

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

June - July 2012



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29 Years of Masters Swimming
1983-2012

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

The President's Pen

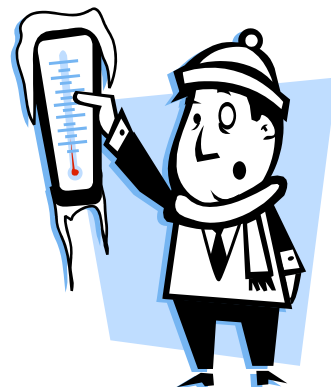


Once again, the coolness of winter approaches, well actually more correctly, think it might have arrived. As with every winter our numbers seem to drop off during these colder months. It is always a good challenge to maintain your swimming schedule through winter. Speaking of challenges, if you set one at the beginning of the year, how is it going?

The aquatic centre management have advised our club that the pool will be closed between 9 June and 23 July. We will still be swimming, but not at Glennie. As soon as we have confirmed an alternative location we will let you know. As we won't be able to enjoy our usual Sunday coffee at the pool, we will have some alternate options, while the pool is closed, starting with breakfast on 17 June at Platform 9. Please let Paula know if you are coming, so she can confirm numbers.

You will have noticed a great new look being sported by some of our members. Thank you to Sue for organising and ordering the new polo shirts and track tops. For members who missed getting an order in, we are still adding to a list for a second order. But don't wait until we almost have the list full, now is the time to add your name to the order!

Our swim meet is planned for 15 September, which while still three months away, I am sure will arrive very quickly. I encourage all our members "to have a go" and participate at the meet. If you haven't attended a meet before, and have any questions, please ask one of the committee members or me.



Stephen Gray
President

Pool Closure

The Glennie Aquatic Centre will be undergoing maintenance works on the pool and will be closed to swimming between 9 June and 22 July. We will therefore be swimming at the Centenary Heights State School Pool, 60 Ramsay Street, during this time of closure. The exception will be there will be no formal swimming on Thursday nights (although there is an adult swim group that swims on Thursday that you can swim with, if you like), all other times remain the same. In summary, starting this Sunday:

Place: Centenary Heights State High School – 10 June to 19 July – return to Glennie 23 July.
Times: Sunday – 7:30am – 8:30am;
Monday and Wednesday 6:30pm to 7:30pm,
Thursday – option available to attend adult swim group not associated with our club.

The cost of swimming remains the same for Sunday, Monday and Wednesday, and you need to sign the sign-in book as usual.

- **Late change- Centenary pool closed Sun 24-Wed 27 June for asbestos removal at school.**

The Captain's Report



As the days have become shorter and colder, there has been a decline in number of able bodies willing to take a dip. (I have to put my hand up as well).

Hopefully this will turn around, as the water is a comfortable temperature and I'm sure the same will greet us at the other pool we swim at while Glennie is being upgraded.

There has been a bit of competitive activity since the last Newsletter, although it may seem a while ago, but members have been enjoying a couple of other venues, the results as follows:

37th National Championships 14th - 17th April- Adelaide

Ann Todd	Paula Harding
50m freestyle 3rd 50m backstroke 2nd 100m freestyle 4th 200m backstroke 2nd 100m breaststroke 1st 200m breaststroke 1st	100m breaststroke 4th 200m breaststroke 3rd 100m butterfly 4th 200 IM 5th 400 IM 2nd

Albany Creek 28th April

Ann Todd	Barbara Lawes	Rosalie Lutvey
25m freestyle 1 st 100m freestyle 1st 400 breaststroke 1st	25m freestyle 4 th 50m breaststroke 4 th 50m breaststroke 3 rd 100 backstroke 2 nd 400 freestyle 1st	50m freestyle 7 th 50m breaststroke 5 th 50m butterfly 1 st 100m butterfly 1 st 200m butterfly 1st

Once again the results show what talented group of swimmers there are in this club. Congratulations to all those that competed - a wonderful effort.

If anyone is intending to attend a meet in the near future, please check the calendar, or the information book, as there have been cancellations for the 14th and 28th of July (Brisbane Southside and South Burnett, Nanango.)

On that note, until next time remember - Fitness, Friendship, Fun

Wayne



Tadpoles Calendar June July 2012

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
June					1	2	3 World Masters-17 th , Ipswich Masters
	4	5	6	7	8	9	10 Training at Centenary Heights for next 6 weeks
	11 Holiday	12	13	14	15	16	17 Caboolture Crays Breakfast Platform 9 🎯
	18 Mini meet	19	20	21	22	23	24
	25	26	27	28	29	30	1 July
July	2	3	4	5	6	7	8
	9	10	11	12	13	14 Southside cancelled	15
	16	17	18 Mini meet	19	20	21	22
	23 Return to Glennie pool	24	25	26	27	28 South Burnett cancelled	29
August	30	31	1 August	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16 Mini meet	17	18 Brisbane Northside	19
	20	21	22	23	24	25 Rum City	26
	27	28	29	30	31		

Training information- Mini meets

Proposed dates for 2012

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

Masters Swimming Excellence Program



Sue Walker, Rosalie, Lutvey, Stephen Gray and Pete Mc Monagle were recently awarded their MSX recognition.

Many Tadpole swimmers over the past weeks have been receiving awards for their participation and improvement. It is part of the MSX-MSQ Swimmers Excellence program. Their achievement is recognised with a certificate and depending on the level, a cap, drink bottle or bag.

This program recognises swimmers who participate and show consistency and improvement in their swimming.



Pete receiving his Platinum MSX award

Social snippets

Facebook

Come and join Toowoomba Tadpoles on Facebook.

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

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



New Home



Rosalie Lutvey photographed at her "new home" on Russell Island. She looks pretty happy with the lifestyle.

Good recovery:

Also Alan Jones who we normally see on week nights in group four has some stints inserted earlier in the year (before Easter) to keep the blood circulating.

Everything is working OK again and he has been back swimming for several weeks.

Paddles to give away:

Max Lennon has 2 sets of hand paddles he no longer uses. If anyone would like these, just ask Max- he usually trains during the week in group 3.

Member Profiles:

“My swimming career” by Paul O’Gorman

My first memories of swimming go back to the Maryborough 33 1/3 yard outdoor pool where, at the age of 4, I was taught to swim by the pool leasee Bill, then coached and taught the finer points in all strokes by the famed coach Arthur Cusack. Arthur was responsible for David Theiler’s winning consecutive gold medals in backstroke at the 1956 and 1960 Olympic Games.



“Learn to Swim” back then was taught by the teacher first buckling a canvas belt to the student, (me) the belt had a rope attached to a brass ring at the back and was tied to what appeared to be a broom stick, by a similar length of rope held by Bill. He quickly directed one to the deeper parts of the pool and just when my confidence was up ie. getting support by being held, I would relax a bit. Hence, many near drowning experiences until one became less and less confident. However the alternative wasn’t attractive either, so it began the famous saying “sink or swim”. Bullying is probably the more apt and correct terminology today, so you can see why my troubled life thereafter can be traced back to the local “Learn to Swim” campaign as practised in 1948.

Did I mention that I was born in 1942, third generation Maryboroughite, from Six Mile Bridge, Limerick, Ireland in 1871. We were made of stern stuff in Maryborough Qld.!

The introduction to AUSSI Masters came through Dorothy and Malcolm Stevens in the late 1980’s at Harristown pool, Thursday nights. Margie Barrett was on deck and I had no goggles, which was not conducive to the eyes. In fact, when I returned home that evening, I found the real reason we had cow’s milk; I can say it was the only remedy that gave some relief to my eyes till the following session when, guess what, I purchased real swimming goggles.

So as you can see, I have been a member for many years- 4 years as club treasurer, and was fortunate to be on our social committee as treasurer when we very successfully conducted the 2002 State Championships at Milne Bay pool.

Today, I enjoy my pool deck duties, swimming with a wonderful group of like-minded people and the great friendships I have made and continue to make.

.....

Peggy Turner



I learnt to swim in England during the war when swim coaches and swim equipment were in short supply.

Breast stroke was the only style. We were shown the arm and leg actions, put in the pool with a narrow cotton band that went over the head, under the arms, and a long lead attached. The pool attendant, holding the lead, walked the 25 yards on the pool edge, rather like taking a dog for a walk, while the swimmer tried to swim. After 3 or 4 lengths of the pool, the lead was removed and you were on your own.

When freestyle first arrived in England, it was known as ‘The Australian Crawl’, much more fun than breast stroke.

By senior school, swimming lessons had become ‘Life Saving Class’. We had to swim 25 yards fully clothed, (minus shoes) retrieve a sand filled dummy off the bottom of the pool and swim one armed backstroke with it clutched to our chest, to the pool edge.

Oh! How times have changed. I’ve been swimming with the Tadpoles now for 17 years and they certainly live up to their motto of Fun, Friendship and Fitness. Long may it last!

Lane Warriors

Hi Everyone

The Lane warriors program is powering along. Attached at the end of the newsletter is the summary sheet that shows how far each person has swum this year.

Remember you can add in any swim it does not have to be during a session with the masters.



Lou



Lionel

Endurance 1000 News

Congratulations to two of our members who swam the first of many (I hope) Endurance 1000 swims, Jo Lee completed a 400 freestyle and Sue Walker completed a 400 breaststroke. This was a great effort from the girls.

I would like to see more members being involved in this program. It has a number of advantages for the individual and the club.

For the swimmer

- Allows the person to judge their swimming improvements
- Fitness levels
- Gain individual points for the Endurance 1000
- Prove to yourself that you achieve things you have never attempted before

For the club

- Gain points for the club
- Be involved in a masters swimming activity.

If you feel like having a go Lionel and I will always have a stop watch ready to go.

Included in the newsletter are instructions on how to access your times swum for the Endurance 1000. If you are having trouble with the instructions contact me and we'll work it out.

Stop the Press!!!

Monday 4th June

Eight members have Endurance 1000 times recorded in one session

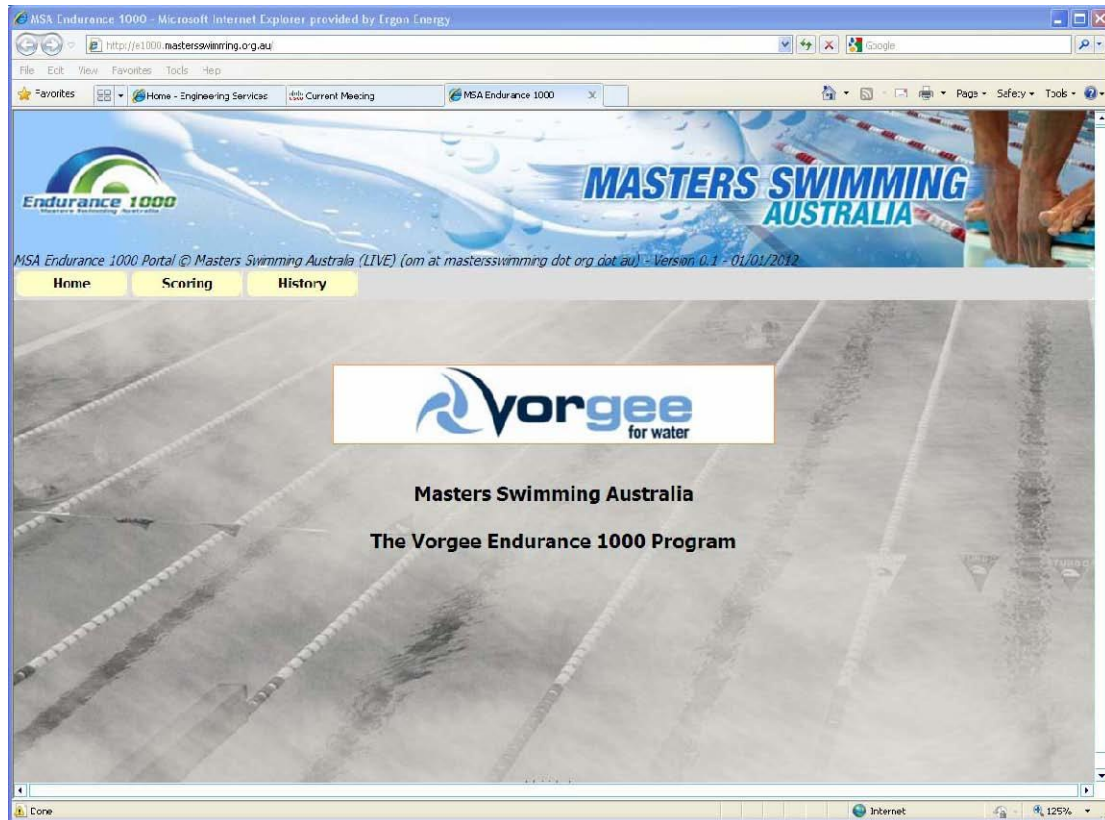
Must admit to a bit of skull duggery, I just happened to be the person on deck and as one person said, there is graffiti all over the program. I slightly altered the program to read 400 free or form. End result an extra 40 or so points for the club and some exhausted satisfied swimmers.

Thanks to those who helped have a little fun on the night.

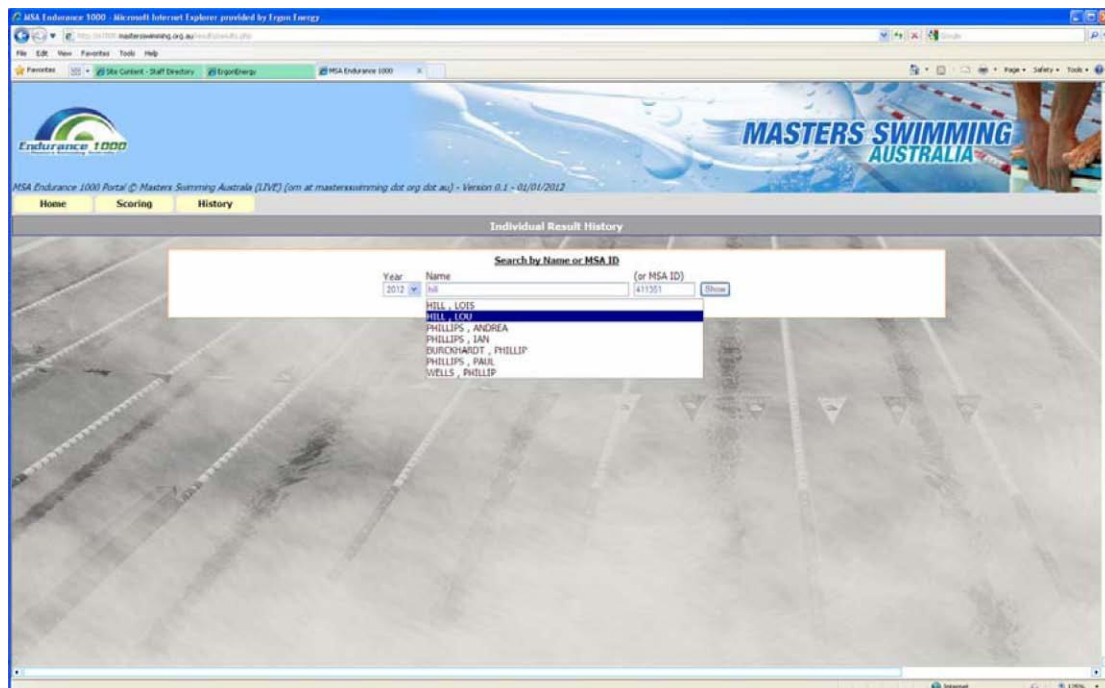
How to find your Endurance 1000 results

1. Follow the attached link or paste it into your browser.

<http://e1000.mastersswimming.org.au/>



2. Search is by surname or your ID number. You only need to do one or the other.



Press **Show**

3. Results displayed

MSA Endurance 1000 - Microsoft Internet Explorer provided by Ergon Energy
 http://e1000.mastersswimming.org.au/results/results.php

Endurance 1000 Masters Swimming Australia
MASTERS SWIMMING AUSTRALIA

MSA Endurance 1000 Portal © Masters Swimming Australia (LIVE) (om at mastersswimming dot org dot au) - Version 0.1 - 01/01/2012

Home Scoring History

Individual Result History

Search by Name or MSA ID

Year: 2012 Name: (or MSA ID) 411351 Show

Automatic name search e.g. fra will find 'Braun , Frank'.

All Results for in 2012

HILL , LOU [Point: 355]
 Freestyle [Point: 110]

MSA ID	Club	Sex	AgeGrp	Course	Distance	Stroke	Result	Split	Point	Date	Location
411351	QTW	M	50-54	S	400m	Freestyle	006:29.42	1	5	08.02.2012	Club Swim
411351	QTW	M	50-54	S	400m	Freestyle	006:28.15	1	5	28.03.2012	Club Swim
411351	QTW	M	50-54		400m	Freestyle			0		
411351	QTW	M	50-54		400m	Freestyle			0		
411351	QTW	M	50-54		400m	Freestyle			0		
411351	QTW	M	50-54	S	800m	Freestyle	013:46.59	1	10	18.01.2012	Club Swim
411351	QTW	M	50-54	S	800m	Freestyle	013:48.88	1	10	25.04.2012	Club Swim
411351	QTW	M	50-54		800m	Freestyle			0		
411351	QTW	M	50-54		800m	Freestyle			0		
411351	QTW	M	50-54		800m	Freestyle			0		
411351	QTW	M	50-54		1500m	Freestyle			0		
411351	QTW	M	50-54		30MIn	Freestyle			0		



Editor's note: this picture was not taken at the Glennie pool and any resemblance to Tadpole members is purely coincidental!

Thankyou breakfast for Swim for Hospice 2012



Mark Munro receiving the cheque from President Stephen Gray



The highest fund raisers- Alison Beattie and Seth Long, with Mark and Stephen.

Bronze training

You can be assured that all pool deck supervisors are now up to date with their Bronze Medallion training. Sally Curtis assessed this group Sunday 27 May. Lionel is pictured "saving" Steve Mina.



The Registrars' Ramblings



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

June

Bill Waterhouse 5th Max Lennon 7th Dave McLean 10th Tracey Stephens 14th
Bob Edwards 15th Kev McKeon 16th Joanne Lee 21st Sue Walker 22nd
Simon Isakka 25th Shayne Baker 26th John Creedon 28th Debbie Wagner 29th Brain Luxton
30th

July

Dick Williams 4th Rosalie Lutvey 7th Prue Braund 10th Julie Adrian 12th
Alison Beattie 19th Nigel Beaman 22nd Nev Bambrick 23rd Hugh Stevens 30th
Greg Biggs 31st

NEW MEMBERS

Two new members have joined our ranks during April and May; Kathy Haenke, and Calvin Lawson. On behalf of the committee welcome and we hope you enjoy your swimming. So if you see Kathy or Calvin ensure you welcome them to the club.

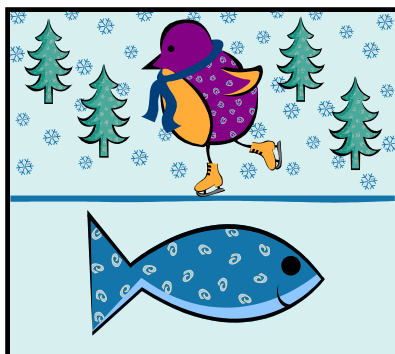
Membership now stands at 83! We also had a couple of members renew their membership which is great to see so membership has jumped from 78 to 83!

NEW MEMBER KITS

All new members should have their "new member kits" but you may not as yet have your membership card. These are sent out by the state office and I will forward these on as soon as they arrive.

Until the next newsletter.
All the best and I hope to see you at the pool

Bill Waterhouse (Registrar)





Upcoming Swim Meets in 2012

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

June				
3 – 17	WORLD MASTERS C	Long		Riccione, Italy
(Sun) - 3 rd	Ipswich Masters	Long	13/12	Ipswich Grammar School
17 th	Caboolture Crays	Short	14/12	Burpengary Aquatic Centre
July				
14 th	Brisbane Southside- cancelled	Short	15/12	Brisbane Aquatic Centre
28 th	South Burnett	Short	16/12	South Burnett Aquatic Centre
August				
18 th	Brisbane Northside	Short	17/12	The Valley Pool
25 th	Rum City	Short	18/12	Bundaberg Swim Academy

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

https://memberdesq.imgstg.com/index.cfm?fuseaction=custom_data_main&ItemID=46225&OrgID=3400

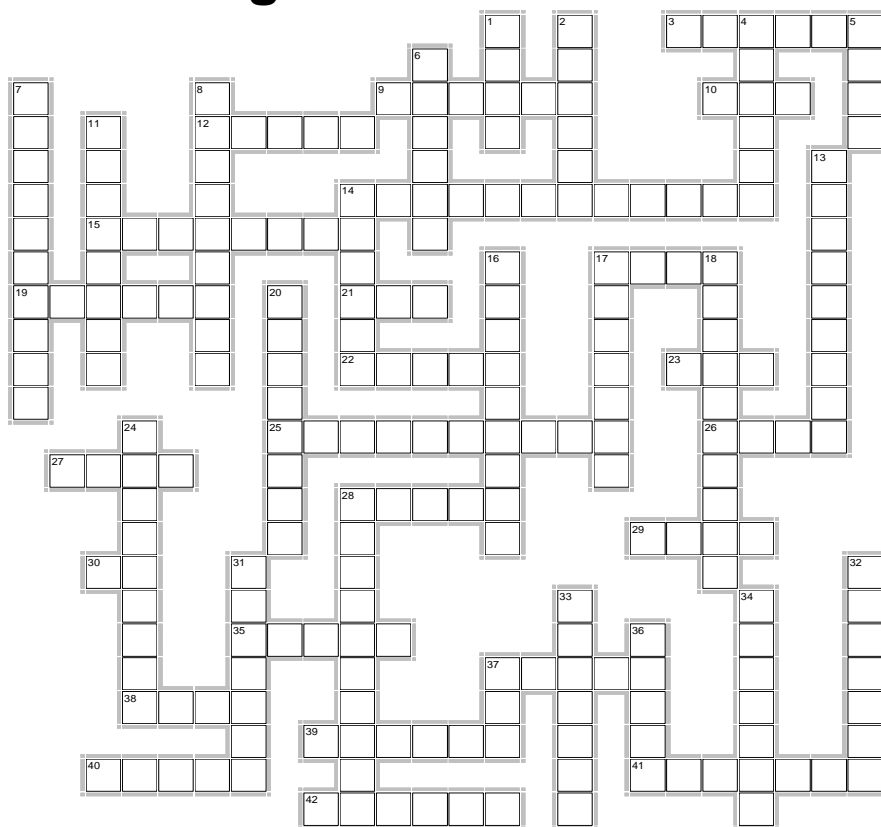
Copies of the complete 2012 swim meet calendar will be available on the desk at the pool.



Dates to remember

- From **Sunday 10 June**, training will be held at Centenary heights Pool in Ramsay Street. This will be for about 6 weeks, until approx. **22 July**. Times remain the same.
A late change is that Centenary pool will be closed Sunday 24- Wed 27 due to asbestos removal at the school.
- Sunday 17 June: Breakfast at Platform 9. Let the secretary Paula know numbers by Monday 11 June
- Toowoomba Tadpoles Swim Meet Saturday 15th September-Prizes for Multidraw raffle needed.

Swimming crossword



EclipseCrossword.com

Across

3. The final swimmer in a relay
9. What you set if you swim a time faster than all others
10. the blank firing pistol used to start a race
12. a team of swimmers complete in this
14. This stroke is done on the breast
15. The official who controls the swimmer flow at a swim meet
17. On your feet, these help you go faster
19. Type of award given to the winning team
21. This keeps your hair dry when swimming
22. A portion of an event, shorter than the total distance, that is timed
23. Number of lanes at the Glennie Pool
25. Swimmers do this on their back
26. The command to take your starting position
27. What swimmers do in the pool
28. The race with the fastest swimmers
29. Where swimmers swim up and back
30. A personal best
35. The resting phase of a swimmer in the lead up to a swim meet
37. A stretch material used to make competitive swim suits
38. How to start a race
39. What a swimmer does at the beginning of training session or before a race
40. These are located 5m from the end of the pool
41. The head official at a swim meet in charge at a swim meet.
42. Four of these are competitive

Down

1. What you swim in
2. Awards given to swimmers at meets
4. This could be short or long
5. A single swimming competition
6. Four different strokes form this event
7. A fast way to turn in freestyle
8. Crawling the Australian way
11. What a swimmer does at the end of a training session or after a race
13. The large clock on the side of the pool to help swimmers pace their training swims
14. What swimmers dive from
16. Elbows must come out of the water with this stroke
17. How many metres you can go underwater at the start of a race or after a turn
18. To go faster do this when you push off the wall
20. A flotation device used for pulling by swimmers in practice
24. A flotation device used by swimmers during practice
28. If a swimmer leaves the starting block too early at the start of a race
31. Swimming helps you maintain your _____
32. Blown with two laps to go
33. What you use your legs for in swimming
34. These keep your eyes from being irritated when swimming
36. What a pool is filled with
37. One length of the course (pool)

New club clothing

The first order of our new club clothing arrived early April and members seem to be happy with the look and feel of the new polo shirts and jackets. We are now taking requests for another order, particularly track pants, more polo shirts and jackets. We need a minimum of 20 of each item to place an order. There are quite a few people who have placed orders already, but we still need more to reach the required minimum number.

The prices are:

- Polo shirts \$28
- Jackets \$63
- Track pants \$39

If you are thinking of ordering any clothing item, please do so ASAP, by placing your name and details in the "clothing order" folder at the "desk" or talk to Stephen Gray or Sue Walker.



Regards Sue



Committee contacts

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

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

Fun, Fitness and Friendship

Lane Warriors Summary

Adrian_Julie	3250	Fargher_Ben	13850	Lawes_Barb	56900	Scotney_Lionel	45900
Antonio_Maree	63000	Fletcher_Phil	43700	Lee_Jo	22850	Shackleton_Brian	30100
		Ford_Marcus	72150	Lennon_Max	51250		
Baker_Mona	14850			Lutvey_Rosalie	15650		
Baker_Shayne	9550					Stark_Marien	17400
Bambrick_Nev	18900	Gilliland_Trevor	67850			Stevens_Dorothy	11150
Beaman_Nigel	102950	Gray_Stephen	77800	Maclean_Kirsty	20650	Stevens_Hugh	63100
Beattie_Alison	1500			Maclean_David	13900	Stevens_Malcom	9250
Biggs_Greg	29275			Martyr_Nichola	10650	Stevenson_Kim	39450
Biggs_Steph	11475	Harding_Paula	52725	McGovern_Des	15150	Stewart_Margaret	20300
Boland_Kim	39350	Hendy_Carly	80850	McKeon_Kevin	25450		
Brown_Lisa	6900	Hill_Lou	215400	McMaster_Debi	67700		
		Hills_Robert	12900	McMonagle_Peter	71900	Taylor_Narelle	6000
		Hindman_Beres	6500	Metcalfe_Jane	13450	Todd_Ann	11700
				Muller_Sonia	15450	Torr_Matt	52400
Carlsh_Wayne	164800					Treaise_Paula	19950
Conrick_Margaret	48700	Isakka_Simon	28950			Turner_Peggy	40500
Cooke_Cecily	6300			O'Brien_Grahame	31450		
Creedon_John	7400			O'Gorman_Paul	5400		
Curtis_Brad	141600	Jones_Alان	11600	O'Sullivan_Vanessa	39900	Wagner_Debbie	24700
						Walker_Sue	57250
						Waterhouse_Bill	52850
Dampney_Amy	8100	Keen_Jody	37500	Parravicini_Colleen	42400	Welke_Ashley	16040
Davidson_Jill	18750	Keen_Nic	24400	Power_John	38450	Williams_Richard	15900
deKeyzer_Paula	12650					Wilson_Judith	17600
Doyle_Thelma	27050						
				Robinson_Lyn	43700		
				Ronan_Jason	31600		

Total
2,809,025 metres after swimming on

17/05/2012