



Manly Murmurs

Adults swimming for fun, fitness and friendship

March, 2015

Swimmer's Forum and AGM Special

President's Report (incoming)

Here we are, our first Murmurs of 2015. Very happy to re-introduce our committee – an encore performance of 2014, voted in at the AGM:

Vice President - Karen Battersby, Captain - Dawn Gledhill, Secretary – Peter Rawling, Treasurer – Matthew Mortimer, Recorder – Gloria Oldfield, Publicity – Marie Taylor, Carnival Director – Steve Lamy, Social Secretary – Katherine Woodburn, Race Secretary – Lindsay Brice, with myself as President. We will be ably assisted by our continuing non-committee positions of Registrar – Ted Samojlowicz, Gear Steward – Kay Winton with Sonja Walters taking over as Club Safety Officer. Thank you Sue Sacker for your term in this support role.

As I mentioned at the AGM, we would all welcome anyone who would like to put their hand up to shadow any of these committee positions. Find out if it interests you. None of us will be here forever and circumstances might change and force a replacement. Please think about it.

The swimmers' forum that followed the formal part of the AGM, hosted by Steve Lamy and Tony Goodwin was terrific. Thank you to Steve and Tony for their thoughtful and thought provoking responses to our questions. I now understand why they are both as successful as they are – their training regimes are truly impressive – in and out of the water.

Our calendar is full in this, our 40th year as a Masters swimming club and there will be opportunities to celebrate kicking off with our own carnival on Sunday 21st June. Every member of the club will have a part to play on that day. In the meantime, we have the State Championships at Homebush on Marsh 20th and 21st. Go Manly!

Ruth Fitzpatrick, President 2015

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Swimmer's Forum



The swimmer's forum, following our AGM, was a unique opportunity for us to ask questions of two swimming gurus. Both Steve and Tony have certainly done the yards, and have an outstanding track record. They are generous and active club members, often seen with a stop watch, assisting with supervision of meet warm up etc.

Topics covered were as diverse as our questions - everything from packing your own food (you can't rely on swim centres), to cramping, dry land work (done by both gents), taper, etc. The Q & A style allowed us to get the information we most wanted.

Tony provided a written summary of some significant points, as well as a protein ball recipe.

Tony's Power Packed Protein Ball recipe: very yummy

Protein Balls

100 g chopped cashews toasted

100 g almonds toasted

2 tbsp pepitas

Grind in food processor, then add...

170 g dates chopped

100 g apricots chopped

100 g prunes chopped

More grinding, then add...

1 tbsp ground cinnamon

2 tbsp cocoa powder

2 tbsp honey

1 tbsp protein powder

Roll up into balls (very yukky) and then coat in coconut.

You will make about 30 or 40 depending on size of balls.

You can freeze them.



Tony's Meet Preparation and Breaststroke Drill Tips

Why warm up?

1. Raise body temperature
2. Raise heart rate
3. Distance less important than quality and best within an hour of race. If not possible, do dynamic warmup. Dynamic warmup is simply a series of dryland exercises – not stretches – where the limbs move through their range.

Why cool down?

To relax and reduce the lactate that builds up after hard exercise. Easy (60%).

Best dryland exercises with no gym.

1. Dynamic warmup
2. One arm carries – reasonable weight in hand and walk.
3. Side plank
4. Dead duck
5. Shoulders on floor, knees bent and apart. Tense glutes and open and close knees.
6. If Fitball, I will demonstrate.

Best pre-race food.

Good, solid protein meal about 2 hours or so before warmup. You must have fuel.

Then carbs and protein – shakes, ripe bananas, grapes etc. Milk not good.

Best food during day

Goodness knows. Individual preference but protein balls are good. Recipe later.

Supplements

1. Endura Hydration good during and after racing. Good balance of nutrients.
2. Recover (Swisse) excellent for protein shakes. Very good balance of nutrients.

3. Creatine is proven and not banned performance enhancer. It supports muscle strength, power and energy production. (micronised is best).

Best drills

Why do them at all? They isolate parts of the stroke so you can concentrate on them without worrying about other aspects.

If they don't, why do them? Eg fists,

If they are not done exactly as the full stroke is done, they are not of much use.

A. Sculling is very good for the forearms which are very important in breaststroke.

B. 2/3/4 kicks, 1 pull. Really good for breath control but the last kick must be exactly like the first. Don't raise the head early because you are breathless.

C. Kicking without board allows you to mimic the stroke. With board, you tend to hold your head too high.

D. Underwater swims are good to improve breath control. Good drill is to kick off and do 2 pullouts instead of 1.

E. Breaststroke arms, fly kick helps with undulation. Some undulation helps balance.

Best messages to take home

a. Most people look but don't see. Watch good swimmers and try to understand why they do what they do. Then ask them.

b. Starts and turns are easy metres but so many people don't study the finer points.

c. Concentrate on where you are at the moment. Don't think about the finish till you get there. When you get on the blocks, do it properly then go to "next".

d. FAST HANDS, FAST FEET, ELBOWS UP, STREAMLINE.

President's AGM Report

Undoubtedly the best news of 2014 has been our increasing membership. During the year our numbers rose by 16; one or two might be second claim swimmers, but this also indicates that we are attracting swimmers for lots of different reasons.

During the first half of the year, we were obliged to make radical changes when management at Harbord Diggers changed the rules for our pool hire. We now have a new system of coaching and pool use in place, which has proved a financial success for the club. Publicity within the Diggers transpired under the guidance of Marie Taylor and a special vote of thanks goes to Max Taylor, for the photo shoot he organised to showcase our membership attired in our new costumes.

Now we face a new challenge; Harbord Diggers has announced that it has been granted approval for the development of the headland property at Freshwater. We are hoping not to have total disruption to our training venue, but we are mindful of needing to be prepared.

Success at carnivals this year has been on the up and up, with a stellar performance at the World FINA meet at Montreal showcasing our 3 World Champions, within a total a group of 9 female and 2 male intrepid swimmers, followed up by taking home the Visitors' Trophies at the Ryde and Warringah carnivals and the Gordon Cozens Trophy at the State Championships at Woy Woy. There were many good performances throughout the year and special mention should go to Stephen Lamy who set National and State records in four backstroke events which included breaking the 18 year old record held by Bob Barry in the 100 Backstroke, along with Tony Goodwin who set National and State records in the 200 IM and 25 Fly. And one quirky little result was setting a State record with the win of the 280+ 4 x 100m Women's Medley Relay event at the NSW Relay Meet.

Our club will celebrate 40 years of swimming, along with Masters Swimming NSW, in 2015 and to mark this milestone, the committee proposed that the history of Manly Masters be documented to capture the events that had occurred over this time. Ted Samojlowicz offered to compile it. His efforts have produced a wonderful record that we are terming a 'living history' of the club which has been posted on our club website for all to see. The launching of this club history took place at our annual presentation night in December. Thank you, Ted, and other contributors, for making this possible.



A unique event was included in our calendar in 2014. The Manly Friends of Oecusse organisation, in partnership with Manly Council, requested our involvement in running a fund-raising swimming event for the people of East Timor on 23rd February. This resulted in a successful day at the Manly Boy Charlton Swim Centre when participants could choose to swim for an hour or only 50m and we were pleased to have been of assistance.

President's report cont'd

As a band of likeminded people, social events also play a large part in our club and this year was no exception. Overseas travel before and after the Montreal meet, greatly assisted by Dawn Gledhill, plenty of ocean swims including our regular Sunday morning down at Manly Beach under the watchful eyes of Karen Battersby and Lynette Coutts, topped off by some of us being lucky enough to get to the Whitehaven Beach Ocean Swim in November made up just part of our year. Closer to home our Social Secretary, Katherine Woodburn, turned on a Pizza Night to farewell the Montreal team, a TAFE dinner, fund-raising Bunnings BBQs and a lovely weekend at Woy Woy. The year officially concluded with our Presentation Night at Harbord Bowling Club where we all enjoyed a fabulous meal, made even better by being subsidised by Manly Masters.

Finally, a big thank you to all the members of our committee, Lindsay Brice, Karen Battersby, Dawn Gledhill, Marie Taylor, Peter Rawling, Matthew Mortimer, Gloria Oldfield, Steve Lamy, Katherine Woodburn and assisting in other fields, Kay Winton, Sue Sacker and Ted Samojlowicz. The club just could not function without your hard work. Also a round of applause for all the club members who put their hands up to be officials at carnivals; again, we cannot function without you. Thank you.

This time next year, let's hope we have even more members and can report on our swimmers that made it to (and back) from Kazan!

Ruth Fitzpatrick

President, Manly Masters Swimming Club, 2014

Race Secretary AGM Report

Manly Masters was represented at 23 swim meets over the last 12 months.

NSW BPS (Branch Point Score) events:

Manly swimmers entered 15 out of 16 NSW Branch Point Score meets.

43 swimmers entered for Warringah's meet & 29 at our own. For 3 meets, Katherine Ahern-Sharpe was our only representative.

Katherine Ahern-Sharpe entered 14 meets.

Average of 11 swimmers for each of the 15 meets.

NSW State events:

23 or 24 entries for the long-course, short course championships & relay meet; 10 for the long-distance championships.

5 entered the *Nationals* at Rockhampton; 8 entered the *Worlds* at Montreal.

Ruth entered the Hunter Festival of Sport. Carol Mitchell entered the Pan Pacs, Gold Coast.

Submitting entries on paper on Saturdays or by email worked well. Payment by cash or by EFT to our account worked well, with a few reminders.

Lindsay Brice, Race Secretary

Top 10 Swimmers

Every year Manly Masters Swimming publishes those swimmers who have done a 10 top swim in the year - at state level, nationally, and internationally. The state and national top 10 are listed below. It's a great honour for the club to have so many top 10 achievers.

Some of the top 10 listings come from "split sheets" that Gloria collects during the year. If you have swum a 800 m race, the split sheet will have a 50m, 200m and 400m time. Gloria registers these times for consideration of top 10 swims.

You can follow yourself, and your opposition, during the year at <http://www.portal.aussi.org.au/index2.php> This site is known as "MSA Results Portal". Choose the *Ranking* tab to get age group rankings etc. Chose the *History* tab to see your personal swim profile, i.e. times for all the meets you have attended.

The world top 10 will become available in April, so stay tuned.

AUSTRALIAN TOP TEN 2014 - Individual & Relays

Barbara V-Baker	Kaye Beer	Jan Bradshaw
Lindsay Brice	Vicki Cogan	Patricia Cretin
Chrissie Drewitt	Ruth Fitzpatrick	Dawn Gledhill
Tony Goodwin	Annie Gurton	Robyn Hoare
Kerry Ilsley	Lina Izossimova	Greg Jewson
Sue Johns	Stephen Lamy	Carol Mitchell
Dale Moore	Matthew Mortimer	Peter Mulholland
Patricia Novikoff	Gloria Oldfield	Pam Rawling
Peter Rawling	Marion Robertson	Francesco Romani
Carolyn Samojlowicz	Ted Samojlowicz	Faye Seeney
Barry Seymour	Ian Sharp	Katherine A-Sharpe
Vincent Squillace	Marie Taylor	Debra Thackeray
Ray Watson	Katherine Woodburn	Mary Woodward

NSW TOP TEN 2014 - Individual & Relays

Susan Anderson	Karen Battersby	Agneta England
Sue Sacker	Giles Stapleton	Max Taylor

New Life Member: Faye Seeney



At the AGM, Ruth moved: "With the celebration of our club being 40 years old this year, and with this milestone in mind, it is with very real pleasure that the committee has nominated Faye Seeney for Honorary Life Membership. Our Constitution states this to be confirmed by majority vote at a General Meeting. Life Membership is considered for those who have rendered special service to the Club. Faye is our longest standing member – she joined in 1987 and her first carnival was at Ryde. (If you ever wondered about the value of our Recorder, currently Gloria, this is a wonderful example.)

Age is no secret in Masters swimming – Faye was 51 years old then and has been an active member for 28 years – and we are acknowledging that achievement.

She has served the club well in her 28 years – always entering as many events as possible and performing in relays with enthusiasm. Others in this room know Faye well from trips to Darwin, Hawaii, New Zealand and many inter-state championships. This might not be the traditional path to being given the status of Life Member but this is a unique year and Faye's reward is unique too.

Faye's enthusiasm at carnivals was the first thing I remember about her. She certainly helped me overcome my fears about not being a valuable competitor.

It is hard to believe that I have known her now for over twenty years – it has gone by so quickly.

Could you please indicate by a show of hands your acceptance of this nomination?"

Show of hands was unanimous, with warm applause.

Faye says: "How proud I am to be made a Life Member. Very overwhelming."

Photo courtesy of Lindsay

New Safety Officer



Sonja Walters is our new Safety Officer. She is certainly suitably qualified. Sonja has worked in Occupational Rehabilitation for 20 yrs. She is currently Chair of Risk Committee on a board and is Chair of Human Resources and Nominations Committee on Link Housing Board. Work, Health and Safety is critical for her director role with both boards.

Sonja looks forward to familiarising herself with our specific needs. Sonja's role is an important component in keeping us safe, and therefore happy, when swimming.

The John Vidal Memorial Trophy



The decision to award Pam Rawling with the John Vidal Memorial Trophy was a very happy one.

Pam fitted the criteria admirably. She has been a member for more than the required five years and served diligently as Secretary for the club. Her back stroke and freestyle races are a joy to behold and though she isn't a fan of breaststroke, has even added butterfly to her repertoire of events. Anyone who knows Pam can attest to her cheerful nature and positive attitude to life which flows through to all her time spent with fellow swimmers, in and out of the water. Truly, a well deserved recipient of

this prestigious trophy.

Pam says "I am so chuffed to receive the John Vidal Trophy. Swimming is such an important part of my life and I am very proud to have been chosen in 2015."

Save the date: reminder

September 12, 2015, 40th Anniversary dinner.

We know this celebration will be at Ryde Eastwood Leagues Club, but await details. As we are a foundation club, we expect many of us will not want to miss this fun packed night. It's our party, too.



CONTACT US

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Email

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Facebook

Contact Ted samfam@ozemail.com.au to join our group

WHERE WE SWIM

Harbord Diggers Pool, Evans St,
Freshwater

WHEN WE SWIM

8am Saturday mornings,
7 pm Tuesday and Thursday evenings,
5:30 pm in school holidays