



## From our President

### NSW S-C Championships

40 entered and 40 swam - which was how Manly became the Champion club, won the Relay Trophy and was placed 3rd in the average points per swimmer. Well done to the whole team!!

11 members were placed in their age groups; 31 received individual medals; and 21 of the 34 relays entered were placed in the first three. There were records and PBs galore—too many to mention. A sterling effort from all swimmers. Thank you Max for captaining us so well.

A big thank you to Liz for booking accommodation at our friendly motel and organising dinner at the Bowling Club, where we were well entertained by the efforts of Dawn and Christine. Thank you.

### Membership Renewals 2009

We all need to renew our membership by the middle of December. Membership form enclosed if you have not already received one.

Same annual fee as for 2008 – still \$75.

Masters Swimming has a brand new registration database for 2009. So we want to be sure all your details are correct from the start. Please fill in all the details on the form, even if you've done it many times before. Make sure your email address is exactly right so we can keep you up to date. For the emergency contact details, please write down a mobile number as well as a land-line number for your contact person. Just in case. We hope we never have to use that information.

Jennie is our new registrar. Please give the completed form with your payment to Jennie on a Saturday morning or post it to her. The dead-

line to get your renewal form to Jennie is Sat 13 December. This is to give Jennie time to process them all.

You must be financial before you can train or compete after 1 January 2009. Insurance and all that stuff.

The new Masters Swimming database has been specially customised for swimming and comes with all sorts of bells and whistles. I'm sure the next Splash will tell us how wonderful it is and how we can do everything online. However, the cynical fuddy-duddies on your committee know well that new databases and bugs travel together. Manly Masters swimmers won't be able to use the online features for a while. When all the bugs have been sent away, then we will give everyone passwords and permission to edit their own details and enter carnivals online.

### Ocean Swims

Why not give it a go? At least 7 of our club competed in last summer's Ocean Swim series. Doug Patrick is offering us the chance to ease into it. Doug is taking a weekly session at Balmoral, starting this Thursday morning. See the enclosed flyer.

### Time Trials – 20 December

Last chance to gain a time for a 400m swim this year. The Saturday swim session on 20 December will be 400m time trials in place of the normal training session.

Not tried a long swim before? You might surprise yourself. Here's a chance to get into the NSW Top Ten for 2008. Any stroke. Enter on the morning.

### Boxing Day Swim – Shelley Beach

Work off the excess kilojoules from Christmas. Come and join our Boxing Day Swim from Shelly Beach to Fairy Bower and back. 8:30am start, while

the beach is still quiet. Chat in the sun and snack on a few refreshments afterwards.

### AGM 2009- February

The Annual General Meeting will be held after Saturday's training in the Diggers on 14th February 2009. Your chance to vote in the new committee to steer the club through 2009. Notice of AGM and nomination form included with this Murmurs.

Lindsay Brice

## From our Coach

Oleg has been teaching us the finer points of backstroke and has now given us the same advice in print.

### Backstroke

**Body position:** The swimmer needs to be right near the surface with the face above the water, and the legs and backside a bit lower than in freestyle due to the leg action. During the whole stroke, there is slight shoulder rotation along the body axis.

**Kick:** The leg bends slightly on the upbeat, then the toes follow through to straight knees for the downbeat. The toes are pointed and slightly turned in. The kick starts from the hip and works up to the foot.

**Arms:** During the pull phase, the elbow bends with the hand accelerating towards the end of the stroke.

**Breathing:** Breathing is very simple. Inhale at the end of the stroke, and exhale as the opposite arm recovers.

Oleg Bytchenkov

*Thank you Oleg, for coming up to Woy Woy. Your presence at the pool certainly boosted moral and was very much appreciated.*

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## Manly Masters Out & About



### Race Secretary:

By the time you read this Murmurs, the calendar for 2008 will be all but over, with all entries closed.

Now is the time to think about the first two carnivals of 2009. The Central Coast carnival is at Gosford on Saturday 17th January 2009 (entries close on Saturday 20/12/08, please) and then comes Seaside Pirates at Macquarie University on Saturday 7th February (entries close Tuesday 20/1/09). A full calendar of events will be circulated to all members to help you plan your year of participation in carnivals, always remembering that we encourage all swimmers to participate in the two State Championships—one Long Course in March and one Short Course in August. The Short Course is earlier this year as there is the World Masters Games in October.

Having just mention the World Masters Games, we have been asked by Masters Swimming NSW to encourage more members to become officials, particularly Inspector of Turns. To become an Inspector of Turns you first need to be an accredited Time-keeper. If you would like to train to become an official, please have a chat with me. If enough members are interested, we can put on our training session, but it is also possible to join in other sessions.

As always, carnival entries can be sent to me by email to [racesecretary@manly-masters-swimming.org.au](mailto:racesecretary@manly-masters-swimming.org.au) or by phone on 9938 2314. For those of you who train at the Diggers, the preferred method is by handing over your entry with payment on a Saturday morning.

Some of you will have noticed that Masters Swimming NSW has a new website address. It is [www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au) and a reminder that our own website is [www.manly-masters-swimming.org.au](http://www.manly-masters-swimming.org.au)

If you do have an email address but you are not receiving emails from the club, please let me or Vicky (Secretary) know. If we are using an inconvenient or incorrect email ad-

dress, please let us know and if you do not have an email address, please remind us to make sure you get to hear of any information that is being circulated.

Ruth Fitzpatrick

### Social Scene from Dawn and Christine

#### Woy Woy Woy Woy

After Saturday's intense swimming we all dried off and were just as competitive at the dinner table answering the post Olympic Quiz. We all enjoyed the beautiful meal then after played a few games. We didn't know Oleg could sing????

Sunday we enjoyed a casual brekkie in the garden of the Motel and then off to the pool again to get wet and win, win, win.

I think Lindsay has started a new trend –wearing his goggles over his moustache in 2 races!

Jessica has a new swimming style, not too sure whether it is hip hop, jazz or blues as she is wearing her new waterproof iPod that she won in the raffle at Woy Woy.

Lyrics composed after a few drinks.....

*We all went to Woy Woy  
All set to win*

*We got very wet & put em to the test  
Boy oh boy, we are the best!*

*The Woy Woy pool is deep and wet  
And Manly's set to roar  
We'll win this meet on that we'll bet  
Like eagles we will sore.*

*I went to Woy Woy to swim  
The Aussie Masters to win  
It was important to get so very wet  
Otherwise we would be dry drinking gin.*

*We've had some fun at Woy Woy  
We'll have more yet  
And when we win the point score  
Oleg gets soaking wet!*

REMINDER:

OUR CHRISTMAS GET TOGETHER & PRESENTATION NIGHT is on Sunday 7<sup>th</sup> December 2008 at Harbord Bowling & Rec. Club, cnr Bennett & Stirgess Ave, Freshwater.

Time: 6pm,  
presentation of trophies 6.30pm,  
Dinner cost: \$25 per person,  
drinks available at bar prices.

RSVP with money by 29.11.08 to Dawn or Christine.

### In the Water

#### Nationals 2009

For those competitive people amongst us with that bit of spare time, it's time to start thinking about the Nationals in 2009. They are to be held in the Brisbane Aquatic Centre from April 30<sup>th</sup> to May 4<sup>th</sup>. There are a number of club members who have already expressed interest in competing. If you want more information have a chat with Liz.

#### Beyond the Black Line

Been dreaming of kicking back on a tropical beach sipping on a cocktail? It may just be time to start thinking about getting into Open Water swims. There are many local swims in which you can compete. Have a look at the website <http://www.oceanswims.com/nsw89/nswcalendar89.htm/#december08> for details of these and don't forget Doug Patrick's Balmoral training sessions.

Some club members have also expressed an interest in the open water swim in Vanuatu in June 2009. See the website [www.pacificswims.com/index](http://www.pacificswims.com/index). Gloria has already has offered to be the shark-spotter, so have a think about it. Could be good fun.

### Intrepid Reporter—Sue Sacker

In September I packed my bags and set off for a month long break from swimming (and work) to visit my mother and son in the UK. This is a regular trip for me as my mother is 90 and likes to be entertained by her daughter at regular intervals. We always have a good time together and now that my son lives in London there is an extra reason to visit. The main challenge when visiting someone who has passed her walking and exercising days is to get in some exercise and not eat too much. Luckily she lives in a lovely part of the Cotswolds, right on the Cotswold Way, so there are plenty of hills to climb on our doorstep.

Swimming is difficult and, after a few days in Malaysia on the way up, the costume stayed in the suitcase. We had a trip to Sheffield, to visit my brother, and many of you will know that Sheffield has one of the very few indoor Olympic pools in the UK. I persuaded my sister-in-law to take me and we set off for the pool. We were doomed to disappointment as it was closed for a carnival! It was not meant to be.

My son and I decided to experience the Eurostar, which is excellent, and spent a weekend in Bruges, which was lovely. We hired bicycles and set off, ending up, inadvertently, in Holland, for lunch. The Belgian bicycles are what we used to call 'sit up and beg' bicycles, not very elegant as you can see from the picture of me cycling along the canal - excellent flat land for amateur cyclists.

Jennie Morgan has taken on the role of Club Registrar at a very strategic time. The Masters data base is undergoing a switch to a new system. We can all help by getting our membership renewal to Jennie as soon as possible.



Sue on her bike!



Nearly all of our team at Woy Woy. It was worth the wait to her such a great result for the club.

## Manly Masters

PO Box 560  
Freshwater NSW 2096

## Welcome to new members

None to report this time.

Simon Kennedy, our newest member, swam for the first time at the Long Distance championships at Blacktown. We will see him again soon.

## Happy Birthday Wishes

Happy birthday to our members for October, November and December birthdays

Karen Battersby, Austin Brown, John Caporn, Denise Elder, Terry Fitzpatrick, Virginia Macleod, Trevor Mills, Peter Mulholland, Liz Reed, Sue Sacker, Barbara Vickers-Baker, Mike Samuel, Ted Samojlowicz, and Mark Webber.

## Club 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

Eyeline goggles.....\$13  
Pool Buoy .....\$18  
Men's Manly costume....\$40  
Women's Manly cost.....\$50  
Silicone Manly cap .....\$10  
Manly peaked cap.....\$10  
Frog T-shirt .....\$15  
Manly polo shirt.....\$15

## Getting to know our members

Our regular feature.

Name: Carolyn Samojlowicz

Where did you spend your early years?  
West Lakes Shore, Adelaide. At the beach, in the lake and in the swimming pool.

What schools did you go to? Star of the Sea (Adelaide) and Mercy College, Chatswood.

When and where did you learn to swim:  
As a toddler at Seaton, Adelaide.

Why did you take up Masters swimming: Because I enjoy swimming and wanted to keep fit.

Your favourite holiday destination is .... so many, Hawaii, Thailand, Whitsundays.

Where is your next holiday to? Greece (Hopefully).

Your favourite food is..... Pizza.

Your favourite book or what you are reading at present? Favourite book is "The Story of Australia's Race: 1500" by Mike Colman.

My first job was..... Waitress at Belrose Chinese restaurant.

Name 3 people you admire or have inspired you..... Natalie Bassingthwaite, Layne Beachley, Grant Hackett.

Name 3 unusual things you have done..... Abseiled down a waterfall, swam with green sea turtles, and slept on the floor of a jockey's change room (as a supervisor of a school excursion!)

What did you have for dinner last night? Fillet steak with crunchy salsa.



*Merry Christmas and Happy New Year.*

*See you in and out of the pool in 2009.*

