

Manly Murmurs

September
2015



President's Report

Congratulations, Manly Masters swimmers, past and present. What a fabulous, fun morning we had at the official goodbye swim at Harbord Diggers on Saturday 29th August.

Thanks to terrific planning and hard work by Marie Taylor and her team, there were visitors aplenty at this event. Enjoy reading all about it in this edition of Murmurs – produced this time by Lindsay, in Marie's absence.

Now we can look forward to our future home at Manly Andrew "Boy" Charlton Swim Centre. The first swim is on Sunday 20th September at 7.30 a.m. followed by our first Wednesday at 7.00 p.m. 23rd September 2015. It is a bit like moving house – we are one big family learning new habits, new routines and new patterns of behaviour. And there is the financial commitment too; this move won't be successful unless we all start swimming at Manly.

Right after that comes the Warringah Carnival – our local derby – on Saturday 26th September. Tradition sees us taking home the Visitors' Trophy but it won't happen unless we all make the effort to compete. See you there.

Finally, welcome home to Dawn, Lina and Tony – congratulations on your achievements in Kazan.

Keep swimming

Ruth

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Changes ahead

The end of The Diggers

Although the 29th will be our ceremonial last swim we have been advised that the closing date has been revised so we will continue to train at the Diggers until Thursday 17th of September. The same arrangements apply i.e. \$10 per session at the same times and days.

The start of Manly “Boy” Charlton (MBC)

I’m sure you have it noted that the first squad will be on Sunday the 20th of September at 7:30 a.m. followed by Wednesday the 23rd at 7:00 p.m. but here are some notes about the structure of our squads at Manly.

- The cost will be the same (\$10) but you will need to pay pool entry. You will remember that we have advised you of the various passes available which will save you heaps and can give you unlimited entries for your personal training sessions. You should also be aware that MBC will have a comprehensive Gym when the new complex opens so if you are resigning from the Diggers Gym keep your options open from April next year.
- If it proves necessary on a Saturday, a suitably qualified club member will assist poolside.
- A whiteboard will display the program for the session as it does now but we will have laminated sheets for the lane ends as a backup.
- You will be able to purchase a 10 session card which will be punched at each session. You will be able to direct debit the club account with the description: “<SURNAME> SQUADS” with the payment. Your 10 swim card will then be available at your next squad. You can pay cash for any one session or for a 10 swim card at the poolside at any squad session. The cards are still being produced so we will advise as to when to start payments.
- A rostered club member will be responsible for issuing and punching cards, taking cash, marking attendance sheets and taking care of club property stored on site. Contact Ruth/ if you are willing to help out for a block of one month.
- Dawn Gledhill, in her position as Club Captain , will oversee the coaching roster.
- If you haven’t been there you will find the change facilities at MBC are slightly rudimentary. The showers are hot and free but bring your own hairdryer and dress appropriately for outdoors.

- Sunday squads will follow the tradition of coffee after. In addition the kiosk will offer toasties, muffins etc.

This new era for Manly Masters will be exciting. The water at MBC is excellent (not even a hint of chlorine) and the swimming through the coming warm months will be a delight. We will be lobbying for access to the new indoor pool for the winter. Please support the new regime as we are returning to self-funding. It is up to every member of the club to make this viable. I look forward to seeing you all at the pool from September 20th.

Keep swimming

Ruth

Swimmer of the Month – August



Pam

... for accepting the butterfly leg of the relay at Pirates

The Last Hoorah

It's the end of an era.

The first Masters championship (Australian Union of Senior Swimmers, as it was known then) was held in this pool 40 years ago.

Now the Harbord Diggers pool is about to be demolished.

We had to have The Last Hoorah.

Current swimmers, former swimmers, representatives from Diggers and Manly Council were invited.

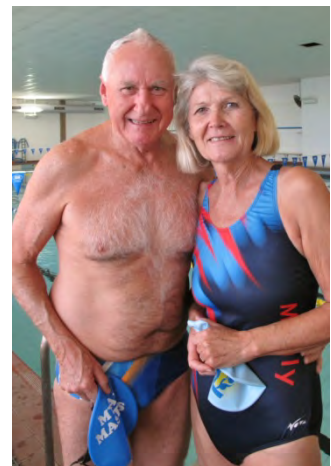
... and Manly Daily, see the Daily article 3 September.

Great turn up.

The 'Last Snake' (thanks to Brooke) at the end of the session was quite a sight.



One swimmer, Chris Lock, now swimming with Myall Masters, swam here 40 years ago. Into the spirit, he joined us in Lane 2 for the final training session.



Then an informal ceremony & morning tea in the Kahanamoku Room:

- reflections on the last 40 years
- flashbacks through images on the screen and early costumes, track suits and banners around the walls
- optimism on our new move & the future.

How many faces do you count in the group photo below?





Carolyn, Katherine & Ted tracked down and displayed earlier costumes, tracksuits & T-shirts.



Manly swimmers who started back in the 90s



Diggers representatives - Karen Shipley and John Brown



Jane Noake (MSNSW President), Beth Lawson (Manly Council). Bill Harris (former Manly president), Ruth, Chris Lock (competed at Diggers 40 years ago)

FINA Worlds – Kazan, Russia

Results

Tony Goodwin 50, 100, 200 Breaststroke
Gold, Gold, Gold
100 Butterfly 2nd, 50 fly 4th

Dawn 100 Free 3rd
4th places: 400 IM, 100 Br, 100 Fly, 200 Br

Lina Open Water (3km) 7th
50 Breast 10th



KAZAN snippet from facebook

... Tony Goodwin from Manly Club in his dead heat first place in 40.78 secs in the 50m Breaststroke in Kazan.

Tony said, "This nearly gave me a heart attack. He led for 45 metres just as he did in Italy but I just had to win to get the hat trick."

Lina's report

A fantastic time was had by the Aussies at the FINA Masters World Championships held in Kazan, Russia. The fantastic results of Tony and Dawn speak for themselves. I was stoked to place in the open water event also. In the open water events I found the water a warm 20° C, clear and fresh.



The competition pool was brand new and was accompanied by a 50m warm-up pool, so you didn't have to fight anyone to get a lane.

Each place-getter received a large proper medal and those lucky enough to place on the podium got an official ceremony, exactly like the elite swimmers!

We were all very warmly welcomed by the adorable volunteers who went above and beyond to ensure things ran like the Olympic Games. Free breakfast was available everyday and the city offered a blend of Russian and Tartar cuisine. Being a thousand years old, Kazan's churches, Kremlin and multiple opportunities for cultural adventures were mesmerizing. The city was a blend of traditional heritage with a modern, clean twist and the locals were lovely.

Can't wait for the World Cup in 2018, I can only speak for myself, but I will certainly be back! Dawn's recap of the whole event captures the general feeling, "I wish you were here".

It is indisputable that a great time was had by all!

Meet Reports

NSW Long Distance Championships

Sunday 23 August at Knox Grammar

What a silly concept – a long distance swim in a short-course pool.

That's 60 laps in a 1500m swim, 59 turns.



Helen - 400m breaststroke

8 keen swimmers gave it their best.

3 of us swam 1500m. Did we lose count? Of course!

Ruth elected to swim 400 IM – easy counting.

Vince was consistent. He gets DQ'd once each time he competes at Knox.



Katherine A-S - 400m backstroke

Hills

Sunday 30 August at Galston

4 swimmers, just enough for a medley relay team

4th overall,

1st in the average points per swimmer!

1st places: Katherine A-S, Ray,

Medley relay: – 1st X240 Katherine, Ray, Ted, Ruth

Swimmer of the Month – June



Sue M – Chief Timekeeper

From Dawn:

“Goes to our probably least competitive swimmer we have. But she is a great club member, willing to help out at any time.

Over the past few Months Sue has been gaining her hours and experience to be a Chief Timekeeper at our carnivals.

Although she has not competed at the Ettalong and Manly Carnival, she was only too happy to help out as part of her training.

She is now qualified and is looking forward to plenty of pool deck Official duties at up and coming carnivals.

Congratulations Sue”

Pirates

Sunday 2 August at Knox Grammar

18 swimmers

3rd overall in points, just 13 points (out of 500) behind the visitors trophy winners

1st places (in age group): Helen & Dawn

1st places in the Medley relays:

X200 - Vince, Dawn, Helen, Greg

X240 - Virginia, Ian, Lindsay, Katherine W

PBs:

Vince 50 Back, 100 Back

Greg 100 Free. 50 Back

Sonja 200 Free

NSW Relay meet

15 swimmers, 16 relays

3 x 1sts, 3 x 2nds, 2 x 3rds

First places to:

W240 4x100 Free Marie, Pam, Sue J, Katherine W

X240 4x100 Free Ian, Dawn, Debra, Vince

M240 4x25 Medley Vince, Tony, Steve T, Steve L

Another Personal Perspective

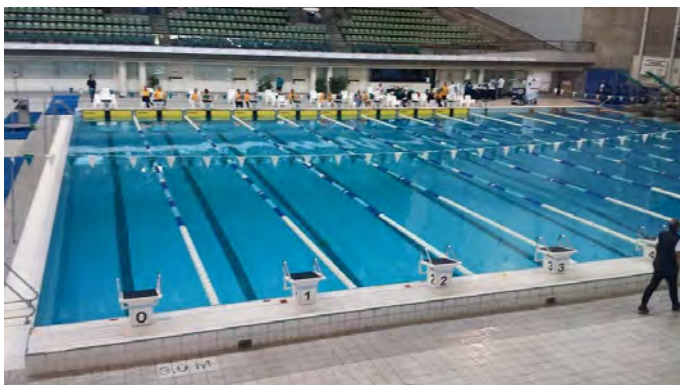
– Steve Thompson

This was my first relay carnival and one where I experienced many different feelings – anxiousness, trepidation, odd sensation, disappointment and finally joy - let me elaborate.

Being a member of a swimming team means many things – but most importantly you need to be reliable and try your hardest. After all, you are one-quarter of a ‘whole’ and if you don’t swim to your best you impact the expectations, and potentially disappoint, 3 others. As a team member you have responsibilities – they’re relying on you! As they say ‘there is no ‘i’ in team’.

But indulge me to explain the ‘i’ (ie me) as it related to each of my different feelings to my allocated teams (ie the ‘whole’).

First, my anxiousness. When I first mentioned to Lindsay that I was interested in entering the relay carnival, I thought I would do the right thing and list for Lindsay the events I wanted to swim in – which I did (4 x 25 m team races – doing 3 x Freestyle & 1 x Butterfly – mixed and men’s). When I discussed my preferred races with Lindsay he said ‘it doesn’t work like that’, as Dawn determines what races everyone goes in. Hmmm I thought. I then mentioned to both Lindsay and Dawn that I tend to be a bit selective re race events (a reflection of my lack of competitive nature).



Anyway, when I receive my list of events I discover Dawn has kindly expanded my expectations and put me down for 5 events (including 2 x 50m Freestyle - where did this come from?). I discuss my races with Dawn who advises I can swim up to 5 events. I thank her heartily yet as delicately as possible, decline. Then I hear one swimmer is sick and can’t swim (who was in 2 of my allocated races). So my initial 4 races, then expanded to 5 races, then down again to 4, suddenly drops to only 2. Now Dawn is trying to juggle things around, the night before the meet, and slot me and others into extra races. (NOTE: This is absolutely a tough job that Dawn does - especially when last minute changes are needed - and Dawn really does care to ensure everyone has a full race card). How can I let Dawn know that after all her last minute efforts, which I really do appreciate, that I don’t really mind if I only swim 2 races. And now I’m not sure of what races I’m in or how many. I’m part of a team and they’re relying on me - I should know what races I’m in.

Next, my trepidation. At the end of the swimming squad session on Saturday, the day before the relay event, we practiced our change-overs. Moving forward with just your toes on the blocks as the next swimmer approaches the wall so you can dive in fast, with momentum, and lose very little time in the change-over. But when I dived in and hit the water I immediately got severe cramps in both calves. The awkward twitching feeling in both calves lasted all day and throughout the night. Now if I get cramps in an individual event (as I have done), it doesn’t worry me too much as I only need to manage my expectations (normally fairly low as I’m not really that competitive) and disappointment. But the next day I was participating in team relay events and I have commitments to the 3 other members – they’re counting on me. All of Saturday I spend massaging my calves, applying heat bags to my calves, stretching my calves, eating bananas, taking a range of minerals and electrolytes in order to relax my calves (including calcium, magnesium, potassium & sodium).

Hey, I even tried Tony's thoracic stretch but got cramps again – bugger! I was really concerned that my normal healthy swimming menu of Mars bars, jelly snakes and Gatorade for the first time just wasn't enough. I'm part of a team and they're relying on me – can't get cramps.

Now, my odd sensation. Climbing onto the diving blocks for my first race I hadn't realised just how high the blocks were with a dizzy sensation coming over me. This was either extreme eagerness, as I was pumped up for my team, or vertigo – I think, unfortunately, the latter). I must have swayed like a tree in a gale as I didn't know where I was and couldn't get my balance. I looked around and everyone in my race was already in their starting positions (hunched over, tense and ready to go). What do I do, they're about to start the race but I'm not ready and I feel as though I might fall in and be disqualified. Now I've been disqualified for different reasons – for starting too soon and even wearing a watch (go figure) but never for falling in (wasn't that what happened to Thorpy in the Olympic trials?). Anyway, I just stood up, closed my eyes, composed myself and took a deep breath to gather myself (bugger the starters – they can wait for a moment – they're not disqualifying me this time). I'm part of a team and they're relying on me – can't get disqualified.

My disappointment – When I was discussing with Dawn how I could wiggle out of the extra races she had put me down for, Dawn tried to use psychology on me (always problematic on males). She emailed me advising if I didn't want to swim the extra races she would replace me with a spunky young guy. What did she mean by spunky and what is Dawn's definition of young? Anyway, Dawn's psychology didn't work on me as I don't know any spunky and young Manly Masters male swimmers (sorry guys). Dawn never did say who she meant. Even if I'm not spunky or young (thanks Dawn – does heaps for my ego! ha ha ha), I'm part of a team and they're relying on me - although I'm just an old & unspunky male.

So how did things finally turn out for my first relay event.

Well lastly, my joy – expressed per each of my other different feelings:

- Anxiousness: Swam 3 team races – results being:
 - Event 4: Mixed 100m Freestyle (240+): 6th place. Time: 1:25:44. Team members Peter Mulholland, Kerry Ilsley, Sue Sacker.

- Event 12: Mens 100m Freestyle (240+): 2nd place. Time: 0:59:03 (0.02 seconds behind 1st). Team members Peter Mulholland, Ian Sharp, Vincent Squillace.
- Event 17: Mens 100 Medley (240+): 1st place. Time: 1:08:55. Team members Vincent Squillace (Backstroke), Tony Goodwin (Breaststroke), me (Fly), Steve Lamy (Freestyle).
- Trepidation: Didn't get cramps (but still miss the Mars bars and jelly snakes).
- Odd Sensation: Didn't fall in, break or get disqualified – yeah!
 - Disappointment: Still don't know who that spunky young guy was!

I was part of 3 teams and they could rely on me - I didn't let them down.

All in all, I really enjoyed swimming with my team members and the chance to socialise with other Manly swimmers – great camaraderie & spirit.

Swimmer of the Month – July



Steve Thompson

Awarded for stepping out of his comfort zone to swim relays at the Relay Meet.

New members: WELCOME



Cathy and Tracy

Cathy joined in October 2014. It's great to see her back in the pool after a short break.

And welcome to our very latest new members: Stephen, Michael & Dominique.

former members

facebook note from Chrissie

"So I trained with Mr Chris Dando and his squad yesterday for the first time.
Beautiful 50m outdoor pool on a sunny day - what could be any better?!
Main set 15 x 200's on 3:40!
These Queenslanders are nuts - I'm in!!
Vince Squillace & Dale Moore - you would have loved it. Just got to get up a 4:30am to be in the pool for 5!
Totally bonkers!!! Miss the Manly Massive xx"

Ruth – qualified referee



Ruth receives her referee's certificate. Jane Noake, president of MSNSW, presented it at The Last Hoorah celebration.

Congratulations!

CONTACT US

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Facebook

Contact Ted samfam@ozemail.com.au
to join our club-members-only group

WHERE WE SWIM (very soon)

Manly 'Boy' Charlton pool
Balgowlah Road
Manly

WHEN WE SWIM (from 20 Sept)

7:20 am for 7:30 Sunday mornings,
6:50 pm for 7:00 Wednesday evenings