

# Manly Murmurs



## More Members

**Our motto** *Fun, Fitness and Friendship*

### Current membership

The club's membership has dropped in recent years from over 70 in the past, to 59 members. There are no members in the 20 to 34 age group and the average age (male and female) is 62 years.

We need YOU to play an active part in attracting members

### Recruitment

The committee has endorsed Ian Sharp's recruitment plan and we all need to support it. The membership target is between 70 and 80, so we need to recruit 15 to 25 new members. To ensure the club's future we need to recruit younger members in the 20 to 49 age group. However new members in any age groups will be welcome. Master Swimming exists to encourage adults to swim regularly and compete, in order to become fit and improve their general well-being.

### What we offer

- flexibility in the frequency of participation in training, competition and club events
- swimming for fun, fitness, friendship and participation
- training twice a week throughout the year in a 25m indoor pool
- professional coaching in all strokes
- option to compete regularly at carnivals and championships, at club, state and national level
- participation in club social events

**The best way to recruit is by word of mouth. Anyone thinking of joining will probably feel more comfortable if they already know a member.**

Some existing members may be parents of our target group. We encourage members to approach their children and their friends, or anyone in the target age group.

Place flyers at community centres, gyms, sports centres, especially Warringah Aquatic Centre, Manly Council Swim Centre and at local shopping centres (Manly, Balgowlah, Warringah Mall, Freshwater). Members are asked to assist with posting of notices and should discuss protocols with Ian Sharp.

### Committee will also

- review the Club web site and modify where necessary to support our recruitment plan.
- obtain posters from Masters Swimming NSW; enquire whether other support is available.
- contact Queenscliff and Freshwater Amateur Swimming Clubs to offer an off-season swimming opportunity and encourage all year round swimming with the club:
- submit articles promoting the club to the *Manly Daily*, *Peninsula Living* and Council newsletters.

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## Track Starts from coach Jon Mealor

Some swimmers prefer the grab start because it makes them feel stable on the block and powerful when they push off with both feet from the front of the block.

Other swimmers choose the **track** start - one foot is positioned at the front of the block and the other at the back. A track start may not give you as much power off the block, but it lets your body uncoil more easily and helps you get into the water faster than a grab start. **Try both starts** -- grab and track -- so you can decide which is better for you.

First choose which foot to have in front. Some swimmers feel more stable with the right foot forward others prefer the left foot. It's up to you, but try both ways.

Start with a stable foundation. When you step onto the block, first hook your front foot toes over the edge of the platform, to get all the leverage you can. GRIP the edge with your toes. Position the back foot with the toes pointed forward. Some swimmers have their back foot angled out to the side, but it's not good technique, you'll introduce a twisting motion when you push off. With the rear foot pointed forward when you begin to push off, you'll be sending your energy FORWARD.

Once you have a solid base with your feet, grab the block with your hands, outside your feet and about shoulder width apart. Wrap your fingers around the edge, get a good grip, just like you did with your toes.

When it's time to 'take your mark,' you want to be coiled and ready to go, but stay a little bit relaxed and don't let your shoulders, neck, arms, and legs tense up. If you can, look straight down.

Pull against your hands and shift some weight to the back foot. To initiate the start pull with your hands. Aim for a clean entry, with your arms in tight streamline, and hold the streamline as you start dolphin kicks.

Clean entry, sending your body through one hole, and leaving as small a footprint as possible.

Here is a review the track-start basics one more time:

### On your marks

- Grip the block with your toes and fingers.
- Position the rear foot with toes pointed FORWARD.
- Look straight down with your eyes.
- Keep your head, neck, and spine in one continuous line.
- Get set...then lean back slightly to get ready to go.
- Explode forward by pulling with the hands.
- Streamline your entry, with head between your arms.
- Hold your streamline to maintain momentum.

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## Volunteer of the Month

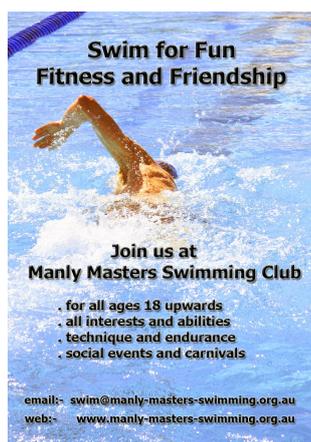
Congratulations to Katherine Woodburn inaugural winner of the prize for Volunteer of the Month! Katherine very promptly rescued a swimmer during the Manly Carnival warm-up. She was nominated by Jillian Pateman, Administrator Masters Swimming NSW. The NSW Master Swimming Board accepted the nomination and awarded her the honour. They commended her effort at Manly's carnival especially as it was her first carnival and her first time acting as a warm-up supervisor.

**To nominate a volunteer** simply write a paragraph describing the person's impact on you or your club and they may win a \$30 gift card. You don't have to stay within your own club. Who looks after you, who goes the extra mile, who makes the calls or makes the tea? Our clubs are run by an army of generous souls and this is one small way to say thank you. Please email your nominee to the Branch office BEFORE the Board meeting each month ie by noon on the Friday before the 3rd Monday of the month [admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au)

**Brush up your technique** Kay Winton will lend you a DVD

**Need new goggles or cap?** Kay has a supply on Saturday mornings and can take your order for other Manly club gear: T shirts M & F costumes and two-tone blue polo shirts \$28.00  
[kay@gumbylock.com.au](mailto:kay@gumbylock.com.au) P 0416 078 567

## MORE MEMBERS



**Collect copies of this flyer from Ian Sharp at Saturday morning coffee.**

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## Our Carnival

Many thanks to all our members who generously donated goodies for our raffles and to all those who gave cash. We collected \$200 to cover the 1<sup>st</sup> prize: Overnight accommodation for two at the Formula 1 Hotel and two tickets to the National Championships presentation dinner in April 2013. Raffle prize winners were:

From NCL Heather

From Warringah Kathy, Cameron and Bev

From Manly Kay W

From Wet Ones Kairi

From Castle Hill Amanda

## Walk Seven Bridges

Join our team on Sunday 28<sup>th</sup> October and enjoy the sunshine and vista of Sydney Harbour. (we wear our Froggy Tshirts)

We catch the ferry and start walking from the Rocks. The completed walk is 26.2kms BUT you can do just a section of the walk and hop on the free return bus service. There are seven areas on the way with food and entertainment, enabling you to 'chill out' before continuing to the next stop.

For more info [www.7bridgeswalk.com.au](http://www.7bridgeswalk.com.au)

To register, click **join a team**, type in **Manly Masters Swimming**, password is **black line fever**.

Please let Dawn know once you have registered so we know how many of us are going.

## TAFE Dinner

Early in August we had a beautiful dinner at Brookvale TAFE's Pittwater Training Restaurant.

The waitering staff were very nervous as it was only their 2<sup>nd</sup> time serving the public, but they did a splendid job. If you would like to book a table there ring 9941 5382 during TAFE terms, or look up their website for future special dinners they have coming up.

## HAPPY BIRTHDAY!

Marie Taylor	3 <sup>rd</sup> September
Matthew Mortimer	11 <sup>th</sup> September
Margaret Cox	18 <sup>th</sup> September
Jennie Morgan	19 <sup>th</sup> September
Debbie Thackeray	22 <sup>nd</sup> September
Faye Seeney	29 <sup>th</sup> September
Patricia Novikoff	6 <sup>th</sup> October
Peter Mulholland	18 <sup>th</sup> October
Kathryn Woodburn	18 <sup>th</sup> October
Sue Anderson	31 <sup>st</sup> October

## Diary dates:

Saturday 17 November, BBQ after squad behind Freshwater Surf Club.

**Sunday 9 December, Presentation/Christmas Dinner at Harbord Bowling Club.**

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## **2012 Meet Director's report, Steve Lamy**

The preparation for our meet at Abbotsleigh on 19 August followed now pretty well worn tracks. We have a large core of officials whom we can draw on every year and it certainly is music to the meet director's ears when there is an enthusiastic response to the question about their availability. I wish to thank all our officials for their contributions to the successful running of the event.

We can mobilise from our number sufficient resources to cover all the other tasks. My fellow team members merit a big thank you for the various roles they played and holes they plugged.

How often does nothing of adverse consequence occur such that you say why did I bother? Well, we had a reminder of the importance of having adequate and trained medical support on hand. For the emergency our quick thinking debut member Katherine Woodburn deserves special mention. Very promptly St John's Ambulance and pool staff were in action. Thanks to all concerned, including Maria Taylor and Pam Martin. I understand Denise was discharged from hospital within a few days and was progressing well at home. We wish her well.

If one aspect could come under the microscope, it was the need to make so many announcements for replacement timekeepers on particular lanes. Whether due to apathy, or a lack of available personnel, this aspect warrants looking into, with a view to trying to avoid a repeat next year.

Congratulation to record breakers Kim Brennan, Stuart Ellicott, John Notley and Tony Goodwin, and also to winning clubs, Warringah for the visitors' point score and Penrith with nine swimmers for the average.

We look forward to seeing you again on 18 August 2013

## **Race Secretary's report, Ruth Fitzpatrick**

Thank you for entering carnivals in support of our club. We have been doing well this year. We've heard that Ryde Aussie Masters are fighting hard to topple us on total points scored for the year. We just can't let that happen, so please keep those entries coming. We have a good turn out for the Warringah Carnival - fingers crossed, this is enough to retain the Visitors' Trophy and get ahead of Ryde again. They are currently just one point ahead of us!

Most popular events for the rest of the year are Hills Carnival on Sunday 4th November which gives everyone the chance to swim long distance, as a lead in to the NSW Long Distance Championships at Blacktown Sunday 25th November. Please note Hills is a 25m pool and NSW Championships is 50m pool. The year concludes with the West Auburn carnival on 8th December. This is not the full calendar but as usual carnivals will be announced, as they become due, by email.

**Using EFT** is a popular and effective way of paying for carnivals and other occasions.

**Please make one payment per carnival** or occasion. This makes reconciling the payments for each carnival much easier for me and the Treasurer. Cash and cheque payments are still fine. Thank you.

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## **Riccione – A hotel called Perla**

Six months prior to going to Riccione, Tony had done the hard yards on the computer finding suitable accommodation for our stay. After about an hour of being there, we started to doubt Tony's usual good judgement!

We were greeted at the reception desk and our rooms were on the 2<sup>nd</sup> & 3<sup>rd</sup> floors. The lift, an old one revamped, was quite unusual - decorated inside and out with Luke Skywalker, 'beam me up Scotty' and other painting of Phantom characters! Dawn got into the tiny lift with her backpack first (there was no more room for anyone else) when the door closed she didn't know what was up/down/left or right – there was no light to see where the buttons were. After screaming for help, Karen opened the door from the outside. Dawn never went in that lift again!

Entering our rooms – was another adventure. Some of us had black-with-red velvet wall paper on all walls, and black tiles in the bathroom. Patricia & Regina were lucky enough to have artificial grass on one of their bedroom walls. Looking out our windows we could see a bingo hall opposite - none of us were game to find out what went on in there - and the next building advertised *The most famous Italian Sexy Disco* with skimpily clad ladies coming in and out.

After the initial shock we settled into the Perla way of life.

It was great being opposite the beach with two million umbrellas and sun-chairs for which you had to pay about \$15 a day. The water was flat, clean and a great temperature. After our first swim at the beach, we felt quite out of place in our Speedo costumes, so we had to go out and buy bikinis, like the rest of the women on the beach, and show our lumps and bumps!

Out the front of Perla we could sit next to the pool, watch the passing traffic, enjoy a birra (beer) and discuss all our ailments of an afternoon, with our club members and Warringah swimmers who were also staying there.

We elected to pay the 10 Euros for dinner at Perla. On the first night I thought the display of anti-pasti was it, thinking 'Yes that's good value.'. But then pasta dishes came out, then the main meal, then dessert! We were in food heaven for eight days and nights. If we were swimming early the hotel organised a light brekkie for us before we walked to the pool.

Ernesto, the manager organised the handsome doctor to attend Tony, Karen, Mary and Peter. He arrived on a motor scooter and was ushered into the rooms; even translation was not a worry for the staff. Chris Taylor had a physio call; they made a dental appointment for Dawn - language was interesting there- and took some of us to the Railway Station at the end of our stay.

As there were no laundry facilities at Perla, Mary found a laundromat 100m down the road. We think she fell in love, every day she made trek to the laundromat; he gave her a gift on the last day!

Going to Italy? We who experienced their hospitality recommend **Hotel Perla @ Riccione**.

September 2012