

From our Coach

Hi swimmers,

I would like to start my quick blurb by saying a big thank you to you all for being such a wonderful bunch of swimmers to turn up each week. I have really enjoyed coaching and spending time with you since starting at the Diggers and look forward to many more good times ahead.

My top three list:

1. HEART RATE: I am slowly sifting through the lanes and trying to make swimmers aware of their own strengths and weaknesses. As a group I'd like to start with all swimmers becoming conscious of their heart rate during sessions and starting to know their body. If you have trouble finding your pulse, come and see me and we can work together at finding it.

The general formula we will use is as follows:

$220 - \text{your age} = \text{your maximum heart rate (MHR)}$.

$\text{MHR} - 10\% = \text{your working heart rate}$.

(This is the highest you want to lift your heart rate during my sessions. If you reach higher than this give your self a rest!)

Check for your resting HR when you're completely relaxed, for example first thing in the morning when you wake. This is a key indicator during training as you can use this to gauge variance and rate of recovery etc.

Of course this is a very general guide and heart rates will vary from swimmer to swimmer, hence the importance of knowing our own body! Please see me if you don't grasp this and we can work it out.

2. STROKE RATE: We are currently doing plenty of work to help swim-

mers vary their stroke rates and get a feel for different speeds in the water. No matter what distance or stroke you swim, stroke variance is crucial to any competitive swimmer. Make sure you understand the set program and swim the required speed/rate accordingly! (please!) Please remember that when your stroke rate increases your stroke length should NOT decrease! KEEP IT LONG, KEEP IT STRONG, KEEP IT SMOOTH AND YOU'LL IMPROVE! (So they say!)

3. KICK: I'm sure you're all aware that I have been trying to strengthen your legs....and for some people START your legs! I can't stress enough the importance of a good strong kick. Let's get kicking!

Try this test set:

Once or twice a week after a swimming session, it only takes 7-8 minutes to do a set

1. 6 x 50 sprint F/S Kick on 1.15
2. 3 x 100 sprint F/S kick on 2.30.
3. 6 x 50 sprint Fly Kick on 1.15

NOTE: Do not use a kick board. Streamline arms. Push hips down. Make sure you tense stomach muscles when you kick.

Thanks once again guys for being such a wonderful bunch to coach. Don't forget, if our sessions are completed before 9.15 am on a Saturday please come and see me for some extra coaching if there's something you wish to work on! Don't be shy!

A massive Good luck to all State swimmers.

I'll see you all on pool deck soon

Yours in swimming,

Jacque

President's Notes

Our carnival

There were many tasks by many people to make it work. Cooperation was good, everyone pulled their weight; and the carnival ran smoothly. Very impressive. We received positive feedback from swimmers and officials. The data entry operator for the relays was very slow but we'll train him or sack him before next year.

Our celebratory sausage sizzle the following Saturday went well with about 30 champions there. Thanks to Doug, Jane & Ted for organising the weather, sausages and the sizzle.

Warringah carnival

Manly won the point score. The trophy eventually found its way to us. Look in the 'Trophy Cabinet' on our website to see what it looks like.

Short Course carnival

A good turn-out with 24 swimmers. We're outnumbered by Blacktown, Warringah and Pirates. Being outnumbered didn't stop us from winning last year. With full participation and cunning relay selections, we still have a chance.

Tuesday training

What good numbers we've had lately in the warm-up to the short course. Why not keep up the regular swim on Tuesdays from here on.

2009 World Masters Games

Mid-October - 9 Manly Masters are ready to take on the world.

Manly Carnival Report

This year's meet preparation proceeded smoothly, in the main. Most of the officials from prior years were able to commit again. Our program, with the 200s and 100s alternating year to year, appears to have its followers. What was different this year was the absence, through hospitalisation, of Liz Wallis, in the few weeks prior and on the day. As many Masters swimmers would know, Liz has been an integral player for many years. Liz' comprehensive notes and other pre meet assistance meant we were well prepared.

All ran slightly ahead of time until the relays (more on that later). What your measure of a successful meet is will vary from one participant to another. If records are any indication a good number would have headed home well satisfied. In that regard, Jenny Whiteley deserves special mention for breaking 2 world records and equalling another. That pool survey required for Tony Goodwin's world mark 2 years ago will come in handy again. Brendan Foley is also to be congratulated on a world record for the 100m IM, in a disabled category.

My thanks go, in the first instance, to our officials. I have found without exception a keenness to attend, matched by reliability and expertise. They might consider they have jobs for life. My further thanks go to my club mates and related parties ie spouses and partners, and kids, namely Sasha and Amy. Whether small or large the contribution, the pieces came together to produce the desired outcome. That said, there are always matters to be worked on and in that regard I offer an apology for the hiatus between the last event and the relays, and the outstanding announcement of the average points winner.

Congratulations to Warringah for taking out the visitor's trophy and Cessnock, with 5 swimmers, winning the average contest.

Steve Lamy Meet Director

Upcoming carnivals Get your entries in!

There seems to be no let up with carnivals this year. The World Masters Games has created a very different calendar, with many clubs moving from their traditional dates. Perhaps the most notable of these changes is the North Sydney carnival. This has moved to November! Arguably the best venue in town, this is a local carnival and we thought it would be fun to have a strong contingent competing. Details will reach you soon but please put the date in the diary - Saturday 14th November.

The next few weeks brings us Ryde on 19th September (closing 1st Sept); Lake Macquarie on 26th September (closing 8th Sept); WMG 10th -16th October; Novocastrian on 31st October (closing 13th Oct) and North Sydney on 14th November (closing 27th Oct).

Then, believe it or not, there are four more carnivals before the end of the year!

Thank you for your cooperation with entering carnivals and keeping to deadlines and good luck to any of our members competing in the World Masters Games - we might even see you on television - should be great publicity for our sport.

Ruth Fitzpatrick, Race Secretary

Fundraiser at Bunnings

Manly Masters has gained the chance to sell sizzled sausages outside Bunnings at Belrose. On a normal Sunday, sales are 600-800 sausages. We've got the Sunday before Christmas, 20 December. Imagine how many sausages we'll sell then. ... and lots of exposure of our club name too. Lots of volunteers will be needed.

National Championships in Launceston 2010

It's not too early to be thinking about the 2010 Nationals which will be held in Launceston in April. Good training for Sweden! 7-10 April -the week after Easter. Held at the new Windmill Hill pool a short walk from the city. Short course this time round. See Ruth for details. Think about it; we'll need an idea of numbers soon so we can book accommodation close to the pool. An added bonus is the chance to join the Manly Masters bushwalk afterwards in the North-East of Tasmania.

Social Scene from Dawn and Christine

Christmas Shopping Tour to factory outlets

When: Sunday 8th November

Meet: 7.30am

Cost: \$36

BYO lunch. Morning and afternoon tea provided. Please contact Dawn 99054345 or Christine 99482659 ASAP if interested in coming.

James Craig tour

Be shown around this restored sailing ship by one of the artisans who maintains it - Peter Mullholland. Combined with a stroll across the bridge and through the city. Sunday 13 September. See the social program on the web or Dawn.

MANLY MASTERS OUT AND ABOUT



Vanuatu

A lesson in chilling out, watching the world go by, mindfulness. "The happiest people in the world" just want you to "relax, relax". First we had to surrender to nothing running on time (planes, swims, day trips, meals, other people) and then stop stressing about it. Embracing this flexible time-warp was easier for some than others. When the earth moved, literally, it was only our group that appeared wild-eyed in the foyer, while the rest of Port Vila (and Lynette) carried on completely unconcerned.

The swim when it happened, (we were waiting for a plane to arrive

that morning with more swimmers) was well-organized, and new steps magically appeared at the end so we could actually scramble out. As we swam, it was difficult to resist the dreamy lure of lingering too long over interesting bits of coral and brightly-coloured fish.

Sue and Patricia both placed in their age groups. The others of our group, Ruth, Lynette, Jean, Marion, Karen and Ray were all pleased with times, and just the satisfaction of having completed the swim. Gloria did such a good job as shark spotter that there was not so much as a dugong in sight.

Alaska - Glacier Bay Adventure or luxury?

Adventure

Lindsay by sea kayak

A close-to-nature trip in Alaska several years ago: including 10 days kayaking in Glacier Bay, a fjord formed by receding glaciers, in south-eastern Alaska.

Mode of transport: 2-person sea kayak.

Company: just two of us.

Accommodation: 2-person tent.

Tour guide: maps marked-up with the bear danger zones.

Catering: lots of pasta and dehydrated meals, stored in bear-proof drums, cooked on a single burner gas stove. Nothing stronger than tea or coffee.

Creature comforts: gumboots for getting in and out of the kayak in very cold water; mosquito repellent

Toilets: anywhere in the inter-tidal zone.

Wildlife: plenty, some close-up.

Campsites: scarce; occasional small flat areas on the narrow strip between the water and cliffs; or flat-ish, not so rocky areas on glacial moraine.

Extracts from the notebook.

Day 2, am: Paddled towards a flock of terns wheeling and diving into the water. We got there and saw they were diving on a school of fish, and not deterred by our presence. There were also seals rounding up and catching the fish. The seals would surface, check us out for a few seconds and dive again. Cheekier seals would pop up closer behind us.

Day 2, pm: We were just 30 metres from the shore, approaching a potential campsite when a bear wandered along the rocky beach. 'Nope, not this beach. Can bears swim?'



Patricia finishing first in her age group



Two miles further on we chose a site on a narrow point. That evening we were treated to the sight of a pod of dolphins swimming past, only 50m away, and later 3 killer whales.

3rd night: Camped on a gravel flat 2km from the end of a small glacier. The katabatic wind (that blows down glaciers) made it rather cold but it kept the mosquitoes away. Overnight we heard ice floes bumping and scraping along the bottom as the tide went out. In the morning, low tide, ice blocks littered the shore.



Paddling out we had to pick our way through a band of ice blocks.



Day 6: Picked up by the day-tour boat, about the size of a Manly jet-cat, to be dropped off at another arm of Glacier Bay. The route was via Margerie Glacier, the one shown in many tourist advertisements,

calving off huge chunks of ice. A cruise ship there dwarfed our ferry.

Day 9, pm: We needed to camp close to our early morning pick-up site. We ruled out two potential campsites because we found bear shit at each one. At the third site we found fresh bear shit. This was the last possible campsite. Couldn't see any bears. So we crossed our fingers, shovelled the bear shit aside & put up the tent.

Luxury

Max & Maria by cruise ship

Day 5: After 4 days and nights of a-la-carte dining, with fine wines, entertainment at night, endless partying, karaoke and many glasses of alcohol, not to mention sleeping in a warm bed with soft pillows to caress our tired and weary bodies, ... we finally arrived in Glacier Bay.

7am: I went up on deck to the bow of our ship to experience the cold harsh winds of Glacier Bay.

8am: The sun became too hot so off I went to our cabin to change and wake Maria. 'Quick Maria come out onto our balcony. We're approaching the glaciers.' 'I can't see any glaciers' says Maria. 'That's because they're on the other side of the ship, but don't worry, the captain will turn the ship around so we can see them from our private balcony.'

A few minutes later we were staring in amazement at a massive glacier and, dwarfed by the huge wall of ice, was a 2 man kayak.

I wished I was more adventurous.

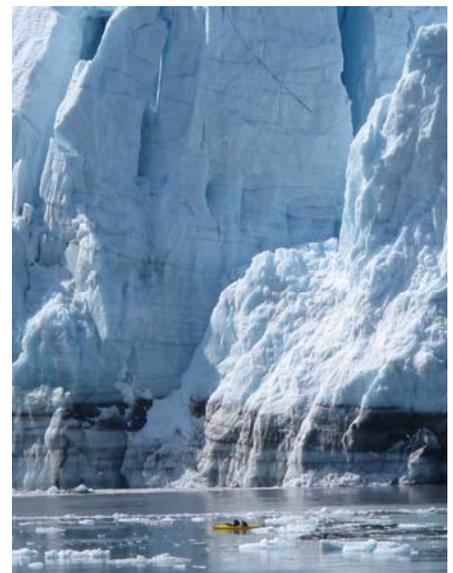
'Not me.' says Maria, 'This is much more comfortable.'

Suggested names for Murmurs

Does the name of our newsletter, 'Manly Murmurs,' sound a little too mild? Would you like a brighter, more vibrant name? If so, put forward your suggestion.

A few more names have trickled in:

- Manly Messenger
- Many Mouthpiece
- Manly Musings (possibly with Manly Memo for one-sheet issues)
- Manly Shout
- Manly Speak (possibly with Manly Chat for one-sheet issues)
- Fast Lane
- Starting Blocks
- Gurgle
- Backwash
- Manly Masters Wave Rave
- Black Line Fever
- Masters Strokes
- Manly Masters Strokes
- Aquatic Masters
- Chlorine Tolerant
- H2O
- Seagull Droppings



NSW S-C CHAMPIONSHIPS - CANBERRA



Manly had good results from the State Short Course Championships at Canberra on the weekend of 28-29 August.

24 swimmers competed; all swam in all their events and in 20 relays.

Overall results:

- 8 age-group placegetters
- over 80 individual medals (5 gold each to Jean, Gary & Tony)
- 15 places in relays
- 11 PB's (5 to Trevor, 3 to Jean)
- many best times for two years or more

There was a great dinner in our hotel on Saturday night. Dawn and Chris ran fun games and quizzes for us all. Commiserations to the 4 blindfolded taste testers.

Our thanks to Liz for organising the hotel accommodation and the dinner.

Manly won the average points trophy

The size of the club doesn't matter for the average points score. It's the quality of the team and how well the team swam in the relays. A little bit of cunning in choosing the relay teams helps.

53 points per swimmer!



Captain Max accepting the Des McCormick Trophy for average points per swimmer.

Male swimmer of the meet: Steve Lamy

Steve broke the Australian records for all three distances in the M60-64 backstroke. This earned Steve the Male Swimmer of the Meet award.

Record breaking relay team

The M280 team of Steve Lamy, Tony Goodwin, Gary Stutsel and David Lawler broke the record in both their relays; 1 second off in the medley and 7 seconds off the free-style relay record.

This put them in good running to win the Harry Fowler trophy (again), but the Blacktown Mixed 240 Medley team did even better by taking 8.5 seconds off the record.

2010 Carnivals

Manly

Our carnival is tentatively booked for Sunday 21 February. A good warm up for the NSW Championships

NSW Short Course Championships

20-21 March

FINA World Masters

Gothenburg Sweden
27 July - 7 August

Any starters?



Sausage sizzle, the Saturday after our carnival

Got talent?

Looking for special talent for our Christmas party to entertain and amuse us. Talk to Dawn if you've got what it takes. All contributions welcome.

Turns

Not an opportunity to have a rest or put your feet down, but something which, when done well, assists in maintaining speed and style. From 1981 until 2008, there was no record of a Manly swimmer being disqualified for an incorrect turn. Since last October we have had three, all involving one-handed turns on breast or fly. If you are unsure about the rules check with the coach or lane leader.

Manly Masters Swimming Club

PO Box 560
 Freshwater NSW 2096
 Website: www.manly-masters-swimming.org.au

Welcome to new members

Robert Killian
 David Grice
 Mary Woodward

Engagements

Lindsay & Phyllis



Club Gear

Gear is available from Kerry Ilsley, our gear steward. You can see her at training sessions on Saturday or Tuesday, or telephone her on 9949 4674

| | |
|-----------------------------------|---------|
| Men's Manly costume | \$50 |
| Women's Manly costume..... | \$60 |
| a few small sizes, old stock | \$20 |
| Manly polo shirt..... | \$25.50 |
| Track suit jacket..... | \$40 |
| Track pants | \$24 |
| Eyeline goggles | \$13 |
| Pool Buoy | \$18 |
| Silicone Manly cap..... | \$10 |
| Manly peaked cap | \$10 |
| Frog T-shirt | \$15 |

Vale Robert Thomson

We were saddened to hear in June of the death of our former member, Robert. Robert was aged 61 when he turned up one Tuesday night for his three “free swims”. Even though Robert found it difficult to follow instructions, due to his developing condition, he was nevertheless welcomed, and quickly progressed from Lane 6 to Lane 3.

Over the course of his five years with us, he won medals in National and State championships in freestyle and backstroke. The highlight was his second placing in the 50 Free at the Perth Nationals when he swam 32.76—a four second improvement in 18 months. In spite of encouragement from Jean, Marie and Dawn in Lane 3, backed up by Terry, two Mikes and Ted in the dressing room, and of course, his wife Pat, Robert eventually retired from swimming.

At Robert’s funeral we were touched to hear his children speak of his “lane ladies”. We were the ones who kept him in order and generally bossed him around. Robert, being a complete gentleman, always took our mothering in good part. It was a privilege for us to be part of Robert’s life.

Our thoughts are with the family at this time. We hope that Pat will continue to stay in touch with the club. It was really lovely to see her recently (helping out, as always) at the Manly carnival.



Robert Thomson and friends at the 2002 World Masters Games

Still a champion

On recording the Manly carnival results, I noticed that the NSW record for the Women’s 70+ 200 Fly was held by Eileen Price of Manly. A further check shows that records still stand for her swims in the 70+ and 75+ age groups for distances ranging from 100 to 800 Fly, plus 400 and 800 IM—all set between 1988 and 1998.

Eileen was a member of the first Manly team to set a world record — two, in fact: the 280 Women’s Medley and Free relays in 1991. She now lives in Randwick, still has the occasional swim at Maroubra, and will be celebrating her 90th birthday in 2010.

Liz