

Manly Murmurs

July 2007



A word from our President – Lindsay Brice

Swimming results

Manly Masters Swimming Club continues to do well at swimming carnivals, coming within the top 8 in total point score and average point score. Thanks to good numbers and full participation in relays. Some of our top swimmers have been breaking State and National records. Many swimmers made it into the Australian Top Ten.

Barbara Vickers, Tony Goodwin and David Lawler are in the 2006 FINA World Top Ten list. Gary Stutsel, Alan Burfitt, Tony and David are the members of the 280 Men's Medley Relay team also in the Top Ten. Many swimmers are recording Personal Bests, right through the range of abilities, thanks to regular training and attention to technique in their training. We have a keen group in lanes 5 & 6. Several were keen enough to enter in the State Championships after only a few training sessions.

Coaching

Jean Low is now coaching on Saturday mornings, keeping lanes 1, 2 & 3 on their toes. She is gaining her hours towards a coaching qualification under Liz's watchful eye. Jean's assistance takes a load off Liz so Liz can concentrate on improving the swimming styles in lanes 6, 5 & 4.

Timekeeping and officials

15 swimmers attended the Timekeepers' Course run by Ruth in March. Many are now getting their hours up, at carnivals, towards becoming qualified timekeepers. It's good to see Manly swimmers

actively helping out at carnivals. Sometimes you'll see 5 froggy T-shirts in the line up of timekeepers at the end of the pool when our 'quota' is only 2 or 3 timekeepers. Who will be first to finish their 8 hours and qualify as timekeeper?

Marie Taylor has qualified as a Marshal. Ted Samojlowicz has qualified as a Check-Starter. Congratulations Marie and Ted.

There was an administration award presented at the NSW AUSSI AGM in June for "outstanding contribution to club administration". Ruth Fitzpatrick was nominated (without her knowledge) for the award for her 10 years work keeping the club running smoothly as Secretary. She didn't win but we know she deserved it. We'll have to nominate her again next year. (... but don't tell Ruth.)

Grant

The club has received a grant from the Department of Families, Community Services & Indigenous Affairs to buy new equipment. The money will be spent on stopwatches and a laptop. The laptop can be used for record-keeping, carnival entries, preparing Murmurs and for running our own carnival.

Manly Masters as a Diggers Sub-Club

The changes taking place at Diggers include changes to our status as a sub-club of Diggers. Sporting sub-clubs at Diggers are moving to the administration processes used with Mounties sub-clubs. We are currently negotiating with Diggers/Mounties to make sure that any changes are in the best interests of Manly Masters. No changes yet. We'll keep you posted.

The club made a \$20 donation as part of the Diggers Anzac Day Commemoration Service. The donation went towards buying books for the North Curl Curl Public School.

www.Manly-Masters-Swimming.org.au

Our own website is up and running. Fine tuning is still being done. The aim of the website is to keep members informed and to show potential members what we do.

The website was set up and is being hosted by Trevor Mills and his company WebSuburb. Soon we will see advertising on the site by local businesses to sponsor the website.

The effort of putting information on the pages is shared among several members. The Carnivals page is kept up-to-date by Marie Taylor. The calendar and its linked carnival flyers are updated regularly.

Soon everyone will receive a username and password so they can log in and see 'members only' pages.

Relocations

Mike Samuels left us in April for an indefinite period. Mike and his bride, Elena, have moved to Moldova (formerly part of USSR). Mike has found a pool where he can keep on swimming. He is still getting used to the highly regimented system of booking a time to swim and being told when he is allowed to get into the water and when he must get out. We miss his cheery greetings.

Surf Lifesavers

Alain and Lynette were awarded their Bronze Medallions after doing a course with North Steyne Surf Life-saving Club.

Lindsay

In the water

In the coming weeks training both on Tuesdays and Saturdays will concentrate on technique and increased distance to improve stamina and stroke rhythm. This is the time of year when the groundwork is laid for good performances later so make the effort to attend regularly.

Competing in Aussi (extract from the National newsletter)

Should more members be encouraged to compete? There is definitely a positive side to competition. It's the sense that you're trying to go into personal

unchartered territory—a bit scary, but also a very thrilling exercise. Training is the safe exercise we do to stay healthy and to prepare us for competition, but racing against fellow competitors, the clock and one's own personal expectations is the adventurous exercise where we push boundaries and learn something new about ourselves. While obviously we all enjoy safety, I think life can be pretty boring without a bit of adrenaline and uncertainty. So, yes, I would encourage more people to give competition a go—they have nothing to lose and so much to gain!

What's your advice to non-competing members of AUSSI? ?Aside from my earlier answer about giving competition a go, I would also encourage them to bring along their friends and family to give AUSSI a go as well. It is a fantastic way to stay healthy (especially for those of us with injuries that prevent us doing high-impact activities like running) and to find a new social outlet in which to meet friends, network and generally have a good time.

Upcoming carnivals — Get your entries in!

Next Carnival...July 22—NSW Relay Meet at SOPAC. (Closed)

NSW Long Distance SC Championships at Mt Annan August 18 & 19
Chance to swim 1500, 800 & 400 distances. Enter now!

Ryde Saturday 1st September - not far to travel.

Warringah Saturday 22nd September—Local derby—we really want everyone to have a go in this carnival.

NSW Short course Championships 20/21st October 2007 Tuggeranong (ACT)

This is one of the most enjoyable

carnivals of the year. Accommodation has already been booked and dinner on the Saturday has been organised within walking distance.

Most of us pile into cars on the Friday, swim all day Saturday and enjoy the party that night! The Sunday swimming program is short and we are on our way home by about 2pm. Partners welcome—lots to see & do in Canberra as well as cheering us on. Book the date—it's a great weekend!!! Any questions see Liz or Marie

Port Macquarie

24th November 2007—if you are interested in going to Port Macquarie please let Sandra know and

she will organise accommodation from her new home base. Email: Sandra.hollins@gmail.com All invited for Saturday BBQ dinner

World Championships 2008 (Perth)

So far we have a committed group of swimmers heading off to Perth. If you wish to join them please make enquiries to Liz Wallis on a Saturday morning or on 9905 1811. If you are concerned about your ability, all you have to do is check the qualifying times—you might be surprised at how many of us can compete.

Check our website for closing dates.

www.Manly-Masters-Swimming.org.au

Darwin — National Championships

In the Pool...

At Darwin Dawn Gledhill, Michael Gordon, Sue Kearney, Gary Stutsel and Barbara Vickers made up our team and all returned with medals. Most noteworthy result was Sue Kearney's 400m Freestyle as she took 9 seconds off the record in an event that has previously been won only by ex-Olympians. Barbara continued her domination of the breaststroke events; Dawn's PB in the 50 fly breaking the

40 second mark was great; Michael medalled in the fly; and 2 PBs as well as medals to Gary maintained his usual high standard. Well done!

Out of the Pool

It was hot and humid! Good thing the pool had plenty of shade and we were well fed by the Girl Guides. Barbara Vickers acquired a taste for BEER, sculling a schooner after a hard day of swimming. Michael Gordon found the Irish pub so he could have a

Guinness and we enjoyed a great steak.

Barbara & Dawn flew over to Bathurst Is. after the swimming finished for a 2 day camping tour. Dawn acquired a taste for Mangrove swamp worm which was pulled out of the mangrove tree by the Aboriginal guide and Barbara did a great job of hypnotizing a frilled neck lizard.

Manly Masters Out & About



HAPPY BIRTHDAY SYDNEY HARBOUR BRIDGE!

On the 18th March, 19 members & friends of Manly Masters set off at 2.30pm to "Walk the Bridge" for its 75th Birthday.

It was a great experience being under the arch and taking our time walking along in lane 6. We stood out in the crowd with our froggie T-shirts and carrying our Manly banner—everyone knew where we were from!

It took an hour to walk the Bridge and then found ourselves in the Orient Hotel for a cleansing ale to celebrate the Harbour Bridges' diamond anniversary.

Compliments go to the public transport system as there were no difficulties on the day.

MANLY CARNIVAL

Thanks to all the club members who contributed to our Raffle, especially Max for donating the sensational photo of Manly Beach. There were 8 prizes and Agnete, Sue K and Jenny were the lucky winners from Manly.

Donations of 2 sun hats by the Cancer Council at Warringah Mall and an oil burner from Blackmore's were greatly appreciated.

A special thanks to Cush, Maria & Jeanette who held the fort at the front selling the tickets.

The feeding frenzy was back on and thank you to everyone who contributed such a lovely array of food—we should go into the catering business!

Finally, a big thank you to all members for their donations—thank goodness we only have one carnival a year!

EASTER RAFFLE

To help raise funds for us to swim in Perth 2008 we held an Easter Egg Raffle on Saturday 31st March—lucky winner Vicki who had a big weekend celebrating her boyfriend's birthday and becoming an Australian citizen—We'll let anyone in!

COCKATOO ISLAND TOUR

A group of members and friends had a great Sunday out on Cockatoo Is-

land. We learnt a lot about the history of the island as a prison, home for orphans and finally a dockyard. It was a beautiful day in the sun and we may have even found a unique swimming venue.

Ocean Swims

Several members have been taking part in the ocean swims, with Denise Elder and Sue Kearney being placed 1st in the AUSSI listings. As well, Denise won the prestigious Forster swim and was placed in many others—perhaps a forerunner of a good performance at the World in Perth next April.

"What's New?"

Kinetic exercises (as used at the AIS) at 7.45 a.m. each Saturday to get your body ready for a good session. Thanks to the volunteers taking these.

Wine for Sale

Ted has 5 more cases of red wine for sale at \$8.50 per bottle. Just give him a call if you would like to buy some — 94515194.

Upcoming Social Events

Black Friday—13th July 2007

Manly Masters, family and friends are invited to a buffet dinner at the Harbord Diggers.

Where: Kahanomoku room

How much: \$25 Adults
\$12.50 Kids 5-12 yrs

6.30pm to 8.30pm

RSVP by 7th July to

Dawn: 9905 4345 or

Email: the_gleds@bigpond.com.au, or

Christine: 9948 2659

Don't forget to wear something black!



Manly Masters

PO Box 560
Harbord NSW 2095

**Welcome to
new members**

- Ray Oliver
- Barbara Andrews
- Pam Louise
- Rosemary Maddox

Our group at Cockatoo Island



Harbour Bridge walkers



Sue K, Dawn and Barbara at Darwin showing us their medals.

Tony Goodwin—male swimmer of the meet, - State Championships. Sue Kearney, was female swimmer of the meet.



Publicity Officer Wanted...

Exciting opportunity to promote the activities of our club. Key responsibilities include production of Manly Murmurs and attendance at monthly executive meetings. Plenty of assistance available. Please call Ruth on 9938 2314