

# The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

Autumn Edition: March 2014



30 Years of Masters Swimming

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## President's pen

Hi All,

It is a very exciting time in the club we have a number of our members heading off Atherton, Miami and the Nationals in Rocky over the next two months. We wish them all the best and we know they will swim well.

Our coach, Nick, on Thursday night has had some very helpful stroke correction sessions; the sessions have also included dives and turns. Please contact me if you would like a specialty session, we are looking at running some coaching on a Sunday morning so speak up and we

will do our best to arrange it.

The AGM is on the 16<sup>th</sup> of March and if you are unable to attend but would like to help the club in any small way please get in contact with the committee. No experience is necessary for any of the jobs just the will to help out in the best Master's Swimming Club in the state. The AGM will also see the 2013 Tadpoles Swimmer of the year announced.

Please ensure your email address is correct so we can ensure information is getting to you. We are also on Facebook information is posted there regularly.

We are always open to suggestions on how to improve the club so please don't hesitate to speak up.

The club had success with the Lane Warriors and MSX programs. Awards will be handed out at one of our BBQ breakfasts.

See you at the other end.

Lou



### Dates to remember:

**9th March**

**Glennie School Aquathon no club swimming**

**16th March**

**AGM and BBQ Sunday**

**5th April**

**Albany Creek Swim meet**

**23rd—26th April**

**State & National Championships Rockhampton**

## Toowoomba Tadpoles newsletter item from Sue in Spain

We have been living in the Sierras for seven weeks now and are enjoying the Spanish lifestyle immensely, especially tasting the different foods and getting to know something about the Spanish culture. Our quaint village, Arcena, is made up of narrow and windy cobble-stone streets and joined white-washed houses with terracotta tiled roofs. It has a central plaza, beautiful bell tower on the hill and many churches. Driving and parking are quite a challenge in the village but I am managing. There are ample eating with lots of cheap and interesting tapas, and we have been included in some social groups, both Spanish and English (a number of English people live here, but no Australians that we know of).

So far we have hosted 13 couples staying mostly for two nights over the weekends. They have all been Spanish, so Steve has been able to practice his Spanish on the ones willing to listen, I just smile.

La Casa Noble is a truly magnificent 100-year old house that was renovated ten years ago by the owner and our friend Melanie. It has many authentic features but with some important modern conveniences, and we feel privileged to be able to live in this wonderful place. We live in the attic with a large terrace and spectacular views of the village and surrounds, and the occasional sunset (not many so far). When the house has no guests, we sit in front of the fire and enjoy the ambience.

We were invited to join a small group doing a 12 km walk between two villages nearby. Luckily it was a warm and sunny day and we were able to see natural springs, grazing black pigs, cork and olive trees and glimpses of the lifestyles of local farmers. Of course the walk was rewarded with a long lunch at a café perched on a hill-side.

We enjoy visiting (but not driving in) the nearest city Seville, which is set on a river and has lots of beautiful architecture, an interesting old area including a palace and enormous cathedral, plus a modern shopping mall.

The train system in Spain is comfortable and efficient, so we travelled for 3 hours from Seville to Granada, another lovely city where we treated ourselves to a 3 night stay in a beautiful and very old hotel. The old part of town has a strong influence of the Moors in the architecture and was fascinating walking around the windy narrow lanes despite it lightly snowing on us! Our morning at the walled city of Alhambra was amazing and we could not help ourselves take lots of photos. The snow-capped Sierra Nevada behind made a magic backdrop (although it made it freezing for us). However there was always a warm bar to drop in for a coffee.

Our most recent venture was a day-trip to Tavira in Portugal and we were lucky again to have another sunny day (1 of 7 so far). It was wonderful to hear the seagulls, see the sea, and walk on the beach. We had to eat Portuguese tarts and grilled seafood, whilst overlooking the boats bobbing in the Atlantic Ocean (with Morocco off in the distance). I have been to the local 25m indoor heated pool several times and have negotiated the Spanish protocols of caps, thongs, pre and post showering, buying a ticket and lockers. It is wonderful to be warm even if for only an hour, and I am trying to learn the Spanish etiquette in swimming here. I also am keeping fit going up and down the 90 steps in our house.

Well Tadpoles, I do miss the fun, fitness and friendship at the Glennie pool. I also wish you well for your regular training, preparation for swim meets and the upcoming AGM.

Hasta luego, Susana (alias Sue)



## Captain's report

Another newsletter has crept up on us. Hope all is well in each of your homes.

Great to see all the familiar faces back (and a couple of new and ones with haven't seen for a while ) swimming again this year.



It has been busy again in and around the pool deck. 9 swimmers competed at the Miami meet (no results yet, but by the time everyone reads this newsletter the good news of a successful meet would have filtered through the club). The National and State Championships are being held in Rockhampton from the 23rd til the 27th of April and 7 of our members will be attending this event (and a cheer squad as well). Hervey Bay swim meet is on the 15th March this is a Long Course events and the Hervey Bay meet also includes an Open Water swim. Then not long after is Albany Creek swim meet on the 5th April forms and info at the pool. As a club, I'm sure you will agree that we wish each member all the best in their pursuits at these meets.

On the home front, numbers appear to heading in the right direction, as I have noticed a few "new" swimmers on different occasions taking the plunge. It's great to see these new prospective members, so if someone new pops into your lane give them a friendly greeting and welcome them aboard.

Finally, thanks again to all who are swimming in meets presently (and in the future) for your diligence in getting your nomination forms (and money) to me a week or so before the cut off date. It's very much appreciated and less consumption of "Red Wine" is good for my home life.

Until next time Fitness, Friendship and Fun :)

Wayne

## Lane Warriors

### How it works

- Every time you get into the water to swim laps or when you're training, record the distance swum on that day.
- Your drills count as well i.e. if you use pool accessories e.g. flippers, kickboard..., then the distance swum still counts.

Updated Lane Warriors will be on next month newsletter

## Endurance 1000

To see the times you have swum and the points gained by you and the club, you can check on the [Masters Swimming Australia](http://MastersSwimmingAustralia.com) website and click on the Endurance 1000 link and click on the History tab and enter your name. If in doubt just ask and we will get the information for you.



## Gym and Swim

On Monday evenings, Lindsay runs a Gym and Swim session where he trains small groups of members and then followed by a swim to relax your muscles. Starting time is 6pm and the cost is \$8 for a complete session.



## **37 Things Only Swimmers Know By Linnea Gregg**

1. There are always at least two things hanging up to dry somewhere in your house/apartment, and they are a swimsuit and a towel.
2. People frequently ask if you are tired because it looks like you have bags under your eyes. Those are just goggle marks.
3. Literally every muscle in your body is used during your workout and it feels amazing.
4. When you're underwater, the rest of the world gets blocked out. There's only you, the movement of your body, and the freedom to let your mind wander.
5. ... Despite the feeling of Zen you get from #4, on occasion you wish there were something to occupy your brain with as you swim. (Underwater iPod, anyone?)
6. But being truly alone with your thoughts can give you the opportunity to solve all of your problems, plan out your day down to the minute, discover the cure for cancer, etc.
7. You understand that swimming a mile is very, very different from running one.
8. The scent of chlorine never completely leaves your skin.
9. You have permanent tan lines, but they're not the cool kind that you get from going on vacation.
10. Speedo.
11. Deciding to work out when you have a cold is worth at least five minutes of serious thought.
12. Abdominal muscles/strength are a point of pride.
13. There is one brand/style of goggles that you swear were made to fit your face perfectly.
14. Trying to get into your swimsuit when it's still damp can almost take away your desire to work out. (Almost.)
15. "Fast," "medium," and "slow," can be arbitrary labels for the lanes. When the pool is crowded one should try to follow these signs, but if it's not – why waste an empty lane?
16. You learned, the hard way, that you should never leave your swim cap somewhere that will heat up for an extended period of time.
17. ... Because you actually use a swim cap.
18. There's a fine, fine line between leaky goggles and a massive headache.
19. Instead of 1, 2, 3, it's 25, 50, 75...
20. Your cardio is also your strength training.
21. "Going to the pool" or "going for a swim" means something different to you than it does to most people.
22. It's only cold when you first jump in.
23. Your hair stylist has uttered the phrase "Your hair is beautiful but it's so damaged by all that chlorine."
24. Working out feels better when you can't tell that you're sweating.
25. You have an opinion on circle swim vs. splitting the lane.
26. The line "Water, water everywhere, but not a drop to drink" from The Rime of the Ancient Mariner resonates with you on a spiritual level.
27. Baby powder exists so that the experience of pulling a silicone swim cap over your head doesn't totally suck.
28. You have to bite your tongue when a non-swimmer thinks they'd be pretty fast in the pool because they work out or have a significant amount of muscle mass.
29. Sports-related injuries are an unfamiliar territory for you, because there is no stress placed on your bones or muscles during your workout.
30. You've planned your workout around strange and specific hours because the pool you use is only open or available at certain times.
31. And a trip to the gym isn't so simple, because all of the equipment, dressing, and undressing that you need to effectively complete your workout.
32. Swimming in a lane with a total stranger teaches you how to share...
33. ... but you still prefer having your own lane. It is a rare and exciting luxury.
34. There's an art and etiquette to passing your lane partner, or being passed.
35. Passing or being passed also has the potential to make or break your mood during your workout.
36. You have regular lane partners or lane neighbours, but you may not necessarily know them by name. Still, you respect them and feel a connection based on the recognition of dedication.
37. Land workouts are great, but there is nothing quite like the way your body feels after a swim.

## Salmon & Sweet Potato Cakes

This recipe is great with fresh or tinned salmon or tuna. You can vary the potato and add different herbs. Dill works really well.

SERVES 2

150g sweet potato, cut into 3cm slices  
200g of fresh salmon, skin removed (or can use tinned)  
¼ cup chopped fresh parsley  
Zest of a lemon  
2 spring onions, chopped  
1 egg  
Pinch salt & pepper  
2 tbs pumpkin seeds, chopped or blitzed

Preheat oven to 200°C.

Place potato in a saucepan of cold salted water and bring to the boil.  
Cook for 10-15 minutes or until soft, then drain and cool.

In a blender, pulse the sweet potato, salmon, parsley, zest, spring onions, egg and salt & pepper.

Divide mixture into four and, with wet hands, roll into a ball and roll in pumpkin seeds.

Place onto baking tray lined with baking paper and flatten out to the shape of a burger.

Spray with oil and bake for 10 minutes, turn and spray with oil again and bake for another 10-15 minutes.

ENERGY: 1424kj  
CARBS: 13g  
CALORIES: 340cal  
PROTEIN: 31g  
FIBRE: 2g  
FAT: 18g  
SAT. FAT: 4.5g



## MIAMI MASTERS SWIM MEET



## REGISTRAR's RAMBLINGS

Happy Birthday to all the following Tadpoles:

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

### February Birthdays

Lou Hill 18<sup>th</sup>

### March Birthdays

Stephen Gray 7<sup>th</sup> Margie Smythe 15<sup>th</sup> Meryl Carfrae 17<sup>th</sup>

Maybe not a birthday, but there must have been a solar eclipse happening somewhere, the original "**BIG TADDIE**" was spotted in the pool the other Monday night!! I thought the species had become extinct but the "**BIG TADDIE**" is still out there.

Good to see and welcome back.

### NEW MEMBERS

Five new members have joined our ranks since our last newsletter; Alma Cevantes, Nick Hill, David Kulpa and Trudy Padro. Leah Lowe has also returned to the pool after an absence of 12 months. On behalf of the committee welcome and we hope you enjoy your swimming.

So if you see Alma, Nick, Trudy, David or Leah ensure you welcome them to the club.

Membership now stands at 59!

### MEMBERSHIP RENEWAL 2014

We still have a few members from last year that haven't re-joined yet!

Com'n guys you know who you are, just let me know if you need the log on details!

I hate chasing people up about the membership dues, so if you renew ASAP that would assist everyone and give me more swimming time!!!!

Your membership must now be paid online (a credit card is required) and I would strongly encourage all members to do this by using the following link:

[https://www.clubsonline.com.au/registrationclubportal/index.cfm?fuseaction=display\\_main&orgid=3400](https://www.clubsonline.com.au/registrationclubportal/index.cfm?fuseaction=display_main&orgid=3400)

If you don't have internet access please see me and I will arrange your membership the old fashioned way. Please remember, to swim with our club (and with all Masters Swimming Clubs) you need to be covered by insurance, which for members, is included in the membership fee, and for non-members is included for up to one month during the one month trial period. There is or has been a problem with the web site when you request your password to be sent out to you. If you don't get a reply please contact me ([registrar@toowoombatadpoles.org.au](mailto:registrar@toowoombatadpoles.org.au)) and I will arrange for your user name and password to be sent to you.

I hate chasing people up about the membership dues, so if you renew ASAP that would assist everyone and give me more swimming time!!!!

Until the next newsletter.

All the best and I hope to see you at the pool, Fitness, Friendship and Fun :)

Bill Waterhouse

Registrar





# Tadpoles Calendar

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MARCH</b>	31					1	2
	3	4	5	6	7	8 Miami	9
	10	11	12	13	14 Entries Close for Nationals	15 Hervey Bay	16 AGM & Club BBQ
	17	18	19	20	21	22 Atherton	23
	24	25	26	27	28	29	30
<b>APRIL</b>		1	2	3	4	5 Albany Creek	6
	7	8	9	10	11	12	13
	14	15	16	17	18 Easter	19 Easter	20 Easter /Club BBQ
	21 Easter	22	23 National Champs	24 National Champs	25 National Champ	26 National Champs	27 National Champs
	28	29	30				
<b>MAY</b>				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17 Noosa	18 Club BBQ
	19	20	21	22	23	24	25
	26	27	28	29	30	31	
<b>JUNE</b>	30						1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15 Redcliffe/Club BBQ
	16	17	18	19	20	21	22 Rum City
	23	24	25	26	27	28	29

## Important details

- ◆ **Safety:** Please check and update your emergency contact number and relevant medical details with Bill Waterhouse (Registrar). It is essential that the person on deck has current information in the case of an emergency.



## Social Snippet

Free timed swim and BBQ Breakfast Have your 400m swim timed and swim for free!

Sunday 16th March Club AGM

- ◆ Facebook

Join Toowoomba Tadpoles on Facebook.

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

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



## Committee Contacts

President, Lane Warriors Recorder	Lou Hill	0434 633 869	<a href="mailto:president@toowoombatadploes.org.au">president@toowoombatadploes.org.au</a>
Vice President, Club Captain	Wayne Carlish	4696 2271	<a href="mailto:wwcarlish@bigpond.com">wwcarlish@bigpond.com</a>
Secretary	Carolyn Lunney	0409 536 300	<a href="mailto:secretary@toowoombatadpoles.org.au">secretary@toowoombatadpoles.org.au</a>
Assistant Secretary	Paula DeKeyser	0402 159 512	
Treasurer, Registrar, Deck Coordinator	Bill Waterhouse	4639 2434	<a href="mailto:bill.waterhouse@ergon.com.au">bill.waterhouse@ergon.com.au</a>
Safety Officer	Marcus Ford		<a href="mailto:Marcus.ford@internode.on.net">Marcus.ford@internode.on.net</a>
Aerobic Recorder	Lionel Scotney	4634 2761	
Social Director, Publicity Officer			
Newsletter Editor			
Swim for Hospice Director	Alison Beattie	4635 0888	

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

Fun Fitness and Friendship !



<http://www.toowoombatadpoles.org>

Newsletter Editor: Carolyn