

RELAY MEET ENTRIES NOW  
OPEN, PAGE 2



RSVP: FAREWELL DINNER  
FOR MONTREAL, PAGE 2



HOLIDAY OR SWIM?  
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## President's Report

We have a great combination going at the club – knowledgeable and encouraging coaches and keen swimmers with great attitude. The result was evident at our own carnival at Abbotsleigh on Sunday 4<sup>th</sup> May. It was a well-run carnival with a very positive vibe. Thank you for the effort you put in prior to the day and on the day. The raffles prizes were of good quality and beautifully presented, hence a successful fund raiser. The catering was superb and well planned. The officials and computer staff worked hard and efficiently. The runners were nimble and much appreciated. Swimming was enthusiastic and, in some cases, record breaking. All this aided by rosters to keep us on track. I won't name names, but THANK YOU one and all.

Carnivals need officials and this is coming under discussion at State level. We are obliged to supply a specific ratio of officials from our own club to run our carnival. If you are a qualified timekeeper it is anticipated that you will go on to become an official. If you want to know how, just ask me, please.

Our head coach, Jon Meador, provides very well planned Saturday morning sessions. He is really getting to know our strengths and weaknesses. This is backed up with Tuesday evening training sessions at the Diggers. The new Thursday evening session runs through until the Montreal World Swim meet. Please join in. It is for everyone, regardless of prowess and will help keep us fit during the winter. If enough people support this, it might become a fixture.

The perfect opportunity – the State Relay carnival – comes along in July for us all to get together and have some fun representing Manly. To our new swimmers, be ready to put your hand up! No experience required.

*Keep swimming,* Ruth Fitzpatrick

NEVER A DRAG:



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## Upcoming Meets

### *Relay Meet: join the team spirit*

This meet is at SOPAC, Homebush on Sunday **20th July**. It's a great team day, as it's relays only. Distances are 25m, 50m and 100m for free and medley relays - mixed, women's and men's. The pool is 25 m (short course).

Entries (name only, plus \$25) need to be with Lindsay by Sunday **July 13**. Lindsay and Dawn will put the teams together, so you don't need to nominate distances or strokes.

Lindsay will collect entries after Saturday squads, and via email. We are arranging **car pooling**. Please let him know if you require a lift, or have a seat in your car to offer a lift.

If something happens that prevents you from swimming, it's greatly appreciated if you let Dawn or Lindsay know as soon as possible.

#### **Lindsay's contact details:**

[lindsay8@bigpond.net.au](mailto:lindsay8@bigpond.net.au)

0414 809 526

#### **Dawn's contact details:**

[the\\_gleds@bigpond.com](mailto:the_gleds@bigpond.com)

0419 355 438



### *Other upcoming meets*

Entries are open for Clarence River, Yamba (Queen's birthday weekend); Hunter Festival of Sports, Toronto; FINA worlds, Montreal; Pirates, Knox Grammar, Wahroonga, and Tuggeranong, ACT.

We await Lindsay's emails for more details.

Looking ahead, you can check out events for the NSW State Short Course Championship, and the NSW Long Distance Championship:

<http://www.mastersswimmingnsw.org.au>.

It's never too early to focus your training.

## RSVP: Montreal Dinner

We are organising a send off dinner for our Montreal team - Karen, Mary, Pam, Peter R, Sue A, Sue S, Jan, Dawn, Kaye, Steve L and Tony. The dinner will be at Harbord Bowling Club, Bennett St, Freshwater, 7pm, **Sunday July 6**.



To book your seat, contact our Social Secretary, **Katherine:** [katherinewoodburn@gmail.com](mailto:katherinewoodburn@gmail.com).

It's a creative Pizza night. With so many revved up swimmers, something fast is bound to happen. **RSVP: Saturday 28th June.**

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## State Champs Accommodation Reminder

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The NSW Short Course Championships are at Woy Woy, **18-19 October, 2014**. This is a weekend away not to miss. We need to firm up the **accommodation** now. The rooms are twin share Cost per person is \$55, including a continental breakfast in the courtyard on Sunday.



Book your bed by depositing \$55 into our club account:  
Acc name - Manly Masters Swimming Club Inc.  
BSB112-879 acc no. 067360414, **a.s.a.p.**  
When you have done that, don't forget to email Dawn:  
[captain@manly-masters-swimming.org.au](mailto:captain@manly-masters-swimming.org.au)

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## National Championships, Hobart, 2015

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In 2015 nationals are hosted by Masters Swimming Tasmania. It will be short course at the Hobart Aquatic Centre, April 8-11. That is the week after Easter.

For more details go to: <http://www.mastersswimming.org.au/Events/2015->

We have checked accommodation. Options are filling quickly and are a little more expensive than hoped. A club booking is not feasible. Please get together with some club mates soon, to firm up your accommodation arrangements. Lindsay has lots of local Hobart knowledge.



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## Ocean Swim Holiday - Hamilton Island

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Dreaming of white sand and crystal clear blue water? You can join the group of Manly Masters swimmers going to Whitehaven Beach, for an ocean swim. Racing distances are 750 m and 2 km.

Race details are at:  
<http://www.hamiltonisland.com.au/whitehaven-beach-ocean-swim/>

So far Carolyn, Karen, Lynette, Sue M, Mary, Ruth, Pam and Peter are going. They are staying on Hamilton Island, Thursday 13th November to Monday 17th November. There is no official organiser for the club, so speak to one of the entrants if you are interested.



## Bits and Pieces



### MONTREAL TEAM INFO

- entries close 1<sup>st</sup> June
- you can order Australian team T shirts & swim caps from:

<http://www.mastersswimming.org.au/Information/Merchandise>

- remember to email your entry to [Gloria](#)

### NEW THURSDAY NIGHT SQUADS @ 7 PM

Harbord Diggers pool and coaches. Tuesday passes valid or \$90 for 10 visits, including pool entry. See you there!

### BUNNING'S BBQ, SUNDAY 5TH OCTOBER.

More details about this important fundraiser to come. Please book in this long weekend date.

### BIOMECHANICS ASSESSMENT OFFER

Aushealth Physiotherapy, at the Diggers and Brookvale, are offering our members a Biomechanical Assessment for Swimming. Call Aushealth Physiotherapy on 9905 0048 with any questions or to make an appointment for a Swimming Assessment. Cost is discounted to \$48, including a written plan. Health fund rebates may apply. **Peter R** has additional details and vouchers.

### OFFICIAL'S TRAINING

All current Marshals/Check Starters/Clerks of Course need to re-accredit in 2014. [Diane Partridge](#) is the contact. If you have recently qualified as a Timekeeper you may be able to join in.



### NEW VOLUNTEER ROLE

Masters Swimming NSW seeks members to train as a Member Protection Information Officer. A MPIO is responsible for providing information about a person's rights, responsibilities and options when an individual makes a complaint or raises a concern in sport. MPIO's are generally impartial: they don't mediate or investigate complaints. For more details speak to Ruth or check out <http://www.dsr.nsw.gov.au/training/sportsadmin.asp>

### FREE CPR TRAINING:

.... available from the end of May until October 2014. For details contact Alison Moss at: [freshwatercommunitycpr@gmail.com](mailto:freshwatercommunitycpr@gmail.com). Sponsored by Bendigo Bank and surf clubs.

### AUSTRALIA'S BIGGEST MORNING TEA

From 9:30 am Thursday 22nd May @Harbord Diggers. Fund raising for Cancer Council. No booking needed.

## Never a drag

### *Backstroke Tips from Steve\**

Oh what a drag! Some of us spend a fair bit of our (screen) working life clicking and dragging. In the pool things can click and they can also drag. Our legs. Efficient swimming is about maximising propulsion and minimising drag. Our legs are critical to this principle, especially in backstroke. If the legs aren't moving, they sink, causing drag. Arms alone won't do the trick. Conversely, if legs are made to work they assist propulsion. How then to ensure that your legs are clicking?

I am a great fan of kick sets being part of most sessions, regardless of the stroke. The simplest one for backstroke is the streamlined one. On your back, eyes looking straight up, with arms stretched and pressing against the ears. One hand is on top of the other on or just below the surface. The kick should be just below the surface, and from the hips. If you bend from the knees you will create, yes, that word again, drag. Attempt repeats, with appropriate rests, as you would do for swim sets. Build up gradually if you have not been doing kick work regularly.

The advantage over kickboard sets is that back kicking does not offer chat opportunities. There is enough time later for that!

Other kick suggestions are to fold the arms on your chest. You will have to work the legs harder because there is more resistance given the less streamlined position.

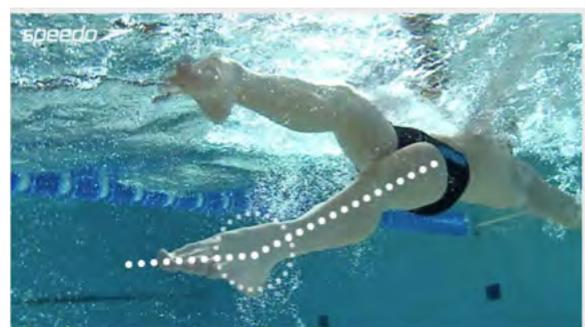
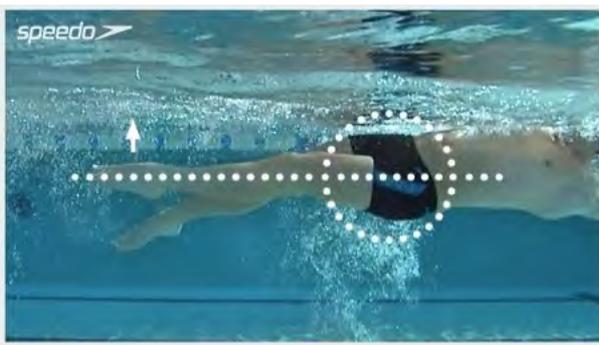
A kick mode that is very good for 'core' strength is dolphin kick on your back. You may at first find water washing over your face somewhat uncomfortable. However if you persevere with it you should notice an increased power in your kick and improved endurance.

In any of these suggestions the position of the head is important. You should be looking straight up, not just because you might be the beneficiary of divine intervention. A head craning forward looking where it has been is only creating yes, you guessed it, drag. The head well back is also the race position.

Finally, a lot of foam does not necessarily indicate an efficient kick. It should be mostly happening under the surface. Somewhat reminiscent of the iceberg.

So good kicking for there to be more clicking than dragging.

\* Since January, Stephen Lamy has broken 7 state/national records in BK. He is consistently listed in FINA's world top 10.



## Swim Meet Reports

### Manly Meet

#### By Stephen Lamy, Meet Director (abridged)

Our registered numbers of 189 were some 30 down on our June date last year. With slightly reduced numbers we decided to use 7 and not 8 lanes for racing. This would require fewer calls for timekeepers, which had been a negative from last year, plus add to the warm up / down facility. As it turned out, clubs did not need a lot of prompting to keep the lanes well staffed with timekeepers. Permit me special mention of lane 1. There we had Castle Hill, Hills, Terrey Hills, Tuggeranong (in foothills) and Liverpool (hills distant but observable). Almost a common theme here? With lane 1 alive with the sound of stopwatches no request for timekeepers needed to be made at any stage.

There was the added bonus of a finish before 3.00. The smooth running was due in no small measure to an excellent team of officials led by meet referee **Marilyn Earp**. We have been well served by our officials over the years and this year was up with the highest standard.



Congratulations to Warringah for the outright win by 113 points over the host, North Sydney for the first in the average points score and to record smashers Clary Munns NBT, Cam Horn NET, Jon Hawton NBT, Tony Goodwin NML and Bill Walker NNC.

Finally my thanks are due to all the officials and Manly members who pitched in in myriad ways, be it as officials, contributors to the raffle in cash and kind, and culinary providers ensuring the Hunger Games were the non-event of the day. Special mention is for **Lindsay Brice** in attending to all things program and computer, as well as our magnificent raffle sellers **Cush Goodwin** and **Maria Taylor**.

#### RESULTS (via Gloria):

Records: 12 records were broken at this very hot meet. Steve and Tony collectively took 4. **Steve** - national 100 BK and 50 BK (twice in one meet!) - 7 BK records, since January 2014 **Tony** - took 32 secs off NSW record for 200 IM

#### Age group results:

1st - **Tony, Steve, Katherine A-S, Jan**

2nd - **Matthew, Sue J, Kaye, Faye**

3rd - **Ruth, Dawn, Carolyn**

#### Relay wins (medley)

280+ (**Pam, Kerry, Sue J, Faye**)

240+ (**Jan, Katherine A-S, Dawn, Kaye**)

280+ (**Steve, Ted, Tony, Ian**)

160+ (**Chrissie, Matthew, Dale, Katherine W**)

PBs - **Matthew, Margaret, Kaye B, Peter**

#### Notable:

**Chrissie** - first Masters Swim meet. She came first (100m FR) and 2nd (50 FR) in her 2 events **Matthew**, managed a PB after doing the midnight to 3 am shift of the MS 24 hour MegaSwim.

## Meet reports, cont'd

### Wett Ones

This was a meet to try out a 400 event or form strokes. The races included 400 FR and IM, 200 FR only, 50 and 100 for the usual 4 strokes. All relays were 4 x 100 Medley.

Our swimmers were: Katherine A-S, Dawn and Ray. Together they clocked up 88 points.

**Katherine A-S** won her age group and all 3 of

her sprint events. **Dawn** came second in her age group, winning the endurance race - 400 IM - as well as 100 BK. Ray, sticking to BR races, came second in his age group.

**Dawn** was an Inspector of Turns. **Ruth**, who worked almost without a break, was the Starter.

### Nationals, Rockhampton

Rockhampton hosts a swish new new 50 metre, 10 lane pool. there is also a new 25 metre warmup pool, grandstand and amenities block. Work continues on the diving pool and child's pool. When completed this would be a venue many localities would love to have.

Relays always provide an opportunity for the unexpected: we had to hunt for a 4th swimming costume to avoid a nude swimmer. Problem solved, and relay well swum.

Mary, who has not missed a National's since joining Manly Masters, has written a lively diary in the "between the lanes " section, page 8.

#### Results:

**Dawn** - 1st 200FLY, 1st 50 FLY, 2nd 100 BK, 2nd 200 IM, 3rd 400IM,

**Kay** - 2nd 50 FR , 2nd open water swim, 3rd 100 FR, including 2 PBs

**Carol** - 1st 50BK, 1st 100 BK, 2nd 200 BK

**Mary's** 200 and 800 FR confirm she is on



## New Members

We have two new members - second claim. "Second claim" means a member belongs to two clubs. They usually swim with the first claim club, but join with their second club for some meets.

Welcome to our new 2<sup>nd</sup> claim members - **Marilyn Earp** and **Robin Hoare**. Marilyn, from Warringah, has joined our club so she can swim with us in 2 relays in Montreal. Robyn, an

ex Manly girl now living in Griffith, is a member of Bidgee Masters Swimming. Robin plans to spend some time on the northern beaches in the near future, so will second claim with Manly Masters.



**Robin Hoare**

## Meet the Swimmers: Jan and Kaye, from South Coast

### by Jan Bradshaw

When I moved to Milton on the South coast nine months ago, I quickly met up with Kaye Beer. She is a long time and accomplished Masters swimmer. Kaye was also well known to some of the Manly team who put us in touch. Kaye has since joined our team (NML)

Kaye and I swim at the Ulladulla Leisure Centre where we also use the gym. We enjoyed the outdoor 50 metre pool in summer with no crowds or pool rage. It's not heated! So we are back to the heated indoor 25 metre pool

Last year we trained with the local coach twice a week, as well as together, using our own programmes. Following the coach's departure in December, we now organise our own training sessions several times a week. Kaye has kept many of her own old training programmes, so she selects one and away we go! Spurring each other on! Luckily we both specialise in the same events!

When we are not training we are often to be found at the Beach Hut cafe on Mollymook Beach having coffee or lunch enjoying the scenery. It's a hard life down here.

However there is only 3 months to Montreal so it's back to the pool and gym for more training

See you all soon



## Between the Lanes

### *Dawn's quote for Manly meet*

I think the following saying was fulfilled by all our club members last week as everyone pitched in and helped.

“Ask not what the club can do for you, but what you can do for the club.”



### *April Captain's Cup Award*

**Jon Meador:** for continued motivation and inspiring us to do our best.

### *Birthdays*

**June** - Katherine A-S, Kaye B, Kerry, Carol

**July** - Ruth, Tony



Health

Best wishes to **Ray** as he recovers from his injuries.

**Michael** will be out of action for a while, as he undergoes surgery for his spine.

Travel

**Steve T** and **Vicki** are catching up with **Peter M** and **Deb** in Paris.

Steve and Vicki are visiting London and Paris. Deb and Peter have a bigger adventure, covering Japan, UK, France, Spain, Belgium and the Netherlands.



Photo shows them enjoying segway transport.

Mary's National's Diary

by **Mary Woodward**

*Tuesday:* Arriving by plane late Tuesday afternoon, looking down at a land soaked by cyclones Yahtzee and Ita, at a wide, muddy and meandering Fitzroy river, inhabited by saltwater crocodiles, and hills dark bottle green with dense vegetation circling the country town of Rocky. The temperature is about 25, slightly humid, some cloud cover, perfect. Glorious weather which continues for the whole Meet.

I share a taxi with Clary Munns to the hotel, where I quickly unpack and head to Dawn's room where I have been told dinner awaits. Across the corridor from Dawn, Robin Hoare of Bidgee Masters emerges, graciously offering to share her suite of rooms complete with kitchen and dining for four, with us and Marion Dreyer of Ettalong. We gratefully and gleefully accept not only for that night but for the duration of

the Meet. Mealtime was a lot of fun as it turned out Robin is an ex-student of Manly Primary and Manly High schools and was in the same year as Dawn at school and we have friends in common.

*Wednesday to Friday:* Too late arriving to register on Tuesday, I do so on Wednesday. A two minute walk from the hotel is the new 50 metre, 10 lane Southside Memorial Pool, with a new 25 metre warmup pool, grandstand and new amenities. The pools were lovely to swim in. The charming old entrance and change rooms remained. Part of the complex was an active construction site, where tradesmen and bulldozers worked on a diving pool and child's pool. On registration a goodies bag is given to competitors containing a Nats/ Rocky swim cap, program, muscle pain ointment and water bottle, all very handy items. I purchase a Rocky/Nats polo shirt.



Drinks, snacks and fabulous coffee can be obtained from the pool kiosk and hot food from a van run by the Caribeae Crocs. Vorgee has a stall where you can purchase swimwear and accessories. Remedial massages are provided by Jason Kettlewell and cupping by Wayne Armour both of Body Armour Therapy, based in Brisbane and Tenerife. Jason and Wayne will be at the Pan Pacs with their stall in November. I recommend them to you for pre or post swim therapy.

A poolside opening ceremony is held on Wednesday where we all timidly sing the national anthem. The meet and greet is cancelled. An ANZAC day service on Friday is

also held poolside with a Vietnam veteran as guest of honour reciting the ode.

Marshalling for events is very relaxed, the announcing is terrific. Manly swimmers Dawn Gledhill, Kaye Beer and Carol Mitchell swim great races winning golds, silvers and bronzes in all of their individual races, so fantastic. I am happy to again do a qualifying time for FINA world's in the 800 metres freestyle and got the split times for Gloria. Manly also raced in two relay events, very exciting in more ways than one. Dawn was also in the New South Wales relay team. We all time kept.

Many old friends from other New South Wales clubs were there, including Helen Rubin, Di Coxon Ellis and Paul Bailey. New friends like Michelle and John Scott from Ayr took 7 hours to reach Rocky by driving to Townsville, then flying to Mackay where they changed planes and flew to Rocky, so Michelle could swim for the Townsville Longtan Legends.

*Saturday:* Kaye, Dawn and I attend the Presentation Dinner on Saturday night where Power Points are announced the winners of the Meet by about a thousand points. Many other announcements follow while we enjoy a lovely meal of barramundi and vino.



*Sunday:* The next day Kaye does the open water swim at Yeppoon while Dawn catches an early flight to Sydney. Robin and I on a later flight sit next to the Vorgee rep, Quintin. The three of us agree to see each other at the 2015 Nationals in Hobart. Hope to see you there to!



Robin and Kaye, enjoying a coffee at Mollymook's Beach Hut cafe

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PO Box 560 Freshwater NSW 2096

**WHERE WE SWIM**

Harbord Diggers Pool, Evans St, Freshwater

**WHEN WE SWIM**

8am Saturday mornings, \$5 plus pool entry. 6 lanes, 2 coaches.

7 pm Tuesday and Thursday evenings. \$90 for 10 sessions, includes pool entry.