



Manly Murmurs

Adults swimming for fun, fitness and friendship

WARRINGAH: GET READY FOR MEET EXCITEMENT



THEY'RE OFF - TEAM MONTREAL



GOAL SETTING FOR STATE CHAMPS



President's Report

We are up and running with our new system at the Diggers. It is good to see participation staying strong in all the sessions on offer. We are getting to know Cameron and Brooke and they are learning about our swimming abilities, our strengths and weaknesses and our commitment to self-improvement. Mia is still part of the coaching roster and it is great to see her happy face on pool deck.

Later in this newsletter you will read about upcoming carnivals. It is anticipated that all of us will compete at Warringah and as many as possible at the State Championships at Woy Woy. Every swimmer in this club is a valuable competitor – experienced or inexperienced, fast or slow, every event you swim earns points for the club. Swimming at carnivals is a big part of our Masters membership. It adds focus to your weekly training sessions; it is exhilarating and can take you out of your comfort zone and this is beneficial in many ways. Add to this the opportunity to mingle with like-minded people from all over the state, what is not to like?

Competition at the World Championships in Montreal will commence soon and we look forward to hearing all about our swimmers' adventures in and out of the pool. The pizza night send off was really enjoyable and provided an opportune moment to thank Jon for the time he spent coaching us. Also present were some of our newer members – Annie, Chrissie, Vince, Sonia and Cheryl. All in all, great food and great company; the Harbord Bowling Club is fast becoming our home for social gatherings. Thanks to Katherine, Peter G and Dawn for the extra effort that goes to making for a successful night.

The recent State relay carnival was a great team effort. Thank you to all those who put their hand up to swim in the middle of winter! The compilation of teams for this carnival is particularly difficult and a great vote of thanks goes to Dawn and Lindsay. Everyone turned up on the day which is the essential ingredient to a happy day of competition.

Keep swimming, Ruth Fitzpatrick

BR TIPS FROM A CHAMP



INDEX

President's Report	1
Upcoming Meets	2
Breaststroke made simple	3
Swim Meet Reports	4
Team Montreal	6
New members	7
Bits and Pieces	8
Between the Lanes	11

Upcoming Meets

Warringah Meet, Warringah Aquatic Centre, October 11

There is friendly rivalry meet between two neighbouring clubs at this meet. Manly has a very long history of winning the Visitor's Trophy. We rely on lots of entries from our members to make the competition fun. The meet is followed by light snacks and drinks in the clubhouse at the eastern end of the club house.

The meet is a timely opportunity to try out and fine tune your State Championships swims, as it is just one week before.

Watch out for more details from Lindsay.

Closing date is **September 23**.



State Short Course, Woy Woy, October 18-19: reminder and goal setting

Many members have already responded to the group accommodation booking. There is just one bed available, sharing in Marie's room. Closing date for entries is **Sunday September 28**. Events run over 2 days, covering 50, 100 and 200m in all strokes and IM. If you can't make the weekend, it's worth getting up for one day.

Now's the time to set a goal that you can test at Woy Woy. A goal can be as simple as to really focus on one event that you will race at Woy Woy, to do a stroke or distance you have previously not raced, to improve something specific such as your kick or your turns, or to set a specific time you want to beat.

It's guaranteed to make the weekend a lot more fun. If you enjoy doing BR, Tony's tips (page 3) are a great way to put your goals into practice.

Masters Swimming Australia June e-news had an excellent article on setting goals. It's written by Wayne Goldsmith, an American sports, life and business coach. The full article is attached to this email.



Other meets - Lindsay will call for entries

July 27 to August 10 - **FINA World Masters**,

Montreal: entries closed

August 3 - **Seaside Pirates**: entries closed.

Good luck to new members Patricia C and Sonja, who have entered this meet.

August 30 - **Ryde**: entries close August 12: 50, 100 and 200m events

Sept 7 - **Hills**: entries close August 19: 400, 100

and 25 m events

Sept 20 - **Tuggeranong** - entries close Sept 2: 50, 100 and 200 m events, coincides with Floriade

If you have entered a carnival but can not swim, contact Dawn 0419 355 438. While she is in Montreal, (Pirates and Ryde carnival), the contact is Lindsay 0414 809 526

Breaststroke made (relatively) simple by Tony Goodwin*

Breaststrokers are a select and classy group - that might be a bit biased but it is considered the most difficult stroke and the one requiring most strength - that is a fact. Having said that, there are 3 key body parts we will focus on to keep it reasonably easy - head, arms and legs - but before going further, I must stress that streamlining is far and away the most important factor and speed of hands and feet is next.

1. Head.

The head should not move when you surface for breath. Keep it at about 30 degrees to the surface and stay out of the water just long enough to grab a breath.

Trick: Always look down at the black line except as you approach the turn or finish. Excessive lifting defeats the streamline.



2. Arms.

It is not so much the arms that do the work. It is the strong shoulder and back muscles. Your elbows should bend as in freestyle before you pull. From the glide position, they should scull to just past shoulder width and then catch and move very quickly in a circular motion back to your chest before being thrust forward in the glide. The greatest propulsion comes in the

first half metre of the pull.

Trick: To engage the shoulders and back, hunch your shoulders and lift your elbows above your wrists and hands. That



will give you a much stronger pull and ease undue pressure on your arms.

3. Legs.

Ahhhhhh, the legs. By far the most propulsion comes from the legs so they must be strong and they must be effective.

Trick: Don't drop your knees before you kick. That will stop your forward movement. Lift your feet just before you kick and kick fast with a snap that ends with pointed toes as you glide into the streamline. That fast snap is the secret!



Finally, every time you dive, glide or turn, return to the most streamlined body position you can and practise it at every training session.



** These BR tips are from a true master and champion. It's hard to keep track of how many breaststroke records Tony has. He currently holds at least 2 world records and is ranked 1st in the world for his age group in each of the 3 BR events, for both short and long course. He also currently holds state records for butterfly. He has previously held more than 100 Masters Swimming individual and club relay records. We wish him well in Montreal.*

Swim Meet Reports

Ettalong

15 Manly members attended: 9 women, 6 men. We came **second** in the total point score, as well as in the average point score.

The Meet: Greg's thoughts

Many people are weird about numbers. We all know about 13!! But beyond that. I prefer even numbers to odd numbers (I try really hard to select my own "even" table number at the local coffee shop) and I always liked the nine times table because the answers always add up to nine, like magic!

And its the same when I swim. Breaking national records is not within my expectations and PB's are wonderful but there is also something extremely satisfying about going under a whole number. Doing 39.99" for a 50 metre whatever seems so much better than 40.01."

When someone asks me what time I did and I say, modestly of course, "I did 40" , I feel dishonest when I actually did 40.01. Whereas if I can say I "broke" 40 , with a 39.99 , my pleasure in the outcome is not in any way diminished by a moral compromise.

So to make a short story long, I did a 25 free at the recent Woy Woy meet and swam a 14.90, both a PB and my first time under 15.000000 seconds. YAY!

Records

Steve added to his record breaking marathon of 10 records since January, 2014. He broke the 50 BK, 100 BK and 200 BK National records.

Tony broke the 25 FLY State record. It was exciting to watch these events.

Age Group Winners

First - **Dawn, Steve, Tony**

Second - **Pam**

Third - **Greg**

PBs

2 each for Sue A and Pam. 1 each for Greg, Ian, Mary, Katherine A-S and Marie

Official training

Ruth, Dawn and **Mary** attended training sessions for official roles that are new to them; **Marie** refreshed her existing training. **Tony** had already updated his training at the Manly meet.



Clarence River, Yamba

Katherine A-S was our only entrant. She scored a massive 70 points, winning all of her events.

Hunter Festival of Sport

Ruth was our only entrant to the Hunter Festival of Sport. She won the 400 free, in a time faster than she has done in nearly 10 years. Consistent practice certainly reaps rewards. She also managed to get in some Judge of Stroke training. This is Ruth's last step before being able to train as a referee. .

Relay meet

27 relays, overall 7th for the club. Placings for 15 out of 27 relays entered. Special mention to the state record breaking team - Sue J, Marion, Ruth and Kaye B - for the 4 x 100 Medley 280+ women's relay.

New rules were being implemented and the refs were checking for watches, taping and removable jewellery.

Steve was presented with his multiple BK national and state record certificates.

Ruth and Tony were Check Starters. Lindsay and Carolyn have put photos on Facebook.

Chrissie's and Carolyn's Report

Everybody arrived keen to get the meet off to a positive start taking in the atmosphere of the Olympic pool and it's facilities.

1st up was the Men's 100 x 4 relays which was unfortunately delayed by a failing timing system. Everyone was poised to cheer them on but it took a while to get things up and running. Once the officials made a plea for good old fashioned stop watches the show could go on and so could the cheering too!!

It was all pretty hectic to start with but we all got into it - with invaluable direction of Dawn, poolside ensuring we never missed a race!!

There were two newbies on the block attending their first Manly masters carnival.

Congratulations to Vincent & Annie who both made great additions to the team! Vince was pleased with his 1.05 in the 100 freestyle & 29 in the 50. Well done - awesome effort! Annie was happy to still be breathing after the excitement and effort of her first race!!

Another popular part of the day was the spa facility where you could mostly find us all conducting our warm downs - especially Katherine!!

Kerry had a stroke of luck - her long lost trackies were returned to her, after a year, courtesy of another club member.

At the end of the day everyone put in a great team effort and we all had a good laugh at the same time aided along by Katherine and Dawn's new team dance - Gooooooooo Manly!!!!

Results

First

400 FR 240+ : Jan, Sue J, Pam and Kaye B

400 Medley 240+: Carol, Sue A, Dawn, Jan

400 Medley 280+: Sue J, Marion, Ruth, Kaye B

(State record)

200 Medley 200+: Carol, Dawn, Chrissie, Kaye

Second

200 Medley 200+: Steve, Tony, Dawn, Chrissie

400 Medley 240+: Steve, Tony, Vince, Lindsay

Third

400 FR 280+ : Ted, Kerry, Marion, Peter M

200 Medley 280+: Kerry, Marion, Lindsay, Ted

100 FR 200+: Kaye B, Carolyn, Katherine W, Dawn

100 Medley 160 Carolyn, Sue A, Chrissie and Katherine W

100 Medley 240+: Sue J, Kerry, Sue S, Annie

100 Medley 280+: Kerry, Marion, Ted, Peter M

400 Medley 200+: Dale, Matthew, Dawn, Jan

200 Medley 240+: Ruth, Sue S, Pam, Annie

200 Medley 200+: Steve, Matthew, Dale, Peter M



Team Montreal

..... *au revoir @Harbord Bowling Club*

What a great night it was with 30 or so club members coming together to au revoir our fellow comrades as they prepare for the Worlds at Montreal. The pizza was delicious as was the wine and beer! There was much laughter and conversation.

We presented each member of our World team with a small token of goodluck. Of course we expect to see them donning their Aussie bandanas and red and white nail polish in Montreal. Dawn, our club captain, received a special sun shade sporting sequins and bling to ensure she doesn't get lost in the crowd. In the event Dawn does go missing, look out for the sequins!

Thanks everyone for coming along and making it a great night.

See you in the pool, Katherine



..... *the races @ Montreal*

Teammates in Australia will be cheering for our club members to achieve their individual goals: doing a world qualifying time, doing a PB, medalling in top 3 or top 10, or setting a new record. Safe travels and good luck to all.

Team Montreal

- Dawn* 100 FR, 50 FLY, 100 FLY, 200 FLY, 400 IM, 240 + FR and medley relay
- Jan* 240 + FR and medley relay, 50 BK, 100 BK, 200 FR, 100 FR and 50 FR
- Karen* 200 FR, 400 FR, open water
- Kaye B* 240 + FR and medley relay, 50 FR, 100 FR, 200 FR, 400 FR, 50 BK
- Mary* 200 FR, 800 FR, open water
- Steve* 50 BK, 100 BK, 200 BK, 200 FR, 200 IM
- Sue S* 50 BR
- Susan A* 50 BR, 50 FR, 100 FR, 200 FR
- Marilyn* 240 + FR and medley relay, 100 BK, 200 BK, 50 FLY, 100 FLY, 200 FLY
- Pam* 50 FR, 200 FR, 400 FR, 200 BK, 50 FLY
- Peter R* open water
- Tony* (second claim Marlins, Vic) - 50, 100 200 BR, 50, 100 fly, 320 + men's relay FR and medley

Peter R is the **Roaming Reporter**. Team Montreal - please keep him informed. Also keep us in Aussieland up to date by posting on Facebook. Peter's special *Montreal Murmurs*, covering the whole meet, will come out shortly after the meet closes. Lindsay will keep the webpage up to date.



..... *looking for results? find them on Facebook*

Facebook is an excellent way to get the results and trip info. There are 2 ways to get into Facebook loop. NSW Branch has their own Facebook account. You can follow them at <https://www.facebook.com/mastersswimmingnsw>. Our club Facebook page will have lots of info. You can join this private page, by emailing Ted samfam@ozemail.com.au.

Alternatively, the FINA website <https://finamasters2014.org/home/> will host a live link for results. Montreal is 14 hrs behind Sydney time: 10 pm here is 8 am in Montreal.

New members



We welcome Patricia, Annie, Sonja, Chrissie, and Vince: also welcome Cheryl - photo next page, Michael and Laura.

A bit about Annie:

“Many thanks for the welcome !I was a £10 Pom in 1959 but lived mainly in UK and India until I returned permanently last year. I have swum since I was 9 when my Dad very helpfully pushed me into a river off a fishing pier (in Mooloolaba, QLD). Fortunately I survived and have swum regularly ever since, wherever I am in the world! Now I work as a psychotherapist in private practice on Northern Beaches, and live in a multigenerational family home with my son, his partner and her 8 year old son.”

A bit about Chrissie:

“Since the birth of my baby boy Sebastian (May 2013) I had been doing monthly Ocean swims to give me a monthly goal. I decided to look for a club and came across Manly Masters. I swum competitively up until the age of 18 and so its been great to get back in the pool!! My husband and I have been in Australia for 8 years. We both originally come from Brighton,

UK. We came here for my husband’s work and have been in Manly ever since. We’ don’t plan on going anywhere for the time being.

My time is mostly taken up with looking after my cheeky baby boy and also walking my dog Missey. So if we’re not at the pool, beach or gym, we are probably at the dog park!

I’ve absolutely loved joining Manly Masters and meeting everyone, who have been so welcoming. It’s been brilliant. I’m especially enjoying the Ocean Swims on a Sunday. I am now actually brave enough to look around and see all the incredible marine life! even a few reef sharks - eek!!!

Thanks Manly Masters!!”

A bit about Vince:

“I am a father of three and an architect.

I swam competitively when I was a teenager. I stopped when I was 17. In a recent 6 month period living in Rome I joined a club and started training and competing again. I enjoyed it so much that I have now joined your club so that I can continue.

I have really enjoyed meeting all of the Manly masters and look forward to being a team member.”

A bit about Sara:

“I came to one training session in April that I enjoyed immensely and met with Pam and Peter who were very friendly and showed me the ropes. Then unfortunately sustained an injury, followed by overseas travel, followed by an operation that has prevented me from swimming. In two weeks I go on a 3 month overland Silk Road trip and will be back in Sydney end of October. On my return I fully intend to return to the club for regular training. I do look forward to seeing you then. Thanks so much for the follow up.”

New member **Laura** has just returned from a trip to England and Europe. Whilst overseas, she attended a friend’s wedding. On arrival back

at squads, she announced her engagement to Barry. Congratulations from us all.

New member **Michael**, a regular Manly pool swimmer, is now getting to many of our squads.



Picture shows newest member **Cheryl**, enjoying the Pizza night, with Sue and Mary.

Bits and Pieces

NSW Branch recognition for Dawn

Dawn was recently awarded a Certificate of Appreciation from Masters Swimming NSW. It is in recognition of the many things that Dawn does within the club and at NSW branch level. Dawn has been a very vibrant Social Secretary, and is now our Club Captain. In both roles she has worked tirelessly to encourage all our swimmers to attend carnivals, swim PBs and enjoy being in a club relay team.

National and World meets are very dear to Dawn’s heart. She attends whenever possible, organising transport, accommodation and post trips for the club.

Dawn has instigated our *Swimmer of the Month* club award.

At branch level, she had a big role in the Nationals social organisation 2013. She is often found on pool deck as Inspector of Turns or Chief Timekeeper.

And if this wasn’t enough, in 2013 Dawn also completed the first stage to become a swimming coach.

All in all, Dawn is an invaluable member of our club and a worthy recipient of the Certificate of Appreciation (Administration) Award.



Swimmer of the month - May

Congratulations to **Kerry**, for the month of May. With an overnight stay at The Glades, and support crew member Brian present, she did an outstanding 100m BR, winning her age group event at Ettalong. Her love of breaststroke is witnessed by her doing nearly 4 BR races for every 1 FR she enters!



Swimmer of the month: June

Sue J has been getting up early every Saturday morning for quite some time. She greets us at the pool, ticks our names off & takes our money with a smile! With the changed arrangement with Diggers, she can now enjoy an extra 15 minutes sleep in on Saturdays.

Sue is unassuming and generous by nature. She has a long history of helping out whenever possible



New Meet Officials

At Saturday coffee, **Mary** and **Agnete** were recently awarded their Timekeeping Certificates. Mary has already completed the next level of theory, and is well on the way to getting her necessary practice hours up.

Ruth has all the info about training to be an official.



World Masters Games 2017, New Zealand

It's never too early to start planning a holiday. The World Master Games are in Auckland, New Zealand in 2017. The World Masters Games is the single biggest multisport event on earth, even bigger than the Olympics. It's different to the FINA world championships, in Montreal this year. The FINA event is for water sports only -



swimming, diving and synchronised swimming. Swimming events have qualifying times. The Games are for all sports. There is no qualifying time for swimming. 25,000 athletes are expected. The location is a short flight for us, with the added attraction of an overseas trip. For more information go to

www.worldmastersgames2017.co.nz

Save the date: Bunnings' BBQs and Xmas party



We are doing two fund raising BBQs at Bunnings this year. The first is **Sunday, October 5** at Balgowlah. The second is at Warringah Mall, on **Sunday 14th December**.

Our Christmas Party/Presentation night will be on Sunday 14 December at Harbord Bowling Club. It's on **Sunday 14th December**. BBQ workers can relax at the party, after a BBQ shift.



Club photo shoot - thanks Max



A huge thankyou to Max Taylor, professional photographer, who used his imagination when organising us at the recent photo shoot. His professional website is <http://www.maxtaylor.com.au/php/index.php>.

Max and wife Maria ventured on a Pacific cruise shortly after the photo shoot.

Thanks to everyone who arrived on time (so early!) in their club gear. Full set of photos can be seen at <https://www.flickr.com/photos/manlymastersswimming/sets/>

At time of writing, the advertising screens for use in the Diggers Swim Centre are being finalised.

Photographs on Social and Other Media

We are happy snappers and there are many cameras and smart phones now appearing at swim meets and club social activities. The photos are taken for personal use by members, or for club use e.g. on club or branch Facebook, our website, etc. Some of these photos are displayed instantly.

If you do not wish your photo to be displayed please contact Marie (marieswims@gmail.com, or 0432 692 592 or 99384726). She will endeavour to take down any image as soon as possible, or to prevent it being displayed. We seek to promote ourselves positively within the club and broader community.

When names are used in electronic media, we encourage the use of first name only, if at all.

Between the Lanes

Current Trips

Ian and Sue's Italy trip kept Ian away from the action at the relay meet.

Lot's happening before and after **Montreal**.

Marie and Chris are about to set off on a 4WD adventure - to Cape York, via Weipa and the Old Telegraph Rd.

Vicki C did a similar trip recently.

Deb and **Peter M** have returned from abroad., with plans afoot for the next adventure - Japan.

Birthdays and new borns!



Sue A is the very proud grandmother of a baby girl - born 4:38 am July 21

August - Laura, Agnete, Liz
September - Deb, Margaret, Matthew, Marie
October - Peter M, Patricia, Katherine W

Faye's Super Exercise Class



Faye recently went to Mona Vale's Village Park to do an exercise class. She was joined by 51 other people, all over 70 years young. This is considered to be the world's largest outdoor

exercise class for over 70s. It is being submitted to the Guinness Book of records for confirmation.. The event was organised by Community Care Northern Beaches - "Keep Me Healthy Longer". For more details, phone 9998 900, or speak to Faye.

Travel: Steve and Vicki abroad



Steve and Vicki have returned from a trip to parts of Europe and Singapore. After a flight to Amsterdam, they cruised the Rhine for 7 days with tours of Cologne, Strasbourg and Heidelberg. Next was 3 days in Paris, visiting the Eiffel Tower, Arc de Triomphe and the Moulin Rouge.

Arriving in London by train, they didn't waste a moment, visiting Buckingham Palace, London Bridge, the London Eye and many more sights. A three day stopover in Singapore enabled Steve and Vicki to recover, as well as see some amazing buildings and beautiful gardens.



They can now join in with their kids when they say "been there" as images of the iconic places they visited are displayed on TV.

Patricia's account: Morocco adventure

Patricia's camel driver



I rashly booked a garden tour of Morocco with my sister; single supplement of course. We even travelled on different planes.

We did the tourist circuit through the country – Casablanca, Rabat, Tangier, Fes, Meknes, Volubilis, Marrakesh and Essaouira- the locals have been invaded here and there over the centuries by the Romans, Vandals, Visigoths, Byzantium empire, various Islamic and Berber

dynasties and colonies of Portuguese, Spaniards and the French and, in current times, by expats of various northern European countries escaping the cold, gloom and damp. It is now a monarchy.

We had a freak spell of hot weather for a week of over 40C which brought to mind “mad dogs and Englishmen...” We drank martinis in Marrakech, swam in pools but not the Atlantic, checked out court yard gardens, strange

municipal tree pruning practices, vast groves of olive trees, a sea of green dates palms, bitter orange trees everywhere (for the perfume), pink Oleanders naturalised, goats up Argan trees, the famous Villa Marjorelle garden and signs which said 52 days to Timbuktu (by camel).

The really interesting part was the 5 day desert extension out east near the Algerian border and the road trip through the spectacular Anti-Atlas Mountains. We had a camel ride to drink champagne, see the sunset and get temporarily lost in a dust storm. I was amazed to be offered a guided night tour of the dunes before I went off to sleep in my tent. At dawn, the Sahara was so quiet I could hear my heart beating.

When I came home, I washed my new berber cushions covers and the dye ran. And, yes... my sister and I are no longer talking to each other.

CONTACT US:

Web Page

[http://www.manly-masters-swimming.org.au;](http://www.manly-masters-swimming.org.au)

Email

swim@manly-masters-swimming.org.au

Mail PO Box 560 Freshwater NSW 2096

WHERE WE SWIM

Harbord Diggers Pool, Evans St, Freshwater

WHEN WE SWIM

8am Saturday mornings,

7 pm Tuesday and Thursday evenings.

Error: Apologies to second claim member, Robyn Hoare, for misspelling her name in the May Murmurs.

Swimmer Jargon:

LC = long course, i.e. a 50 m pool

SC = short course, i.e. a 25 m pool

FR freestyle **BK** backstroke

BR breaststroke **FLY** butterfly

NML = Manly Masters club. It's the official abbreviation used in meet programs, results etc.

Branch is the state governing body of Masters Swimming. *A branch record is a state record.*

FROM THE EDITOR: please send photos or news to marieswims@gmail.com.