARC centre and run by Ken Phillips. It was a well-presented course and included technical input from Ivan Wingate. Members are encouraged to participate in such training to help out in such events as the LiveLighter pool events and State Championships.

The fine weather has been encouraging for the open water swimmers off Doddi's Beach, despite water temperatures at the moment being between 17 and 18 degrees. Some water conditions are proving to be not only a challenge physically, but also mentally. Rod, Hayden and I turned up one morning, when the conditions were questionable, and made a team decision to forget the swim and head straight to the Dome for a hot coffee, and just think about the swim. That's what I call team work.

In fitness, friendship and fun.

Wayne

Coach's Comment

When packing to go on leave from my 'job' I took pains to ensure I brought with me some reading material of the swimming genre to help me get through those warm, balmy, northern evenings.

The text currently being browsed (I have distractions) was written by Sheila Toarmina (*Swim Speed Secrets*, (2012), Velopress, Boulder, Colorado). Sheila swam in 4 Olympics, winning gold in 1996, and was the 2004 ITU Triathlon World Champion. She has coached elite and age group swimmers for over 15 years. When it comes to swimming I think she knows her onions.

As would be expected, her book contains many observations that require some reflection on how I coach and how a message is put across. While skimming through a chapter before reading it a heading leapt off the page: **"Top swimmers do not glide"**.

The following organisations proudly support the Mandurah Mannas



australia's aluminium



Supporting the HBF Masters Open Water Series for MSWA members



The heading referred to the catch-up drill. You know it; one hand lays out front waiting for the other hand to come over and enter the water before starting the pull. This drill (front-quadrant swimming) can be misunderstood as a glide. You have been hammered at training about stretching out long before catching the water (Froude's Number). The stroke pattern which develops is glide-stroke-glide, but in a race, or if you're doing one of the main sets, you want stroke-stroke-stroke. So there is a problem.

What probably hasn't been emphasised is the simple fact that the catch-up drill is only intended to give time for you to concentrate on the feel of the water one arm at a time. It allows for a focus on a high elbow position with the pulling arm (elbow above the wrist, wrist above the hand) and the application of constant pressure during the stroke. That's the drill's *raison-d'être*.

Swimming in the front quadrant style means that by the time the recovering hand enters the water the stroking hand is already well into the pull. At no time is there a glide – it's stroke-stroke-stroke all the way.

So, by all means practice the catch-up drills. They will help you develop a better catch and pull and will help you become a more efficient and faster swimmer. But, when the heat is on, when you're in a race or you have another swimmer in the lane snapping at your heels, remember the drill. But forget about the glide.

Cheers

Des

PS: The book has some brilliant photos illustrating various points in the text with almost all being of Olympic medallists. To see an underwater photo of Mark Spitz coming at you flat out with eyes open is, in itself, an eye opener and at first glance, scary. They didn't use goggles in the Olympics until 1976, but the photos were taken before that (he was the stand-out star of the 1972 Olympics) so it's a determined countenance with eyes wide open that faces the camera.

PPS: How do you like the view from my back door in Kununurra. The days have been getting up to 30° with sunny skies. Absolutely horrible!



2013 Mandurah LiveLighter Club Challenge

Mandurah Mannas excelled themselves again at this year's Club Challenge on Sunday, 23 June. One-hundred-and-forty swimmers from 11 Clubs entered, 29 from Mandurah Masters. The host Club, (that's us), won the day with a whopping 314 points from Somerset on 191 and Beatty Park with 165. Beatty Park won the Handicap Award.

Outstanding from our Club was Rod Baker who broke 3 National Short-Course Records in his three individual swims in the 85-89 age group, plus State Short-Course Records in two relay teams in the 280-319 group. His individual events were the 100m freestyle in 1.24.32, 50m backstroke in 0-48.89 and the 50m freestyle in 0.38.27. Other members in the relay teams were: Pauline Wingate, Daka Groves and Graeme McAuslane in the freestyle, and Pauline, Graeme and Jeannette Rein in the medley.

The morning went smoothly due to the many around the pool deck who knew what they were doing. We were blessed with having five non-swimming accredited pool deck officials, plus six who swam, and a competent team of our own people, mostly non-swimming, who did a superb job of the marshalling and check starting – thanks particularly to Deb Brown and Narelle Gillmore in that area, Donna Hoskins for overseeing the timekeepers, and Kirsty Sinnot and Michael Hannah for doing all the record keeping. We also had a number of non-swimming spouses and partners on the timekeeping so there was no need for that constant calling for timekeepers over the PA system. The announcing and race calling however, was ably managed by Steve Crake and Kirk Bamford. Their "better-halves", Jenny Crake and Barb Bamford, set the tone of the meet with a well-controlled, friendly, registration desk greeting the swimmers as they came into the pool hall.





The four Perth non-swimming referees as pictured with Mike are (from left) Barbara Hart, Ron Gray, Meet Referee Brian Harper and Marg Roffman.

After the swim, everyone enjoyed a lavish lunch put on by many of your club mates but well supervised by Deb Bloor – head honcho of the kitchen. President Wayne was unable to attend, so Cap'n Mike managed the presentations and the drawing of the raffle. Rumour has it that we did financially very well due to the contributions of many to preparing the food and with prizes for the raffle.

Our thanks go to those spouses and partners and anyone else who volunteered to assist in the successful running of this event. The event cannot run without you. Congratulations also to our team who secured the silverware at this, our own event. But special thanks to those who had a go and swam in their first competition for ages, or ever. Wasn't so bad, was it?

Membership

We welcome Sara-Jane Walters as a new member of our club and the return of Ryan Spencer. Our membership now sits at 93.

Doddi's

As an aid to swimmers, the "Brimson Hot Water Service" has recently been providing some warming relief by providing a container of hot water each time to pour over the girls (and himself) after the cold shower that follows the swim. Here he is providing Colleen with a warming douse before the mandatory coffee.



A recent swim morning was again delightful, though a bit rough with a strong current. Thirteen (including a couple of "ring-ins") did at least a couple of laps. Reports were as usual: "not too cold and water crystal clear". Barb brought her thermometer to give a confirmed temperature reading, but she was still swimming when everyone left we don't know what the water temperature was.

Certificate Presentation



Deb Bloor, Rod Baker, Barb Pellick

Several of our swimmers gained OWS awards at the State Championships in May but had not received their certificates. So President Wayne went to Doddi's and presented Deb Bloor, Rod Baker and Barb Pellick with their certificates for winning their respective age groups in the 2012/2013 State Open Water competition. Here they are grinning with delight at their award.

Up-coming Birthdays

Well, there is a lot of cork popping to be undertaken during July. No poetic rhythms or patterns can be spotted this month so let's get cracking.

First we have John Musty, who celebrates the start of another financial and biological year on the first. He is followed by Trent Lymn (4th), Jim Balding and Brad Wardrope (both on the 7th), Jeanette Rein (8th), Richard Fox (21st), Jennifer Hurley (22nd), Deric Golembka and Heather Newcombe-Virgl (both on the 23rd), Barbara Pellick (24th), Clive Choate and Karen Boyce (both on the 25th) and Pauline Wingate on the 30th.

The problem with acknowledging birthdays in the same month of the newsletter is that, because the newsletter is targeted for release by the end of the first week of each month, anyone with a birthday during that first week gets their due recognition after the event, which seems a bit dopey. So, in what is undoubtedly a brilliant idea, those with birthdays during the first ten days of the following month will, in future, also be acknowledged and congratulated.

With that decided, the first group of August birthdays starts with John Cahill (5th), Haydn Brimson and Rod Baker (both on the 8th) and Wayne Cable (9th).

Happy birthday to each of you!

The Quiz



This exquisite photo was taken by your roving editor while on a 4WD excursion during his recent stop-over in Broome.

It is a photo of the Willie Creek Pearl Farm which is based (where else) on the banks of Willie Creek, just north of the town. The water looks stunning and one can feel drawn into wading in and enjoying the cooling embrace of the water. **Don't!** There is at least one resident saltwater croc in the creek with eclectic tastes, so he/she isn't fussy about what pops up on the menu.

This month's quiz, and it's tricky, is, what's the crocodile's name?

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This is the newsletter of:
Mandurah Masters Swimming Inc
PO Box 1307
Mandurah WA 6210



August 2013

President's Prattle

Hi

It's encouraging to see club membership slowly building and passing that of 2012: in fact, our current membership is now a record for the club. Retention of members is a Masters focus and is something we are constantly working on, but a large membership, by itself, means little if members' needs are not being met. You are urged to raise with the committee any initiatives you would like to be considered so the club can work on being a club for the members. Or, you could take on a committee role at the next AGM in February 2014.

"Thank you" to Ivan for holding the fort with swim training during recent weeks while Des is meandering his way around the Kimberley and Top End on holiday. In saying that, we also need to express appreciation to Des for continuing with the newsletter while on the road.

In a cross-promotion with the Rottneest Channel Swim Association (RCSA) and Triathlon WA (TWA), I have registered our club as one that promotes open water swimming and one which can assist with swimmers from RCSA and TWA in their quest to train for open water swimming. With the experience we have within the club regarding open water swimming, I feel we well and truly qualify to pass on the necessary advice and training in both the physical and mental aspects of open water swimming.

The Australian Sports Commission is currently promoting training for clubs in the areas of harassment, discrimination and complaint management. If you are interested in undertaking some training in one or more of these areas, important for any club or group, please contact one of our coaches or a committee member. This initiative was advertised through MSWA.

All the very best to Barb Pellick for her 34km Catalina swim off the California coast. We have a pool of great swimmers in the club, both lap swimmers and those who have swum the Rottneest Crossing and English Channel (solo or in a team), but we all admire the ability and spirit Barb has and how she freely shares that spirit with those around her. We wish her and coach Peter well in their endeavour. (More on Barb later).

In fitness, friendship and fun,

Wayne

Coach's Comment

Well, I'm still on holidays and stoically suffering the warm airs of Kakadu, Darwin, Broome and many of the places in between. Sheila Toarina (*Swim Speed Secrets*, (2012), Velopress, Boulder, Colorado) remains my bedtime reading companion and I hope I'm learning something positive as she quietly lulls me to sleep after a busy day lazing by the pool.

Last month I wrote about the glide and why you should practice it in drills but forget it in the main set or during a race. To remind you, the three-quarter pull drill is to get into the mindset to catch the water. This month it's the pull.

The pull is the most important part of any stroke - try doing a stroke without a pull. So this month I'll discuss the freestyle pull in some detail. Some of what follows also applies to other strokes. The first thing to highlight is the hand position.

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Supporting the HBF Masters Open Water Series for MSWA members



To maximise surface area, the palm of the hand is held open and flat, not cupped. The fingers are straight with a little space between them in order to create a boundary layer which gives a weblike effect allowing for a better feel and hold of the water. The hand should be held neither too loose nor too rigid.

The hand and the forearm should act as a single unit (lever). This increases the surface area available to hold the water which allows for more propulsion.

Throughout the pull the hand and forearm are positioned to exert backwards force against the water. The high elbow will permit this. If the hand is placed above the elbow the force is exerted downwards which is energy wasted and momentum lost.

During the early phase of the pull the fingers should be pointing to the bottom of the pool with a slight or no bend to the wrist and stay that way throughout the pull. The best way for this to happen is (tell me if you've heard it before) to have a high elbow action.

Don't cross over the centre line during the pull. The major cause of this is the dropping of the elbow and upper arm inwards and towards the centre of the body line. This results in loss of power. The pulling hand should never sweep inwards or under the body at any time during the pull.

So far it's perhaps been a little tricky: now the easy bit. When you start the pull have your arm bend at about 45° in order to catch still water. If done properly, you should feel the water press against your fingers, hand and forearm giving you the thrust you need to pull your body forward.

Try not to be too tense or too relaxed, and get your core working for you. Your upper back, chest and core (abdominals and lower back) should be engaged to aid body rotation and help drive momentum in your arms. Use the core to elevate, straighten and streamline your body to cut resistance. You can strengthen your core by swimming with a pull-buoy between the ankles or calves. A Velcro strap also works.

Lastly (is that a cheer I hear?), the hip roll. Hips are part of the core and should be employed as much as necessary to help drive the body over the lever you have pressing against the water. Use hips as a forward driving force, not just for rotating.

Remember, the hand and forearm should act as a single lever. A good catch and an effective lever will result in better times and easier swimming.

Cheers

Des



Mitchell Falls, in the middle of nowhere off the Kalumburu Road near to top of WA. This is definitely high-clearance 4WD country

The place was packed with Victorians getting away from the winter, which, incidentally, was what I was doing.

Membership

We welcome Deon Viljoen and Deborah Archer to our club.

Our membership now sits at a record-breaking 95! The new pool can't come quick enough.

Up-coming Birthdays

Poetry of a horticultural style features in this month's birthday celebrants; not as rhythmic as a couple of months ago, but one can readily identify the two thorns wedged between the beautiful roses.

The first of the roses are Sheryl Snyder and Jazmyn Tobin (both on the 13th) followed by our August thorns Craig Burrows (16th) and life-member Gerry Green (17th). It's back to the roses on the 20th with Suzana Stone celebrating another one, Rosalind Macpherson doing the same on the 29th and Deb Bloor on the 30th.

Early September continues the roses theme with Sue Johnston on the 2nd and Debbie Brown on the 7th.

Happy birthday to each of you!

Barb's Off!

Club legend, Barb Pellick, will swim the 32km Catalina Channel on Sunday, 11 August. She and husband Peter King are leaving for the USA on 6 August.

The swim is from the Santa Catalina Island to the California coast just south of Los Angeles. The Catalina Channel is also known as the San Pedro Channel. Due to the currents, tides and calmer winds, the swim will start on the island at midnight so most of the swim will be swum in hours of darkness. Barb will be accompanied by a boat and a kayak and with glow sticks attached to her bathers. Water temperatures in the channel vary from 14 to 20 degrees.

Blue whales are commonly seen swimming through the channel on their annual migration to Canada. Here's hoping Barb sees one, but only in the daytime and not too close!

This swim is considered to be the third of the world's greatest swims, the other two being the English Channel and Manhattan Island, both of which Barb has previously swum.

For some months now Barb has been preparing for the swim doing 32-35km each week in both the pool and ocean.

After the swim she and Peter will holiday in Canada where they'll do lots of walking and Orca watching. What's with Canada? Five of our members and a club supporter over there right now!

If you want information on the Catalina swim, go to www.swimcatalina.org.



Peter and Barb at Doddi's

The Quiz



Now this guy knows all about doing the breaststroke.

He goes by the name of Nabulwinbulwinj (which is pronounced as it is spelled, namely Nar-bull-win-bull-win) and displays his technique on a rock in the vicinity of the Anbangbang Billabong in Kakadu. His claim to fame is as a dangerous spirit who eats females after hitting them with a yam. Dang me if that don't sound like a great idea, though what the hell you do with the yam? Probably have it as a side. With greens.

Great as his style is, there's something he should have done before posing his technique. Do you know what it is?

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Mannas at Doddi's – 20 July 2013

Here are the usual suspects reporting in for another swim at Doddi's. You've got to admire them (Deb thinks it's cold!).



Upcoming Pool Events

18 August – State Relay Championships (Challenge Stadium). This is a fun day with lots of exciting racing. Truly a great meet that all can enter and enjoy. It's a short course meet, which means it's in a 25m pool.

20 October – Fremantle LiveLighter Club Challenge (Fremantle Aquatic Centre). This wraps up our pool racing for the year – then it's into open water competitions!

Gotta Boat?

The Club has some swimmers entering the 2014 Rottne Channel swim and they are in need of a bit of essential equipment, namely, a support boat with skipper.

- Erica Thomas requires a 5m boat (minimum) for a solo swim.
- Sue Johnston is in need of a 6m (minimum) boat for a ladies team which, if the team is selected to compete, would be a charity swim in aid of ovarian cancer research.

If you are a skipper, have a boat of the right minimum length and are willing to help our swimmers, or you know someone who could, please contact Sue, who is poolside most sessions, or Des on 0417 954 173 when he gets back from holidays. Which is very soon.

No boat means no swim.

Hydration and Swimming

Antony Romeo from Bodyworks Mandurah in the Smart Street Mall recently gave a presentation to members.

In summary, he stressed the need for swimmers to remain properly hydrated prior to competition or training for the muscles to work to their best. This means regular water intake in small amounts rather than drinking large amounts irregularly and having the bulk of it pass through the system quickly.

He recommended a meal of Basmati rice mixed with some sultanas or raisins and a banana about an hour and half to two hours prior to competition/training. The Basmati rice is claimed to be a slow release carbohydrate which will provide energy over a longer period, the sultanas/raisins give an initial sugar boost and the banana contains potassium which will help prevent cramps. Energy gels and drinks are good to take between races or during training.

When training or competition finishes, Antony recommends a protein shake (protein powder mixed with water and/or low fat milk) within 15 to 30 minutes of finishing for a quick replenishment of muscles and to aid recovery. Waiting for the next main meal (which will normally take up to 90 minutes to be digested into the system once it is consumed) may mean the muscles are 'feeding' off themselves and undoing all the good the training has done and causing muscle stiffness and soreness the next day.

For those who did attend, Antony has done up some sample bags of various 'goodies' that can be picked up from his shop.

One of your coaches makes comment from time-to-time about the dearth of drink bottles at training – more swimmers than bottles! So, please don't leave the bottle home. Bring it to training and sip from it throughout the session.

Some Useful Web Addresses

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PO Box 1307
Mandurah WA 6210



September 2013

President's Prattle

Hi

The pool season is again proving to be an interesting one with some new faces joining the club and taking on the challenge of participating in the pool events, proving to themselves what can be achieved and the fun to be had doing it.

Congratulations to all of our swimmers who have recently recorded PBs, State, National or International records. That's something you can be really proud of.

Through a great effort and strong participation at the recent State Relay event the Club achieved a great outcome. My thanks go to Captain Mike for his drive in encouraging members to have a go and structuring the relay teams to achieve maximum points and a fourth placing for the carnival.

I attended the Council of Clubs meeting in Perth on 20 August. Below are some points coming out of the meeting:

- MSWA coaching program recognised as the best in Australia
- MSWA member growth is the highest in Australia
- Encouragement is being given to local aquatic centres to promote adult swimming classes, which can then flow over into Masters clubs
- The promotion of Club business and activities on the MSWA website.

A big "thank you" to Deb Brown for chasing up the new Whyte Board we have for training nights. Deb submitted an application for funding from MSWA. The board will help with communication on training nights and can be used at our LiveLighter events.

Thanks go to Ken and Des for again putting their hands up to attend the City of Mandurah's briefing on the pool redevelopment.

Well done to John Cahill, Christine Viljoen and Mike Bennett for participating in a coaching course. Christine and Mike will be shortly be spending time on deck to garner the necessary hours for certification while John's deck time will follow later this year or early next. This means we will shortly have six people helping out with training throughout the year. This is great news, as the coaches will have time to swim and maintain their fitness in the pool, and swimmers will gain from the different perspectives various coaches bring to their sessions.

The Doddi's swimmers have been impressive this year braving cold and rough water – no thought of calling off a swim and retiring to the Dome for a coffee. Safety was raised as a concern last Saturday with particularly rough

The deepest sympathy is extended to Lyn McPhail and her family on the passing of Lyn's husband, Gordon, after a long illness. Gordon died in his sleep at home on 3 August 2013.

It is hoped that Lyn and her family find comfort in knowing that many friends and club members share her grief at this time.

RIP Gordon.

water and strong current running. We had a short brief on a swim plan and despite the rough conditions were still able to have an enjoyable swim.

An enjoyable night was had by those who helped make Deb Brown's house in Silver Sands a bit untidy while they enjoyed a well-earned pizza and glass of red - after a heavy training program, of course. Thanks Deb.

Last Saturday was topped off with the return of Barb Pellick after her great swim across the Catalina Channel off the California coast. Pauline arranged for an embroidered towel and three crowns for Barb to celebrate swimming the top three distance swims in the world, the English Channel, Manhattan Island and Catalina. From all of us, "well done" to someone who doesn't say too much, just does it.

Finally, I would just like to wish those members who have been away due to sickness, injury, or family loss, all the very best. We wish you a quick return to 'normal' and want you to know you are in our thoughts and hope to see you in the pool soon.

In fitness, friendship and fun,

Wayne

Coach's Comment

You still have the chance to enter two pool events before this year's pool competition concludes: Stadium Snappers LiveLighter Club Challenge (LLCC) on Sunday, 22 September; and the Fremantle LLCC on Sunday, 20 October. If you haven't swum competitively before, or for a long time at least, don't be fearful of registering for one or both of these swims. These events attract swimmers of all abilities, not just the quick, and it gives you an excellent, independent measure of how well you are swimming compared to others in your age group. We have swimmers from each lane competing in these events, so, give it a go! It's good fun. Really.

As the pool season winds down the open water season starts up. But you can use the pool to hone some of the skills you need to successfully compete out in the open water.

One is to find out if you swim equally with both arms. If in the pool alone (you don't want to bump into other swimmers) just swim as far as you can without opening your eyes. If you start over the centre stripe, you should aim to be over the stripe when you finish the exercise. To swim along the stripe without vision implies you will likely swim straight when you have no stripe to follow.

Another is a drill we use during summer, namely doing a water polo stroke (or, as I call it, the "turtle"). This means swimming some strokes with your head above the water so as to sight a turn

buoy or finish. This slows you down, so don't do it too often in a race. Just follow another swimmer who seems to know where to go, thus saving you some energy and maintaining your pace.

Breathing both sides can help. One of the many things you experience in the open water that you don't get in the pool is waves. In open water they can deliver an unappreciated mouthful of water if you happen to breathe as a wave breaks over your head. Practicing breathing on both sides makes it easier to breathe on the side away from the breaking wave.

Two other tips for open water swimmers: when rounding a turn buoy, keep your head out of the water to avoid being kicked by those breaking into breaststroke as they squeeze around the buoy. Apart from the pain and possible injury, a kick to the face can dislodge your goggles, cause you pause to adjust accordingly, and create mayhem by impeding other swimmers (who may swim over you). Alternatively, swim a bit wide where swimmers are fewer in number.

Lastly, try to swim in a pack - not in the middle where contact with another swimmer is more likely, but towards the edge. This assists in getting some benefit from the wake from the swimmers in front but gives you the opportunity to move into clear water if it is beneficial to do so (e.g., the pack may be swimming too slow).

Back to the pool, if a set asks for a rest period, that rest period applies to all swimmers, not just the lead swimmer. So, regardless of where you are in the line, take that period of rest in order to recover properly from the just-completed set.

Membership

No new members this month, so our numbers remain at a record 95.

Up-coming Birthdays

Only three members have birthdays that fit into the time parameters for this newsletter, so there's not much to say except "Happy Birthday" to Ray Reynolds, who celebrates a big one on 16 September, Ivan Wingate (18 September) and Deborah Archer (1 October).

2013 Groper State Relay Championships

What a hoot, and what a successful event for the Mandurah Mannas. Our being placed fourth is an improvement from 2012 (6th) and 2011 (8th) but with only 19 swimmers from a membership of 95 it was always going to be tough to get onto the podium. We were able to place teams in only 3 of the 7 age groups, but we won the 240-279 age group easily and snared 2nd placing in the 200-239 age group, both outcomes due to clever captaincy by Mike Bennett. And, to add some cream to these results, Mandurah teams set the following new Short Course State Records in the 280-319 age group

- Mixed 4x100m Freestyle (Graeme McAuslane, Annette Newcombe, Ivan Wingate and Pauline Wingate – by 23 seconds!)
- Mens 4x50m Medley (Graeme McAuslane, Ivan Wingate, Ken Phillips, Rob Rankine – by 19 seconds!)
- 4x25m Freestyle (Ted Thompson, Rod Baker, Ivan Wingate, Michael Bennett – by a fingernail!)
- Mixed 4x25m Medley (Graeme McAuslane, Pauline Wingate, Jeannette Rein, Rod Baker – by a little more than a second)
- Mens 4x25m Medley (Rod Baker, Mike Bennett, Ivan Wingate, Ted Thompson – by more than 2 seconds)
- Mixed 4x25m Freestyle (Rod Baker, Jeannette Rein, Pauline Wingate, Graeme McAuslane – by 6 seconds).

That's 6 State Records set by Mandurah in one meet! Impressive.



The team, from the rear and from the left: Ivan Wingate, Des Seery (official), Graeme McAuslane, Sue Johnston, Mike Bennett, Pauline Wingate, Ken Isbister, Ken Phillips. Front left: Ted Thompson, Rod Baker, Haydn Brimson, John Cahill, Heather Newcombe-Virgl, Annette Newcombe, Rosemary Green, Cathy Isbister. (Absent: Jeannette Rein, Rob Rankine, Dakka Groves, Craig Burrows).

All swimmers earned points for the club, even if they placed last in their event – that's something which applies to relays and individual events.

The following organisations proudly support the Mandurah Mannas



Supporting the HBF Masters Open Water Series for MSWA members



More than just being a swimmer

In a couple of months we will have more coaches available to develop and run training programs. Christine Viljoen and our Club Captain, Mike Bennett, will soon be on deck coaching us as part of their accreditation process. Their progress will be monitored by your more regular coaches who will either be in the water or with them on deck. But wait! – there's more. John Cahill has also commenced the Masters coaching course, so sometime next year John will be on deck putting us through our paces.

Having coaches is, of course, a necessary part of a Masters club. Having no coach results in a rudderless membership with no programs or guidance; just a lot of people splashing around and doing their own thing. But there is another aspect which improves a swimmer, is not onerous, and is essential for Masters swimming, and that is being an official.

Officials make swimming events happen. Without officials there can be no competition, no-one to interpret and apply the rules to ensure no-one gains an unfair advantage, and to keep order during an event. Being an official has the effect of adding to your experience, giving you a better understanding of the rules and provides personal satisfaction knowing that you have contributed to a successful meet. And it need not take you away from swimming; at any meet you can swim your heats and officiate in others. Many of the current officials are also swimmers.

If you are interested in becoming a Masters swimming official, please talk to Ken (lane 3). He's poolside most nights (or you can talk to Des if Ken is not around and he'll direct you to Ken). Training courses are held at various times throughout the year.

Open Water Calendar is Available

The HBF Open Water Swim calendar for 2013-2014 is now available for members. Just check in the shed if you want a copy, or alternatively, go to www.mswa.asn.au.

The first swim is the Cottesloe Classic Mile on 26 October with the next being the Lake Leschenaultia swim on 10 November. After that there is an event on most weekends until near the end of April 2014. There are some members who are very happy about that.

Fees for 2014

The Club's committee has determined that fees for 2014 will remain unchanged from those set for 2013, which means that the 2014 fee will be \$90.00. Fees are payable by 31 December 2013 but don't pay until early December – you will be individually advised when the 2014 fee can be paid.

Four and 16-month memberships are also now available for new members (\$60 for 4 months: \$110 for 16 months). If you know someone who is interested in joining, mention the new memberships and point them towards our website (www.mhmannas.tripod.com).

Up-coming Pool Events

Last month there was a small notice highlighting up-coming pool events. One event was missed and that was the Stadium Snappers LiveLighter Club Challenge at Challenge Stadium on 22 September. The event will include various 200m events, 100FS, 100BA, 50BU, 50BR, 50FR and some 4 x 50m relays. Keep an eye and ear tuned so you don't miss out on registering.

Last month it was reported that the Fremantle LiveLighter Club Challenge (20 October) would be held at the

Fremantle Aquatic Centre. Please ignore that advice.

Due to the Fremantle Aquatic Centre being closed for refurbishment, the venue will actually be St Hilda's Anglican Girls School in Mosman Park. This meet, the last of our scheduled LiveLighter Club Challenge swims for 2013, will be co-hosted by Fremantle Fins and the Bay View Saints, a recently affiliated club.

The registration form will be with us shortly.

Notice to Competitors

State office has received some complaints from host clubs which have been contacted personally by individuals wishing to swim at their LiveLighter Club Challenge meet or distance swim meet.

If you wish to swim at a pool event which Mandurah is not allocated to swim in you must contact Mike Bennett, our Club Captain, if wishing to swim. All entries are submitted via Team Manager file.

Only those Clubs allocated to swim as part of the annual calendar of events have automatic entry. A host club might be able to accommodate you in their event, however it is not guaranteed you will be able to swim and to do so should not be expected as a *fait accompli*.

For we Mannas this means that you might be able to swim at the Beatty Park LLCC being held at Tuart College on 24 November, even though Mandurah is not one of the participating clubs. But you must go to Mike first and you may still be denied the swim.

Additionally, changes to entries should not be requested by members unless absolutely urgent and must be done through the Club Captain.

We're Turning 20!

Yep! The club will celebrate its 20th Birthday on 5 October at a function in the Swimming Club Rooms at MARC. More details will be made available as they are known, but in the meantime, ink the date into your diary and get your name onto the slip in the shed. The club will turn 20 just once, so don't miss out on what should be a great night.

The Quiz

The fellow at right appears as if he's lost a ball, a bet, a game of golf, or the plot, and has had to forswear his kilt as a consequence, resulting in him hiding his lower anatomy behind a wee sporan (Aye, it were a bit nippy). He certainly seems to be striding in a most purposeful manner – maybe in a dash to his car to hide his embarrassment, and his sporan.

This month you are asked, not who it is (who cares?), but, is that a niblick or a mashie in his hand? It makes a difference approaching the green, you know.



Barb's Done It!

Congratulations to club member Barb Pellick, who has successfully completed her solo swim across California's Catalina Channel on 11 August in the unofficial time of 11hrs:19mins:30secs. Barb's swim completes the third tier of her Triple Crown, (English Channel (33.7km), Catalina Channel (33km) and Manhattan Island (45.8km). It's taken a while to knock these off - 18 years, in fact.



Barb's achievement is a model for those of us who have an ambition (or dream) to succeed at something and then have the passion, and support, to go out and do it. It doesn't have to be on a large scale, like Barb's, but if you have the dream all you need to do is work at realising that dream. (I know it must be a great feeling to finish such a long swim, but to be smiling? Most of us would be below sucking oxygen from a bottle, I think).

Well done, Barb, and congratulations to your coach, Peter, seen here with Barb after the swim. A top effort from the both of you.



Postscript: Here's Barb, back at Doddi's on 31 August with crowns and commemorative towel. She still looks as if she's robbed a bank and got away with it.

Hockey One, Hockey Two

Our shy and modest Vice-President, Jim Balding, has been selected to represent WA in the 2014 Masters Hockey Championships being held in Sydney from 23 September to 5 October. We are all eagerly waiting for a report on his exploits.

Club Merchandise

Rosemary is still the one to see for club merchandise. She's in the pool most training nights and on Sunday mornings (except when there's a swimming event on).

SWIM CAPS – silicon – are in stock and remain just \$10:00 each.

CLUB SHIRTS

Short sleeve	\$28:00
Long sleeve	\$30:00
Long sleeve fleecy	\$40:00
Logo	\$7:00
Your name (optional)	\$7:00

CLUB TRACKSUITS

Jacket	\$55.00
Pants	\$20.00

Tracksuits can also be ordered direct from Maggie Zee (9535 8382).

New **Club bathers** are in stock - mens at \$30 a pair and females for \$50 a pair.

Pizzas at Deb's

Not many turned up for the Pizzas at Deb's after swimming on 22 August but they were most appreciative of the venue and the fare. It was noticed that the women were vivacious and voracious, while blokes were handsome and hungry – which meant the pizzas didn't have a chance once the boxes were opened.



Our thanks go to Deb Brown for allowing us into her new residence and to Sue Giles for helping Deb with the catering. What a team!

Gotta Boat? (again)

As mentioned last month, the Club has two ladies entering the 2014 Rottne Channel swim but they are in need of a bit of essential equipment, namely, a support boat with skipper.

- Erica Thomas requires a 5m boat (minimum) for a solo swim.
- Sue Johnston is in need of a 6m (minimum) boat for a four-lady team which, if the team is selected to compete, will be a charity swim to raise funds in support of ovarian cancer research.

If you are a skipper, have a boat of the right minimum length and are willing to help these ladies out, or you know someone who could, please contact Sue, who is poolside most sessions (lane 4), or Des (Tuesday night coach, who can get a message through).

If they cannot secure a boat, they will be unable to swim this challenging event. Remember, no boat means no swim.

Pool Etiquette

This is not only for new members, but is a reminder to all of our members that for the comfort and safety of all members training in the pool that there are certain "Rules of Etiquette" to be followed. It may sound a bit draconian but most are only common sense, some are specific to the way we train so please take the time to read and follow next time you train with the squad.

Generally we have four lanes available at our training sessions. They are divided into beginners – slow – medium – fast lanes. Usually, we swim in a clockwise direction but sometimes we will ask alternate lanes to swim anti-clockwise so that each lane is then swimming in the same direction when the swimmers are closest together, so there is less likelihood of swimmers arms clashing together.

There are NO set numbers in each lane BUT for convenience and to enable ALL members to gain the maximum benefit from the training session, we would ask that if there is a large number of swimmers in any particular lane (usually the medium lane) then a couple of the top swimmers from that lane should move up to END of the next faster lane OR a couple of the slower swimmers should drop back TO LEAD the slower lane, depending on the numbers in the other two lanes.

Leave a gap of 5 (five) seconds between yourself and the swimmer in front – use the 'pace clock'. Sometimes you might need to leave a bigger gap. You should be able to judge how much gap you will need to leave so that you do not catch the swimmer in front and at the same time do not hold up those swimming behind you.

If you still find yourself catching the swimmer in front, then please move up a position at the next set. You will gain more benefit yourself and you will not annoy the swimmer in front by consistently touching their feet or by being on their heels at the turns.

If you feel the following swimmer consistently touching your feet then, when you next reach the end of the pool on that lap, pull well to the NON-turning side and allow them to swim on through, do not stop in the middle of a lap. Then either start immediately behind them IF there is space to do so BUT if the following swimmers are banked up then wait for the last swimmer and then tag along, re-joining your position at the start of the next set.

When swimming more than one lap, as you approach the end ready for a turn, move over towards the opposite side of the lane so that when you turn and push off you do not run into the swimmer behind if they happen to be close.

If it is only a single lap or at the finish of a set, as soon as you touch the end of the pool move out of the way so that the following swimmer(s) can swim right to the end wall. If you are not swimming (for whatever reason) and others are, always leave the 'key-way' clear for them to turn – that is, DON'T stand in front of the black "T" at the end of the pool.

We all have different abilities when it comes to different strokes. If you are better at a particular stroke, then when it comes time for a set of that stroke, please move up the order in your lane, do not hold back and then swim over the swimmer in front of you. Similarly if you intend to use fins for a set, then move up in order.

There is no set order in each lane, do not think that just because Joe or Jane were leading when you first joined the training that THEY always have to be the leaders. Sometimes they may be suffering an injury or just feeling a bit lethargic and would appreciate the opportunity to drop back a place or two. Similarly if you want to push yourself, even if it is only for a set or two, move up a couple of places. We all want to get the most from a training session, we are all adults who set and know our own limits nobody wants to be aggravated or pushed beyond their own limits by an inconsiderate swimmer.

Remember, there is always plenty of room at the front of the lane.

Most of all, remember the Masters Swimming motto: FITNESS, FRIENDSHIP and FUN.

2014 National Championships

Below is a copy of the flyer for next year's Masters National Championships being held in Rockhampton. Start planning your trip now!



**NATIONAL
CHAMPIONSHIPS
2014
ROCKHAMPTON**

**MASTERS SWIMMING AUSTRALIA
NATIONAL CHAMPIONSHIPS**

Date: 23—26 April 2014 - Pool Events
27 April 2014—OWS

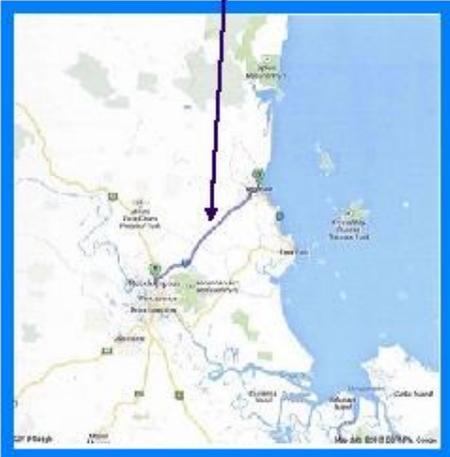
Venues: Rockhampton (Pool)
Yeppoon (OWS/Ocean swim)

Pool Address:
Southside Memorial Pool
Corner of Lion Creek Rd & North St,
South Rockhampton

OWS/Ocean Swim:
Ocean Parade Beach, Yeppoon

Entries Open: Monday, 2 December 2013
Closing Date: Friday, 14 March 2014.

Distance from Rockhampton to Yeppoon:
State Route — 4: 36km: 30 minutes







Hosted by Masters Swimming Queensland
Supported by Rockhampton City Council and Caribae Rocky Crocs Masters Swimming

Email: nationals2014@mastersswimmingqld.org.au
Phone: 07 3245 1571
Website: www.mastersswimmingqld.org.au



PS. The 2015 National Championships are to be held in Hobart in a short course format. The 2016 Championships are earmarked for Melbourne.

Some Useful Web Addresses

Mandurah Masters Swimming	http://mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/

Healthway, a major sponsor of Masters Swimming WA, asks, “are you ready to make a healthy change? Here’s a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today”. Learn more (including recipes)

at

www.livelighter.com.au



This is the newsletter of:
Mandurah Masters Swimming Inc
PO Box 1307
Mandurah WA 6210



October 2013

President's Prattle

Hi

Congratulations to all those who participated in the Stadium Snappers event at Challenge Stadium on 22 September. The team finished in fourth place and picked up a welter of records. Well done team, especially those having a go for the first time.

The Club's 20th anniversary celebration went off well thanks to Sue Giles, Deb Brown and helpers. The room was well set up, there was plenty of good food to eat, a Club photo collection put together by Lyn and awards presented by Captain Mike. Great to hear Life and founding Members, Gerry Green, Graeme McAuslane and Neil Aitken share stories of their time with the club.

Des has circulated via email a questionnaire regarding pool options for the development stage of the MARC (i.e., where people would prefer to train while the aquatic centre is under redevelopment). The results of the survey will be announced soon.

I have been working away at the planning of the Club's next open water event which is to be held on 16 February, 2014 and am looking for helpers to assist. Please contact any of our committee members, or myself, if interested in assisting in this major event for the Club.

In fitness, friendship and fun,

Wayne

Coach's Comment

Each training session attempts to cater for triathletes, ocean swimmers, and sprinters. We have members who swim for competition (or would like to), for fitness and well-being, or for companionship. This sets a challenge for the coaches who try to satisfy the needs for all members regardless of the motivations and abilities of their charges. But one constant is that each training program currently contains four segments: the warm-up, drills, the main set and the cool down.

The warm-up for lanes 2, 3 and 4 is usually set for 400m (100m freestyle, 100m back stroke, 100m breast stroke, and 100m freestyle). The purposes of the warm-up are: to increase body temperature (to improve muscle and chemical performance); to redistribute the blood to those parts of the body that will need it; to slowly elevate the heart rate; and to mentally prepare for the rest of the session. Some writers claim that the warm-up should comprise about 20% of the total session to be effective, though our warm-ups tend to be in the range of 10-15%. So, if you are late to the pool, please do not get straight into the pool and start swimming the drills: it can lead to injury. Swim the warm-up in a spare lane elsewhere in the Centre and then join in.

Drills are intended to break a stroke into its constituent parts and then focus on one or some of those parts, for example, the recent focus on having the elbow higher than the hand when doing the pull. The intention is to help swimmers be more efficient in the water and possibly faster. It defeats the whole point of a drill if it is swum fast because the focus then becomes pace, not stroke correction. Even lane 4 swimmers will benefit from stroke correction.

The following organisations proudly support the Mandurah Mannas



The main set is where the pace can be applied and you put into effect the corrections laid down in the drills. That, of course, is the whole point of drills, but it almost never happens. The vast majority of swimmers will practice an aspect of a stroke during the drills and then forget everything about it when the main set turns up. Why is that?

The main set will have a mix of distance and sprints to build speed and stamina. Even distance swimmers need to have some speed sets in the session – if they do not do the sprints in training they will be unable to sprint during a distance race because the body won't know what to do. So main sets offer both aerobic and non-aerobic activities.

Main sets also build in rest intervals. THESE ARE IMPORTANT to help minimise lactate levels (and let you catch your breath). If a set requires a rest interval, please take it. The rest interval is for each swimmer, not just for the lead swimmer. If the lead swimmer fails to take the required rest the last swimmer in the lane must either continue swimming without a rest or skip the occasional 50m in order to have the rest. And remember; the harder the swim, the longer the rest (everyone takes the 100 recoveries, but take a 30 seconds rest after a fast 100m?).

The cool down is also important as it allows the body temperature to slowly lower, allow the heart rate to gradually return to normal, and to make the body more efficient in disposing of lactate accumulated during the workout. Because the body is horizontal while swimming the blood flow through the body is well distributed. Getting out of the pool without cooling down can make you light-headed and you can even faint. You can also be wobbly on the feet (as those finishing ocean swims know when they first stand up near the finish) which can cause an injury.

All this may read like a belly-ache, but it really is important for you to warm-up before starting the drills, do the drills slowly and with the right focus, take the required rests, and do the recovery at the end (usually 200m). You will benefit.

One-on-One Coaching

A recent committee meeting discussed the idea of offering members one-on-one coaching. The coaches agreed that this was possible and so the committee agreed to proceed. This will initially be limited in scope – we presently have only two accredited coaches (one a working man and the other a bit of a traveller), but we have another three coaches currently in training who may be added to our roster in the future.

To have a one-on-one session, simply contact a coach and discuss what you want the session to cover, which day and around what time, so a mutually acceptable time can be agreed. Pool entry charges will still apply.

This initiative is a work in progress: an earlier attempt to have a small group receive more personalised coaching was suspended due to the lack of numbers. This arrangement may work for some members, so, if you'd like some personalised coaching, contact Wayne or Des.

Membership

It's a big welcome to Peter Saunders who has become our latest, and 96th, member.

Up-coming Birthdays

Not many birthdays to report this edition, but they are all worthy of note. The world rejoiced when, during their respective Octobers, babies Guy Boyce (25th), Debra Rhine (26th) and Joan Tobin (29th) first saw fluorescent tubes.

Four members came screaming into the world in early November (good grief - November birthdays already?). Ian Wookey brought a smile to his father's face on the second (his mother's expression is unrecorded) while Jim McQuade turned up on the 3rd. Cathy Isbister delighted the wards (and her parents) when she popped out on the 9th to see what all the fuss was about, while Brett Johnston's arrival on the 10th made people sit up and pay attention.

Happy birthday to each of you.

Club Merchandise

Club merchandise is still available.

Swim caps – silicon – are in stock and remain just \$10:00 each.

CLUB SHIRTS

Short sleeve	\$28:00
Long sleeve	\$30:00
Long sleeve fleecy	\$40:00
Logo	\$7:00
Your name (optional)	\$7:00

CLUB TRACKSUITS

Jacket	\$55.00
Pants	\$20.00
Tracksuits can also be ordered direct from Maggie Zee (9535 8382).	

New **Club bathers** are in stock - mens at \$30 a pair and females for \$50 a pair.

Rosemary is still the one to see for club merchandise. She's in the pool most training nights and on Sunday mornings (except when there's a swimming event on).

Ladies Still Need a Boat

As mentioned previously, the Club has two ladies entering the 2014 Rottneest Channel swim but they are in need of a bit of essential equipment, namely, a support boat with skipper.

- Erica Thomas requires a 5m boat (minimum) for a solo swim.
- Sue Johnston is in need of a 6m (minimum) boat for a four-lady team which, if selected to compete, will be a charity swim to raise funds in support of ovarian cancer research.

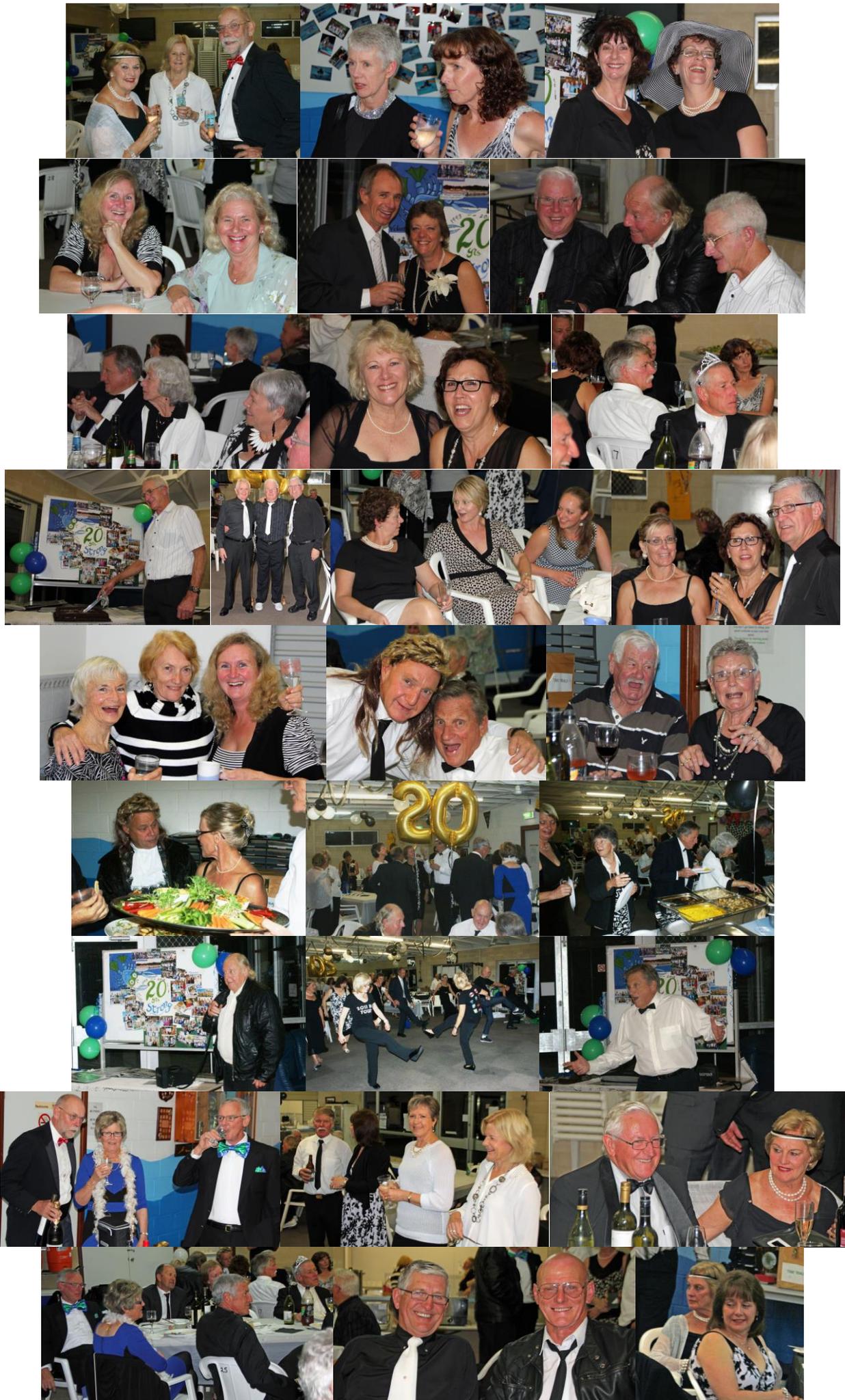
If you are a skipper, have a boat of the right minimum length and are willing to help these ladies out, or you know someone who could, please contact Sue, who is poolside most sessions (lane 4), or Des (Tuesday night coach, who can get a message through).

Without a boat they will be unable to swim this challenging event so please help if you can.

We've Turned 20!

Almost sixty people attended the club's 20th Birthday Bash on 5 October. Stunningly organised by Sue Giles and Deb Brown (both stunning in their own right) the event had everything – good food, great company, our own crooner (Rod (call me Frankie) Baker), the *2013 BC Tour* dance troupe (Barb and Kirk Bamford, Jenny and Steve Crake), and Chad Morgan emulators Bev and Jack Webber (aka *The Warbling Webbers*).

Here are some photos, in random order, showing the glamour and enjoyment of the night.



Thanks must go to the aforementioned Sue and Deb for organising this event. And thanks too to the helpers who set up the night, especially to Lyn McPhail for her photo board. Deb has advised that the surplus food was delivered to the Salvation Army in time for it to be put to good use. Well done for thinking of that.

It was a great night and we all look forward to the 30th Birthday Bash when maybe a zimmer frame theme will be appropriate.

New Certificates Awarded

The 20th Birthday Bash was also the occasion when new certificates, most for State and National Records, were given to recipients. The certificates were for individual and relay events.

For some it was old hat, having received such things in the past, but for others it was a first and so, especially sweet.

Pictured (from left) are Graeme McAuslane, Mike Bennett, Kirk Bamford, Annette Newcombe, Ken Phillips, Lyn McPhail, Rod Baker, Pauline Wingate, Dakka Groves, Rob Rankine and Ivan Wingate.



Congratulations to all certificate winners.

2014/15 Swim Series

Noeleen Dix, General Manager of Masters Swimming Australia, has announced that the Masters Swimming Australia 2014/15 Swim Series will be launched at the 39th National Championships in Rockhampton on 23-27 April 2014. There will be eight events in the series – the 2014 National Championships and one event from each of the Masters Swimming Branches.

Awards for the series will be presented/announced at the 2015 National Championships Presentation Function in Hobart (8 – 11 April, 2015).

The following events have been entered into the Series by each Branch:

MSA/MSQ	23-27 April	2014 National Championships - LC	Rockhampton
MSWA	24 - 25 May	LiveLighter 2014 State Long Course Championships, Challenge Stadium	Perth
MSV	tbc July	MSV Short Course Championships, MSAC	Melbourne
MST	23 – 24 Aug	30th Winter Short Course Championships Launceston Aquatic Centre	Launceston
MSSA	31 August	Short Course State Cup, State Aquatic & Leisure Centre	Adelaide
MSNT	11-14 Oct	Alice Springs Masters Games – Long Course – Supplied events (minus the 800m on the last day).	Alice Springs
MSNSW	18-19 Oct (tbc)	State Short Course Championships, Peninsular Leisure Centre, Woy Woy	Central Coast NSW
MSQ	tbc March 2015	Queensland Masters State Long Course Championships	Townsville

Lions Eye Institute Research

Lisa Booth is a Research Administration Assistant in the Lions Eye Institute working on the Western Australian Eye Protection Study.

This study is ultimately looking at sun exposure and eye health. But they are also examining the effects of protective eye wear, such as sunglasses and goggles, on eye health. It has been found that eye protection, if worn incorrectly, may increase the risk of eye injury and/or disease. For instance, goggles used in swimming, if worn too tightly, may result in an increased risk of glaucoma.

We are in the process of recruiting participants for our study. We are seeking adult participants aged 18 and over who are regularly involved in swimming, outdoor sporting or other outdoor activities. For instance, as we wish to evaluate the effects of goggle usage on eye health, we are looking for swimmers who swim indoors or outdoors, but preferably those who wear goggles when they swim.

Participation involves attending the Lions Eye Institute in Nedlands and undergoing an eye examination that will take approximately an hour and a half. There is no cost involved and participants will receive direct feedback about their results. Participants will benefit from their inclusion in the study as they will receive a free, comprehensive eye examination and advice about early sun damage and/or other eye problems.

If you wish to participate in this study, please contact Lisa by email at lisabooth@lei.org.au, or by telephone on 9381 0707.

You just might be doing yourself, and others, a great service.

Last Pool Event for 2013

Our last pool event is the Fremantle/Bay View event at St Hilda's College in Bay View Terrace, Mosman Park. This will be of interest to us as the pool is near-new and is geothermally heated to 27 degrees. The heating comes from the earth itself and provides warm water at a fraction of the cost of other means. The interest is that this is the form of water heating that will be employed at the new pool in Mandurah.

Entries for this event close tomorrow night (Thursday, 10 October) so, if you'd better get your skates on if you want to swim at this event.

Open Water Season

While some have been swimming all year at Doddi's Beach and are well accustomed to colder water, for others the open water season means not only a change of water temperature but a change of lifestyle. Most events start around 8:30am which means an early rise in order to compete. Add to that the travel and it's easy to lose half a day to swim in each event. But the rewards are there too.

Open water swimming requires more stamina and a change of environment. There's no lane ropes or line to keep you swimming straight, there's no rest period, there can be waves, other people crowding into your space, you can be hit or kicked (accidentally of course), the current may be in or favour (but it usually isn't), the sun can be blinding, and those turn buoys always seem so small and far away. But it's fun!

If you haven't done open water swimming before, have a try-out at Doddi's on Monday, Wednesday, Friday or Saturday mornings at 9 o'clock. Being open water the conditions vary but there's always someone there to swim with. You swim as far as you like and you can reward yourself afterwards with a cold shower, and a hot coffee from the Dome across the street.

Open water event calendars are in the shed. The first event is at Cottesloe Beach on 26 October. A 400m novice event will be in Lake Leschenaultia on 10 November. Have a go!

2014 National Championships

Below is a copy of the flyer for next year's Masters National Championships being held in Rockhampton. Start planning your trip now!



NATIONAL
CHAMPIONSHIPS
2014
ROCKHAMPTON

MASTERS SWIMMING AUSTRALIA NATIONAL CHAMPIONSHIPS

Date: 23—26 April 2014 - Pool Events
27 April 2014—OWS

Venues: Rockhampton (Pool)
Yeppoon (OWS/Ocean swim)

Pool Address:

Southside Memorial Pool
Corner of Lion Creek Rd & North St,
South Rockhampton

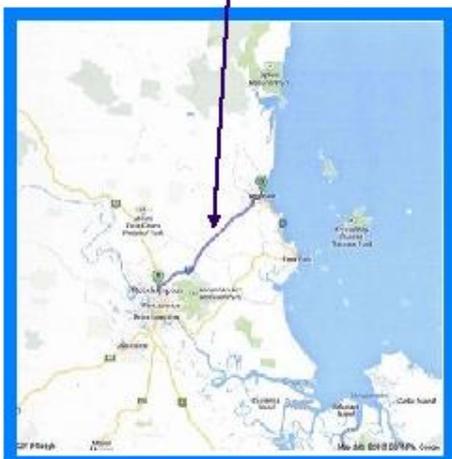
OWS/Ocean Swim:

Ocean Parade Beach, Yeppoon

Entries Open: Monday, 2 December 2013

Closing Date: Friday, 14 March 2014.

Distance from Rockhampton to Yeppoon:
State Route — 4: 36km: 30 minutes



Hosted by Masters Swimming Queensland

Supported by Rockhampton City Council and Caribee Rocky Crocs Masters Swimming

Email: nationals2014@mastersswimmingqld.org.au

Phone: 07 3245 1571

Website: www.mastersswimmingqld.org.au



PS. The 2015 National Championships are to be held in Hobart in a short course format. The 2016 Championships are earmarked for Melbourne.

WA State Masters games

If you're not going to Rockhampton for the Nationals, why not duck down to Albany for the State Masters Games. Heres the flyer.

WA STATE MASTERS GAMES



2014

Give it a go! 26 – 28 April 2014

Athletics

Rowing

**Jim McCann Memorial Masters
Mile**

Cross Country Running

Swimming



For all enquiries contact Carey on 0448 770 784

or WA State Masters Games Assoc. Inc.: PO Box 553 Albany 6331

email: wastatemastersgames@hotmail.com

Web Site: wasmg.myclub.org.au

For accommodation contact Albany Visitors Centre on 08 9841 9377

or visit: www.amazingalbany.com

Enter on-line: Entries will open 1st January 2014.

Cash prizes for Jim McCann Memorial
Mile based on WAVA age graded %



Some Useful Web Addresses

Mandurah Masters Swimming	http://mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/

Healthway, a major sponsor of Masters Swimming WA, asks, “are you ready to make a healthy change? Here’s a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today”. Learn more (including recipes)

at

www.livelighter.com.au



This is the newsletter of:
Mandurah Masters Swimming Inc
PO Box 1307
Mandurah WA 6210



November 2013

President's Prattle

Hi

Congratulations to the swimmers who participated in the Fremantle LiveLighter Challenge. It was a good effort, particularly for the first timers. A team well led by a clever and energetic Captain Mike, who steered us into 4th place.

It's been an excellent year for the club in pool competition, with many personal and team records taken out at State, National and World level.

With this in mind the coaching team must be thanked for its efforts in accommodating the different disciplines and needs of our swimmers for pool and open water challenges. We will soon be privileged in having another three coaches on the coaching panel when Christine, Mike and John complete their accreditation with MSWA. Thanks for taking up the challenge guys.

Thanks also go to Sue Giles who has been busy lately with organising the Club's 20th Anniversary Party, which was a great night, the Hayden and Pauline Brimson night coming up, and our Christmas celebrations at Drakesbrook Weir.

It will be sad to see our friends Hayden and Pauline leave for Broome. They have been great Club members as swimmers, and club organisers. Hayden's time as Captain of the club, and his help in the open water event, was appreciated. Both Hayden and Pauline will be missed at the Doddi's beach swim, particularly in winter when Hayden would bring along warm water to thaw out those suffering from the cold.

I have been busy with the Club's OWS arrangements and held an Event Sub-Committee meeting last month, to ensure that we are on track and have people on board to make the event a success. Please contact me if you can assist in running this event.

MSWA will be holding a Council of Clubs meeting in a couple of weeks, which I will attend on behalf of the club.

In fitness, friendship and fun,

Wayne

Coach's Comment

The matter of warm-ups has been discussed many times, including last month, and I had thought that enough had been said about the worth of having a decent warm-up. But I have found that view not to be true, or premature at the least.

The source of this revelation is a book that I've just finished reading, written by Charles Duhigg. He's not, to my knowledge, a swimmer; nor is he a coach. But he has written a book called *"The Power of Habit: Why we do what we do and how to change"* (Random House, 2013, London), and it's that which sat by the bed for my night time read for a week or so.

I found it a good read and quite instructive, but this is not a book review – that can be done in another place. It's when I turned to page 110 that the link between the book and my real job of coaching is forged. For on that page he highlights a habit of Michael Phelps.

Unless you've lived under a rock for the last 10 years or so, you will know him as a pretty good swimmer; he did win 18 Olympic gold medals after all. But it's the habitual warm-up he followed prior to a race that I want to highlight here.

The following organisations proudly support Mandurah Mannas



His warm-up begins 2 hours before his race – in the case illustrated, a 200m butterfly. He begins with a stretching regime; arms, then his back, then to his ankles. That's 30 minutes gone. Then he's into pool for a warm-up swim comprising 800m of mixed styles, followed by 600m of kicking, 400m of pull buoy, 200m of stroke drills and a series of 25m sprints to elevate his heart rate. That takes another 45 minutes. Only then is he ready to race. That's over 2 000m he's swum before he competes in a 200m butterfly, which he won. He had another race that same day: he went through the same routine before that race too, which he no doubt won.

OK, he's an elite athlete and none of us have the time available to go through a routine such as that. But he does do a warm-up and for good reason. It works; not just for him but for each of us. As I mentioned last month, the benefits of the warm-up are: to increase body temperature (to improve muscle and chemical performance); to redistribute the blood to those parts of the body that will need it; to slowly elevate the heart rate; and to mentally prepare for the rest of the session.

And yet I continue to see swimmers turn up after a session has started and just jump in and start doing whatever their lane is doing without a warm-up of any kind or duration; thereby avoiding the benefits of a warm-up but inviting all of the risks. And they often turn up without a water bottle, too; but that's another story.

MARC Redevelopment

As you are aware, the City of Mandurah proposed that the Club relocate to the Aqua Jetty 50m outdoor pool in Warnbro for the period of the new pool construction.

The member survey the Club conducted confirmed a strong preference for our relocation to be to the 25m indoor pool in Pinjarra and the City was notified of this result. However, the City has confirmed that, due to space constraints at the Pinjarra pool, the Club will need to be relocated to Aqua Jetty.

The 10 lane, 50m outdoor pool is heated to 27°C and is similar in design and layout to the new pool to be installed in Mandurah. As the MARC will still be operating for its non-aquatic activities during the pool construction phase the car park will be available should members agree that car-pooling to Aqua Jetty is the way to go.

The majority of members prefer to finish with MARC at the end of March 2014, which is when the outdoor pool is closed, and move directly to the temporary location, which we now know is Aqua Jetty.

We may need to adjust training times to allow for the extra travel distance.

Safety at MARC

Your coaches were approached by MARC management the other night and asked them to notify all swimmers that diving at the shallow end is not permitted. It's only 0.95m deep and while we're all grown-ups, and responsible to boot, diving is not only discouraged, it is *verboden*. The deep end is available if you want to dive in to the pool. The deep end is, of course, the other end.

More Records for Rod

Unfortunately, these record certificates arrived too late to be awarded at our 20th birthday party so the official hand-over took place at Doddi's Beach on 12 October.



Presented by our President, Wayne Cable, these certificates, issued by FINA, were for World Records in the 400m Freestyle (Short Course) and the 400m Freestyle (Long Course). They can now be added to the plethora of record certificates Rod has acquired over many years of competitive swimming.

Congratulations Rod!

Swimming at Doddi's

If you want to be introduced to open water swimming, or think it's time you got back into it, there is a crew which swims at Doddi's every Monday, Wednesday, Friday and Saturday starting at 9 o'clock. There's no set distance – you can swim as far as you like, and as the photos above illustrate, dress is informal.

If the conditions are too rough do not despair - an early retirement to the Dome across the road is the usual practice. That's where everyone goes afterwards anyway.

Annual General Meeting

The next AGM is due in February 2014. This gives you the opportunity to be part of the management of the club over the ensuing year. All positions fall vacant at the meeting, so please start thinking about how you can get involved at the committee level.

It will be a year of challenges, the major one being the relocation to Aqua Jetty from the end of March 2014 until the end of 2015. Can you help steer the club through this period?

Fremantle/Bay View Swim

If you were within the reach of the wind on 20 October you would have found it cold. Though mostly sunny the day was certainly chilly, and especially so if you were on the block awaiting the start or getting out of the water after you'd finished.

The pool and immediate surrounds at St Hilda's College were very similar to the proposed layout of the new pool to be installed at MARC – eight, 50 metre lanes of heated water with sheltered seating on one side. Still open air, but very few hit the lane ropes doing backstroke – probably steering by the sun. Hopefully a roof will be added at MARC at some later and more prosperous time.

Back to the swim. We finished 4th, just 3 points behind the third placegetter. Rob Baker set another two records while our relay teams won 4 of the seven events entered (again, well done captain Mike). Richard Fox won the raffle and went home with a very respectable basket full of yummys.

Congratulations to all swimmers who took part.



Some of the team at St Hilda's: starting at back left with John Cahill, Karen Boyce, Richard Fox and Rob Rankine. Next we have Mike Bennett, Kim Bennett, Ken Isbister, Heather Newcombe-Virgl, and Annette Newcombe. Sitting all by herself, but still much loved, is Cathy Isbister, while at the front row we have Pauline Wingate, Sue Johnston and Rod Baker.

Missing are Ivan Wingate (it's he who holds the camera), Kirk Bamford, Bev Webber, Rosemary Green and Ryan Spencer.

Up-coming Birthdays

Thought there was a pattern this month; boy, girl, boy, girl, boy, girl . . . then it all faded as the stars with the dawn sun. Never mind, here are those having a birthday recognised this month (and please note: none are fading stars).

Rob Rankine is first off of the blocks (pun intended) with yet another birthday on 15 November. On the 18th, it's Glenda (where is she now?) Hurtado, then Clive Stone (19th), while the warbling Bev Webber and Kirk Bamford both said, "Hi", or something to that effect, on the 22nd (though in different years and in different places) . Sue Giles, our social committee supremo, started organising things from the 23rd, followed by Terry (brrr, it's cold in Albany) Genge on the 25th and Jim McQuade on the 30th.

December starts with our wandering Treasurer, Robin Trotter having a birthday on the 6th, a calendar date he shares with Ken Isbister, while Deon Viljoen rounds off the list with a birthday on the 9th.

Happy birthday to each of you.

Club Merchandise

Swim caps – silicon – are in stock and remain just \$10:00 each.

CLUB SHIRTS

Short sleeve	\$28:00
Long sleeve	\$30:00
Long sleeve fleecy	\$40:00
Logo	\$7:00
Your name (optional)	\$7:00

CLUB TRACKSUITS

Jacket	\$55.00
Pants	\$20.00

Tracksuits can also be ordered direct from Maggie Zee (9535 8382).

New **Club bathers** are in stock - mens at \$30 a pair and females at \$50 a pair.

Rosemary remains keen to flog club merchandise. She's in the pool most training nights and on Sunday mornings (except when there's a swimming event on).

Social Calendar

Don't forget the farewell dinner starting around 6:30pm on Wednesday, 13 November. The Brimson's are off to Broome and we want to make sure they go with our best wishes and a full belly. Refer to an earlier email about registering your attendance: you have until Sunday, 10 November to register.

A little more distant is our Christmas Bash at Drakesbrook Weir. It's on Sunday, 8 December starting at 9:30am (if you want to swim) or at 10:45am (if you're sensible). The flyer was sent through earlier and a copy is in the shed. No need to book for this one – just turn up with your communal salad, drinks, chairs, sun screen, hat, etc.

You can email Des at des.seery@yahoo.com.au if you want to know more about these events..

Mandurah Masters Ocean Swim

The Club's open water event, the Mandurah Maters Ocean Swim will be held at the Henson Street Beach on Sunday, 16 February, 2014. Previous events have involved around 200 swimmers and has been a significant fund raiser for the club.

For the event to run smoothly, we need volunteers to help out organising the event and help out on the day. The tasks are not onerous.

If you can help out I any capacity, please contact our Club President and OWS chief, Wayne Cable on 0427 005 524.

Our Ladies Have Their Boats

As mentioned previously, the Club has two ladies entering the 2014 Rottneest Channel Swim and each needed a support boat with skipper.

The good news is that both Erica and Sue have secured their boats and are now all set to take on the 19.7km challenge. There is no doubt they will do well in their swim.

Up-coming Swim Events

The flyer for the LiveLighter Super Clinic was sent through to members earlier, but it is repeated below for your attention. You will need to check with MSWA on 9387 4400 before booking as the clinic may be full.

Open water season is definitely upon us. There is still time for you make a late entry for the Lake Leschenaultia Swim at Chidlow this Sunday. Details are available if you click [here](#).

Swimming WA has 2 events of their open water calendar coming up soon. They are on 16 November and 1 December. Click [here](#) if you want more information and to enter.

Refer to the Open Water Swims calendar available from the shed or by going to the [MSWA website](#).

Repeated from last month is the flyer for the Albany Masters Games to be held in April 2014. Registrations open on 1 January, 2014.

The 2014 Masters Swimming National championships are being held in Rockhampton. Hosted by Masters Swimming Queensland, the event will run from 23 - 26 April 2014 for the pool events with the Open Water Swim being held on 27 April 2014 at Yepoon. Entries open on Monday, 2 December 2013 and close Friday, 14 March 2014.

And lastly, even though it's a long way away in both space and time, a heads up for the Alice Springs Masters Games to be held 11-18 October 2014. A small group of us went to the Games in 2010 and thoroughly enjoyed themselves. They came back with some medals, too. A very social, but competitive meet that is well worth thinking about. More information will be available closer to the Games



SUPER CLINIC

Masters Swimming WA members are invited to register now to participate in this inaugural project for coaches and swimmers. The LiveLighter Super Clinic will be presented by 4 of Masters Swimming WA's excellent Coach Educators:

Elena Nesci (Claremont), Kim Tyler (Fremantle), Kareena Preston (Fremantle) and Jon Haines (Perth City)

The LiveLighter Super Clinic is for:

- Current trainee and accredited Masters Club Coaches to observe training sessions from experienced Coaches which will include some emphasis on stroke correction; **AND**
- Swimmers who are keen to train with members from other Clubs, learn from different Coaches or are interested in a specialist session focussed on:

**Freestyle Stroke Correction & Training ; Open Water & Endurance ; Sprint Training ;
Breaststroke & Butterfly Stroke Development**

When:	Saturday 30 th November 2013 from 2.00 pm – 5.00 pm
Where:	GEP outdoor 8-lane pool and Claremont Masters Clubrooms at Challenge Stadium
What:	<ol style="list-style-type: none"> 1. Coach education through observing the training sessions 2. Swimmers' training sessions (2 x 45 minutes)
Details:	<ol style="list-style-type: none"> 1. <u>Current trainee or accredited Masters Club Coaches</u> attend for 3 hour session which includes: <ol style="list-style-type: none"> a. briefing from 2.00 – 2.30pm; b. observation of coaches conducting swimmers' training sessions between 2.30 & 4.30pm; c. debriefing from 4.30 – 5.00pm 2. <u>Swimmers</u> choose what type of session to attend : session #1 from 2.45 – 3.30pm and session #2 from 3.45 – 4.30pm (swimmers are encouraged to attend both sessions but may choose to attend only one). Session schedule will be confirmed at close of registration.
Cost:	<ul style="list-style-type: none"> • Coaches - \$20.00 • Swimmers - \$10.00 (plus usual pool entry fee)
RSVP:	<p>Registration forms with payment due by Wednesday 20th November to:</p> <ul style="list-style-type: none"> • MSWA PO Box 57 Claremont 6910 OR • via EFT to BSB # 066 103 / A/c # 1000 4275 (scan Rego form & email at same time)



SUPER CLINIC

REGISTRATION FORM

1) Coach Education

Name:	MSWA Club:		
Mobile #:	Email:		
Current Coaching Qualifications (or indicate if current trainee or accreditation expired):			
<i>If coaching at your Club without qualifications or not currently obtaining qualifications and wanting to attend please register and if space is available we will advise you.</i>			
Please select 2 of the following sessions to attend and an additional reserve choice:			
#1: Freestyle Stroke Correction/training session	#2: Open Water/Endurance session		
#3: Sprint Training session	#4: Breaststroke session		
#5: Butterfly session			
Choices (select 2):		Reserve Choice:	
\$20.00 Payment	1) enclosed	OR	2) paid by EFT (select one)

2) Swimmers

Name:	MSWA Club:		
Mobile #:	Email:		
Please select 1 or 2 of the following sessions to attend and an additional reserve choice:			
#1: Freestyle Stroke Correction/Training session – all levels	#2: Open Water/Endurance session – all levels		
#3: Sprint Training session – all levels	#4: Breaststroke session – entry/novice level		
#5: Butterfly session – entry/novice level			
Choices (select 1 or 2):		Reserve Choice:	
For purposes of lane grading please circle or highlight your 100m freestyle repeat lapping time from the following:	<1.30	OR	1.30 – 1.45 OR 1.45 – 2.00 OR 2.00 – 2.30 OR 2.30>
\$10.00 Payment	1) enclosed	OR	2) paid by EFT (select one)

WA State Masters Games

If you're not going to Rockhampton for the Nationals, why not duck down to Albany for the State Masters Games. Here's the flyer.

WA STATE MASTERS GAMES



2014

Give it a go! 26 – 28 April 2014

Athletics

Rowing

**Jim McCann Memorial Masters
Mile**

Cross Country Running

Swimming



For all enquiries contact Carey on 0448 770 784

or WA State Masters Games Assoc. Inc.: PO Box 553 Albany 6331

email: wastatemastersgames@hotmail.com

Web Site: wasmg.myclub.org.au

For accommodation contact Albany Visitors Centre on 08 9841 9377

or visit: www.amazingalbany.com

Enter on-line: Entries will open 1st January 2014.

Cash prizes for Jim McCann Memorial
Mile based on WAVA age graded %



Some Useful Web Addresses

Mandurah Masters Swimming	http://mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/

Healthway, a major sponsor of Masters Swimming WA, asks, “are you ready to make a healthy change? Here’s a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today”. Learn more (including recipes)

at

www.livelighter.com.au



This is the newsletter of:
Mandurah Masters Swimming Inc
PO Box 1307
Mandurah WA 6210
email mhmannas@hotmail.com



December 2013

President's Prattle

Hi

We had a great month of celebration with Hayden and Pauline's send off and our Christmas function at Drakesbrook Dam. A special thanks to our social director, Sue, helped by Deb and others, who were involved in the organisation of these events. The Christmas celebration was most enjoyable with fine weather, great swim to build up the appetite, great food, and entertainment thanks to the efforts of the Mannas Trio, Kirk, Steve and Des.

Here's a summary of what I've been up to:

- The MSWA Coaches Supa Clinic held at Challenge Stadium. Four Club Coaches and 2 swimmers attended what was an excellent session in a 50 metre pool.
- Attended the Council of Clubs meeting at Challenge Stadium.
- Worked on our OWS organisation. Please have a word with Gerry or me if you are interested in helping on the day (16 February, 2014).
- Prepared sponsorship top-up applications as partners for previous swims have reduced their funding to groups.
- Submitted application for Special Projects funding from MSWA. This was originally to assist with the OWS but can be applied to any equipment required. We have already been successful with this funding, having purchased a pace clock and white board from this source of funding.

At our last Committee meeting we discussed the move to Aqua Jetty, during the re-development phase of the MARC centre and the potential impact on the Club. We welcome all suggestions, concerns, etc, to try and accommodate all members through this period. Let's start to discuss the impact now and how we are going to manage it, and be prepared for the move. Let's even enjoy the short term change.

Page 7 of this newsletter has the times the centre will be closed over this holiday period.

In fitness, friendship and fun

Wayne

Coach's Comment

The year has almost reached that point in time when "last year" means this year. Perhaps it's just my advancing age that makes each year seem more fleeting than the one before, or it may be that I'm enjoying myself a trifle too much (is that possible?).

The year started with one coach gaining his accreditation and finishes with three additional coaches undergoing training to become coaches. I admit that I'm enjoying being back in the water and swimming their routines. Their accreditation early next year can only be good for the club and for you as a member.

The following organisations proudly support Mandurah Mannas



Those who read some of my earlier missives may remember reference to a book by Sheila Taormina (*Swim Speed Secrets, 2012, Velo Press, Colorado*) to which I referred. In reviewing my year as coach I went back to Sheila's book for a browse and saw something I had seen earlier, had intended to enlighten you about, but forgot. Or, perhaps I did mention and then forgot I had. Either way, it's perhaps another sign of age.

The book refers to Pareto's Principle, which was that 80% of wealth was held by 20% of the population? This rule has been extended to many other aspects of economics, including that 80% of business comes from 20% of customers, 80% of complaints come from 20% of customers, and so on. When applied to swimming, it's a case of 80% technique and 20% everything else (strength, age, size, health). Get the technique right and you are on the way to being a better swimmer. And even if you are a record holder, continue to work on technique and become a better swimmer. So work on the drills when they are set and try to incorporate the actions into your normal stroke when the main set turns up.

If you want to be able visualise a particular stroke, or to pick up some tips, just go to the computer and check out *YouTube* where thousands of video clips exist for free viewing. Many are of or by Olympic swimmers or coaches. Or, a couple of your coaches have iPads[®]. They can record your swimming style and replay it to you so you can see what you do. By melding what you see with what you hear and incorporating it into your swimming, you will improve.

On behalf of the coaching team, that's Wayne, Christine, John and Mike, I wish you and your loved ones a very happy Christmas and a 2014 full of fitness, friendship and fun with the Mandurah Mannas at our temporary pool at Aqua Jetty.

Des

New Members

It's a big welcome to Mhairi Murdoch, Simon Lyons, Ashley Puckering and Charles Henry, each of whom have joined in the last month. It is hoped the club can deliver what you expect from your membership.

The membership of 100 is a new Club record.

Membership for 2014

Membership fees are now due for 2014. Your Committee fixed the 2014 fee at the same level as for 2013, namely \$90.00.

Fees must be paid no later than 31 January, 2014 but your renewal by 31 December 2013 will be much appreciated.

Annual General Meeting

The next AGM is due in February 2014. This meeting provides a review of the year closing and sets the tone for the year commencing. It is also the occasion which gives you the opportunity to be part of the management of the club over the ensuing year. All positions fall vacant at the meeting, so please start thinking about how you can get involved at the committee level.

It will be a year of challenges, the major one being the club's relocation to Aqua Jetty from the end of March 2014 until the end of 2015. Can you help steer the club through this period? Nomination forms will soon be distributed for your action.

Up-coming Birthdays

Mid-December through to mid-January is a rather lean period for birthdays, but, with one exception, there are some talented individuals whose birthdays are acknowledged in this newsletter. Narelle Gillmore starts the catalogue of births on the 10th, followed by Ruth Haslam on the 14th, Janet Duncan (17th), Anthony Overton (21st) and, dragging the chain long enough to be the last for the year, Des Seery (soon to be a client of Centrelink due to an age-related condition – age itself) on the 29th.

Two thousand and fourteen starts with a big splash with both Graeme McAuslane and Peter Sanderson celebrating birthdays on 2 January.

It is hoped you each have a jolly good time on your special day (except Des who is depressed about his approaching pensioner status).

2014 Rotto Channel Swim Sponsorship

As you are all aware, because at least three newsletters have told you, Sue Johnston is swimming the Rottnest Channel next February.

Sue has already swum the channel solo and in teams before so she has nothing to prove in swimming it again, this time in a team again. Sue's team is swimming to raise awareness and funds to support the fight against ovarian cancer. In Australia, one woman dies from ovarian cancer every ten hours,. The key to changing this statistic is early detection.

Sue's team is swimming to raise funds for the Ovarian Cancer Research Foundation. Their goal is to raise awareness of ovarian cancer and to develop an early detection test as it is a cancer that is often not detected until the later stages. Ovarian cancer is a silent killer as the symptoms are vague. The Foundation aims to develop a detection test that identifies the level of ovarian cancer in a patient and its degree of advancement: a test that can greatly improve long-term survival rates of affected women. Often, if the cancer is detected in the late stages, only 20-30% of women will survive beyond 5 years of diagnosis. If detected early and treated the survival rate increases to 80 - 100%.

An **Everyday Hero** web page has been developed for Sue's team, SS Ovary. Your financial support of the SS Ovary team is easily given effect by getting your credit card and going to <https://hbfrottnestswim2014.everydayhero.com/au/ss-ovary#> where you can deal with the business end of things Your financial support will be much appreciated, not only by Sue and the team, but by women generally.

The team members are Sue Giles, Caroline Nilson, Rhonda Birch and Sue Johnston.

New Masters Swimming WA Logo

Masters Swimming Australia has refreshed our image so there is a consistent and modern look across all of the communication tools and programs. The other good news is that the seven branches have adopted the national branding; and they too will be rolling out their changes in the coming months.

In October, the new MSA and Branch logos were launched. Following on from the re-branding launch, MSA launched a new look website in November.



Christmas Idea

Here's a good idea for those who swim with us but have yet to have their own fins. Go and buy a pair that fit your feet, wrap them up in some happy paper and place them under the Christmas Tree. What a surprise and joy it will be when, on Christmas Day, you tear the wrapping apart and find your very own pair of fins – and they fit!

This gift means that you can take your fins home after a training session where they will always be available to you should you wish to do some extra swimming away from the club. They need not be expensive and it will save you the hunt through the cage looking for a pair that fits (a pair that belongs to someone else who might be at training that night and wanting their fins).

Fins last for years. They're a great Christmas gift idea.

New Swimming Rules

One of the perils of the Festive Season is that there's all the time in the World to do some reading but there's invariably nothing to read. So here's something to sink your teeth into – rule changes.

At the back of this newsletter (page 8) is some text outlining rule changes which I encourage swimmers read, study and adopt before the 2014 season gets underway.

Christmas Function

The Christmas party went off a treat on 8 December at Drakesbrook Dam, thanks to diligent organisation by our champion Social Director, Sue Giles. Sue had some helpers too, so thanks to them as well.



The day was warm and sunny and the flies were friendly - just what an "Aussi" Christmas should be like. The water attracted a good number of swimmers, some who elected to swim laps around the lake while others completed shorter distances and then cheated their way through some relays. The officials watching we're appalled at the scurrilous behaviour

undertaken by most "competitors" who, despite the obvious disregard of rules, had the temerity to enjoy themselves immensely.

The fruit mince pie competition attracted a lot of entries and were carefully judged by a two-judge panel comprising an acclaimed international cooking expert, Julie Murdoch, (Mhairi's mum, flew out especially for the event), and our own culinary expert, Brett Johnston, who knows about these things being the beneficiary of Sue's master kitchen. Their decision, reached after long and careful assessment of the produce entered, and ignoring the vain attempts by some entrants to influence their decision, resulted in the first prize going to Jeannette Rein. Honourable mentions were to Steve Crake (much to the surprise of everyone) and Tess Evans. Congratulations to all of the cooks for taking up the challenge and cooking up some pretty posh nosh.



A big thank you again to Julie for doing the judging and being part of the Mannas family.

As for the troubadours; more practice, boys.

Brimson Farewell

The club had a farewell dinner on 13 November to acknowledge the fact that Haydn and Pauline Brimson were leaving town and heading off to a new life in Broome. A good crowd



attended the Peel Ale House for a decent feed and a lot of laughter to help Pauline and Haydn leave Mandurah on a happy note.

They will be missed. With luck, Haydn and Pauline will start a Masters Club in Broome with an event or two through the year so as to attract Mannas to the driveway and facilities of the newly-famous Brimson Estate. Let them know you've arrived when you get there.

Club Photos

If you are after photos taken at any of our club meets or functions, there's a good chance Lyn will have them in her file somewhere.

If you would like to grab a copy of a photo, or group of photos, simply get a USB stick to Lyn and she'll happily attach the photos. You can contact Lyn at lynmandurah@gmail.com to get the ball rolling.

The Quiz

These two little cuties were recently snapped at Doddi's, one being decidedly very coy about the other. Was one making a move on the other? Had a big suggestion been made, such as an invite to dinner with a show afterwards? A private viewing of some etchings, perhaps? A suggestion they go and park somewhere secluded? Maybe an invite to meet the parents?



This month's question is not "what was the question?", but "what was the answer?".

Officialdom

Historically, only about 30% of Masters swimmers compete at swim meets. They are either competitive by nature or they use competitions to measure their progress, both against themselves and swimmers from other clubs.

To help them achieve this measure, coaches can help through stroke correction and the setting of drills to increase speed and endurance. But there is another element essential for an efficient competition: officials.

Just as coaching is not for everyone, so being an official can turn a heart to fear. But it isn't scary being an official - there is a lot of satisfaction to be gained in helping a swimming event run smoothly. You meet people from other clubs and learn a lot of things that help you as a swimmer.

At present the club has about 25 swimmers who regularly swim in competitions. The club will soon have 5 accredited coaches on deck but only 2 accredited officials above timekeeper. Ideally, we should have more officials up to Inspector of Turns and Judge of Strokes level, not only to officiate at meets but to assist our swimmers in rule interpretations and to help themselves become better swimmers.

So, please consider becoming an official and help the Masters movement grow. Click [here](#) for more information.

Club Merchandise

Rosemary remains keen to dispense club merchandise. She's in the pool most training nights and on Sunday mornings (except when there's a swimming event on).

Swim caps - silicon - are in stock and remain just \$10:00 each.

CLUB SHIRTS

Short sleeve	\$28:00
Long sleeve	\$30:00
Long sleeve fleecy	\$40:00
Logo	\$7:00
Your name (optional)	\$7:00

CLUB TRACKSUITS

Jacket	\$55.00
Pants	\$20.00

Tracksuits can also be ordered direct from Maggie Zee (9535 8382).

New **Club bathers** are in stock - mens at \$30 a pair and females at \$50 a pair.

Mandurah Masters Ocean Swim

Our swim next year is being held on Sunday, 16 February at the Henson Street Beach in Silver Sands. Our President, Wayne, is currently managing the preparations for this major event in the club's calendar.

If you are able to assist in any way on the day, please contact Wayne at the club or at Doddi's Beach on Mondays, Wednesdays, Fridays and Saturdays.

Pool Closures

Please note that the pool will close at the following times during the holiday season.

Tuesday, 24 December	Closes at 5:00pm
Wednesday, 25 December	Closed all day
Thursday, 26 December	Closed all day
Tuesday, 31 December	Closes at 5:00pm
Wednesday, 1 January	Closed all day

Some Useful Web Addresses

Mandurah Masters Swimming	http://mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/

Rule Changes for 2014 Season

There are a number of rule changes that come into effect at the end of 2013. A short version of the changes is given below.

Most of these changes were made at the FINA congresses in July and have been adopted by MSA and SAL. The last three changes were initiated by the National Technical Committee (NTC) and refer only to MSA events.

Each rule that is struck through has been deleted from the current rule, while underlined text has been added. Comments are written in bold under the rule.

Backstroke SW 6.3

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, ~~at the finish~~ and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

This means swimmers must not submerge at the finish. That is, some part of the swimmer must be breaking the surface.

Backstroke SW 6.4

When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which ~~a~~ an immediate continuous single arm pull or ~~a~~ immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

This means a swimmer cannot glide on breast before starting their continuous arm pull.

Breaststroke SW 7.2

From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

This may result in some new turning actions we have not seen before. Note the swimmer must be on the breast when leaving the wall.

Breaststroke SW 7.5

The feet must be turned outwards during the propulsive part of the kick. ~~A scissiors, flutter~~ Alternating movements or downward butterfly kicks ~~is~~ are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

The new wording is more modern, just like using butterfly kick instead of dolphin kick.

Breaststroke SW 7.6

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

One hand cannot be over, or touching the other

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. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

This may result in some new turning actions we have not seen before. Note the swimmer must be on the breast when leaving the wall.

Butterfly SW 8.2M

Both arms shall be brought forward together simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.

This wording is clearer than the current version.

Butterfly 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. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

Multiple butterfly kicks are allowed at the start and turns but only one breaststroke kick.

Butterfly SW 8.4

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

This means one hand cannot be over, or touching the other.

The Race SW 10.8M

No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by the Meet Referee.

Note: for more information regarding restrictions for swimwear see the website www.mastersswimming.org.au at RULES/SWIMWEAR RULES.

The Race SW 10.10M

There shall be four swimmers on each relay team (~~see GR-8.3.1~~). Mixed relays consist of two women and two men in any order.

GR 8.3.1 deleted as its wording duplicates this rule. FINA has long had mixed relays in Masters and has now introduced Mixed Relays to their open competitions, but unlike Masters does not allow the first swimmer in a mixed team to set a record.

The following three rule changes were proposed by the NTC. The NTC consists of representatives from each branch (state or territory). These changes were subsequently approved by the National Board of Management and the October General Meeting of the Branches.

The Start SW 4.6M

Where a swimmer makes little or no attempt to take up and/or hold a starting position following the Referee's long whistle or the Starter's command, the Starter and the Referee shall consider this to be a disqualifiable infraction.

The current rule does not allow the swimmer who delays the start before the Starter's command "Take your marks", to be penalised,

e.g. the swimmer who gets on the block and then starts putting on their cap and or goggles.

The Race SW 10.17M New number, rule moved from SW 5.4

In freestyle events, except as in SW 3.6.2M, ~~if~~ a swimmer may nominate a form stroke or medley for sealed handicap, Top Ten, Award Swims or record attempt purposes, when the nominated form stroke/distance event is not available elsewhere in the program. ~~†~~The swimmer shall comply with all the rules relating to ~~that~~ the nominated stroke or strokes. The swimmer must notify the Meet Referee of their intention to swim other than freestyle in the event by the close of entries for the Meet.

This means swimmers can no longer be timed for form strokes in Freestyle events at a meet if the same event is available as a form stroke.

Butterfly 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. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

Clarification: Either a butterfly 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.

Multiple butterfly kicks are allowed at the start and turns but only one breaststroke kick.

The addition at the end of SW 8.3M, SW 8.3.1M and SW 8.3.2M was introduced at the FINA Congress

Butterfly SW 8.3.1M

For Butterfly 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.

Butterfly SW 8.3.2M

For Butterfly events longer than 200m, up to two breaststroke kicks are permitted per arm pull, except that two breaststroke kicks are permitted prior to the turn and the finish without an arm pull.

Note 1: This two kick rule does not apply to Individual Medley events.

Note 2: 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

FINA rules allow only one breaststroke kick per butterfly arm stroke.

The NTC has decided that rule SW 8.3.2M does not apply to the 400m and 800m Individual Medley events, that is, only one breaststroke kick per arm stroke will be allowed in these events.

For the definitive rules for both pool and open water events, please go to the MSA website. You can click [here](#) if you like.

Healthway, a major sponsor of Masters Swimming WA, asks, “are you ready to make a healthy change? Here’s a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today”. Learn more (including recipes)

at

www.livelighter.com.au



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