

**FROM THE PRESIDENT-CHRISTMAS MESSAGE**

The year 2011 has flown by and life at the swim club has seen its share of triumphs, happiness and produced times for reflection and sadness.

We welcomed new members to the club and said our good-byes to others. Some travelled abroad, and to the other side of the continent to test their competitive swimming skills. Closer to home we triumphed at carnivals, appointed a new coaching staff, and saw a flurry of PB's towards the end of the year. There were world top ten performances, national and state records chalked up by members.

So with the competitive calendar running its course it is now time to take a break and relax for a bit. I would like to thank the committee members who have worked tirelessly throughout the year.

I wish all members and their families all the best for the Christmas Season and the coming year. Have a safe and happy holiday and look forward to seeing you in the pool in 2012.

Ted Samojlowicz  
Club President



**FUNDRAISER—BBQ AT BUNNINGS BELROSE STORE**

Bunnings contributes to the community by providing the opportunity for clubs like ours to raise funds by conducting a BBQ on their premises. This year we will hold the BBQ on Sunday 18<sup>th</sup> December,



starting at 8.00am going through to 4.00pm.

This will be the third such BBQ that we have run, with the last two being very successful financially for us. It is the only fund raiser where members do not have to put hands into their pockets/purses/wallets, but instead can contribute by giving their time and effort cooking and serving sausages and drinks to the public.

**FUNDRAISER – BBQ AT BUNNINGS BELROSE STORE**  
**SUNDAY 18TH DECEMBER—8.00AM TO 4-00PM**

- PLEASE CONSIDER GIVING A MINIMUM OF AN HOUR TO HELP
- WE REQUIRE A MINIMUM OF 5 PEOPLE WORKING AS A TEAM AT ANY ONE TIME DOING THE VARIOUS JOBS THAT ARE NEEDED -COOKING, SERVING, TAKING MONEY, SELLING DRINKS ETC
- THE FUNDS WE RAISE SUBSIDE THE COST OF POOL HIRE, COACHING AND GENERAL RUNNING COSTS OF MAINTAINING THE CLUB.

The stall is very busy as we serve on the day, around 800 customers who shop at Bunnings. They pass the stall as they exit with their purchases and cannot fail to be attracted by the enticing smell of cooked sausages and onions. With the hot weather a cool drink is just the go as well.

To ensure that we provide a quick and efficient service, as most customers are in a hurry to get home, we require a minimum of 5 people working as a team at any one time doing the various jobs that are needed cooking, serving, preparing, taking the money etc so there is something that everyone can do.

Please consider giving a minimum of an hour to help. See Ted Samojlowicz who is organising the work roster.

The funds we raise subside the cost of pool hire, coaching and general running costs of maintaining the club.

Ted

Merry Christmas



## VALE JEAN



I met Jean nearly 9 years ago, when I joined Manly Masters.

She was always full of encouragement to me and we enjoyed training together, trying to each get PB'S (personal best times) and beating those men in our lane.

Jean has been a member of the Committee, becoming qualified as a Coach, running First Aid courses for us and composing our newsletter, in her usual dry wit.

I soon learnt that if we went to National Titles in another State, it was a good excuse for a holiday. After the Hobart Championships six years ago we walked for 5 days in the Cradle Mountain National Park with Lindsay, Peter & Manfred.

Three and half years ago we went to Perth for the World Championships, Jean getting medals for places in 100m and 200m Breaststroke & 200m Backstroke. Unfortunately Jean got sick after this trip and wrote her Bucket List.

Number one on that list, I'm sure, was to get back to swimming and do more PB's. April 2010 she took the family and the future-son-in-law to show him Tasmania, competed in Launceston, and then camped in freezing weather with a group from our club. On this walk passers-by asked what group we were and our reply was – a *SWIMMING CLUB*. The passers-by, unfortunately not hearing properly, thought they heard – *A SWINGERS CLUB*.

Next on her list was "Sweden". July last year I enjoyed her company for 4 weeks travelling around Norway,

Denmark, Finland & Sweden. At the World Championships, Jean just missed out on getting medals, but much to her delight did 3 PB's. On my last day of competing Jean was patiently watching my 200m Butterfly and on completion I was ready to celebrate with a red wine or 2, but Jean had me walking to a Museum and spending one and half hours looking at all the art & Statues. I remember her saying "Liz & Sam would feel sorry for you". Thanks to Jean, I now know of Edvard Munch and "the Scream", Viking History, Edvard Grieg (the composer), Michelangelo, Da Vinci, Van Gough, Lautrec, Hans Christian Andersen & the Vasa Museum. I had my own history & art teacher with me. I feel I have been taken to every Art Gallery & Museum in Scandinavia. Jean enjoyed her first cruise – an overnight trip between Stockholm & Helsinki, which was a real eye opener to us Aussi Chicks.

Next on her 'Bucket List' was to swim with the Whale Sharks in W.A. Six months ago, we flew to Perth to compete in the National Swim Championships. Jean won two Gold medals for 100 & 200m Breaststroke and a third in 100m Backstroke, but was disappointed as they were not PB's, vowing to train harder for Italy next year. On the last day of competition, Jean did not have any races, so while we were at the pool, she made up bread rolls, hired a bicycle and rode the 10 km out to the pool and gave us our lunch, then rode the 10 km back to Scarborough.

Next day, we all had a fantastic time riding bicycles around Rottnest Island for 22kms. Early next morning, six of us boarded the back-packers bus, travelling the 1200kms north to Exmouth.

The driver Alan, couldn't believe his

*UN-LUCK*, getting six 'seniors' instead of swinging young backpackers on his bus. He quickly names us "*FOSSIL FREIGHT*" which we wore as our new tour group name. After snorkelling at Ningaloo Reef, the Whale Shark boat took us out to the outside of the reef. The chase was on to find a Whale Shark. Soon the call came to quickly jump in the water and the Whale Shark will swim towards you. After five minutes of being within 3 metres of the largest Shark in the world, we got back on the boat and were all excitably chatting about the seven meter Whale shark we had just seen. Jean was quiet, and looking very disappointed – she didn't see it!

Luckily we were able to have four more swims with other whale Sharks but for a while it looked like she'd come all that way and missed seeing one

At Perth airport we had 7 hours to wait for our midnight flight. We started a conversation with a miner, also waiting and before long we had six complimentary Cougar Whiskeys in front of us. It certainly passed the time away. We then called ourselves the Cougar Fossils.

Jean's last competitive swim was on 28<sup>th</sup> May this year with three, first places in her age group.

Jean was really looking forward to going to Italy next year with the Fossils. She will be with us in spirit and I know on my shoulder, in all my races next year.

Thanks Jean, you have been a great friend to all of us.

Dawn Gledhill

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Firstly, congratulations to everyone who participated in the time trials held on Saturday 26th November at the Diggers. Due to Gloria's meticulous preparation and the cooperation of those who were prepared to time keep, everyone was able to swim the distance they nominated. Jon, our coach, was on hand and he decided to take the opportunity of videoing swimmers. More about this, later.

It's time to think about entering carnivals in 2012 but, importantly, we all have to re-register before we can compete. Elsewhere in this Murmurs you will find instructions about how to go on line to renew your membership. Please attend to this as a matter of urgency.

Central Coast Carnival – Saturday 21<sup>st</sup> January – entries to me by Tuesday 3<sup>rd</sup> January 2012. This is an open air carnival at the Gosford 50m Swimming Pool. The program is a good one as you can swim 200m, 100m and 50m events. Beautiful time of the year for an outdoor swim.

North Sydney Carnival – Saturday 11<sup>th</sup> February – entries to me by Tuesday 24<sup>th</sup> January 2012. Again an outdoor carnival at a 50m pool and it will be the usual sprint event format. The timing is 7.00 p.m. warm up and 7.30 p.m. race start.

There are then three more carnivals before the NSW Long Course Championships at SOPAC on 17<sup>th</sup> and 18<sup>th</sup> March 2012 – Cessnock, Campbelltown and Blacktown. All the carnivals leading up to these Championships are held in 50m pools to give us plenty of practice.

If you are a newer member of our club, it is expected that we all compete in the State events held during the year. There is a great atmosphere at these meets and it is exciting to participate. Later in the year, the short course State Championships will be held at Woy Woy. This involves a weekend away from home and is great fun.

All swimmers are now on our emailing list and reminders go out before each carnival. If you want to enter, you can do so by emailing me your entry or giving it to me on a Saturday morning after training. Payment can be made by cash, cheque or EFT. If you do choose to pay by EFT directly into the club account, you have to make it very clear who you are and what you are paying for. The details are Manly Masters Swimming Club Inc, BSB112 879, Account Number 067360414.

Ruth Fitzpatrick, Race Secretary  
racesecretary@manly-masters swimming.org.au

A BIG thank you to all the swimmers, also Non swimmers who came along to help



time keep. I could not have run the Meet without you. Thanks to Starter Ruth who made sure time keepers knew how to stop and start the watches correctly.

Even though I had some sleepless nights, I will put me hand up again next year.

Gloria Oldfield - Recorder



**OUR BI-ANNUAL WAREHOUSE SHOPPING TRIP 6<sup>TH</sup> NOVEMBER 2011**

Two years ago we had 26 eager shoppers, but unfortunately this year I could only get 15 keen ladies eager to have a great day out, only 4 were from Manly Masters Swimming Club. We met the bus at 7.30am and by 8.30 we were sampling Dolci Doro Bailey Irish Cream chocolates ... that was breakfast, we managed to spend \$833 there.

The rest of the day we spent trying on clothes and sandals. Visiting a Manchester shop, checking out kitchen utensils, buying luggage, handbags, or toys and trying on "body butter".

A raffle was held on the way home and \$77 was raised for Manly Masters. Sue our hostess donated \$50 to our club. Thanks to the four ladies from our club that came along.

**7 BRIDGES WALK HELD ON 31<sup>ST</sup> OCTOBER 2011**

Eleven intrepid Manly Masters met at Manly wharf at 8am, catching the ferry and commencing the walk from Cadman's Cottage. The walk was to raise funds for the Cancer Council and on the way there were plenty of stops for food and entertainment. At every bridge that you crossed there was a booth at which you stamped your tour booklet as a memento of the journey.

Seven and a half hours later, led by Ben (Jean Low's son), Ray, Carolyn, Dawn, Marion and Sue M finished the 27kms, weary and foot sore, but satisfied with what they had achieved. Ben was

certainly an inspiring leader for the group, and we couldn't keep up with him at times. His mum could have certainly been proud of him.

Pam and Peter completed  $\frac{3}{4}$  of the distance, and Sue J, Mary and Ruth completed over  $\frac{1}{2}$  the course. (Ask Sue J how her broken toe felt after walking in thongs?)

**IF YOUR NOT GOING TO ITALY NEXT YEAR...**

Why not go to Adelaide for the National Swim Championships being held on the 14<sup>th</sup> – 17<sup>th</sup> of April 2012. See Ruth for the brochure.

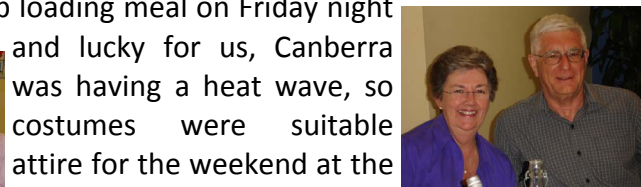
**CANBERRA STATE SHORT COURSE CHAMPIONSHIPS 21<sup>ST</sup>/22<sup>ND</sup> OCT 2011**

For seven of us we had an inspiring look into the behind the scenes at the Australian Institute for Sport on the Friday afternoon. Seeing the new pool, gym and watching blind men play "Throw Ball", was enough inspiration to do some PB's.

We enjoyed a carb loading meal on Friday night and lucky for us, Canberra was having a heat wave, so costumes were suitable attire for the weekend at the pool.

Saturday night coincided with Queen Elizabeth also visiting Canberra (for other reasons – not swimming), so we celebrated her visit at our club dinner by wearing tiaras and crowns.

Tony was the trivia quiz master for the night, which tested our mental skills.





Physical skills were tested by Dawn and Sue getting everyone to “go fishing on Lake Burley Griffin”



and blindfolded put the “alphabet letter on the wall”.



Prizes for the best dressed went to



“Queen Mary” and “King Lindsay”.



Our girls



turned a few eyes at the pool on the Sunday wearing their tiaras.

### OTHER SOCIAL EVENTS



Our midyear dinner was, due to popular demand, again at the Pittwater Training Restaurant at Brookvale TAFE. We enjoyed a 3-course meal and met the apprentice chefs after the dinner. We all wished we could whip up a meal as well as they can.

Dawn Gledhill—Social Secretary

A big thank you must go to Dawn. We all appreciate the hard work Dawn did in organizing our accommodation and arranging our lovely dinner. Dawn not only organized everything for us, she had us playing some very funny games, to top off a very enjoyable night.

A special mention also goes to our members who volunteered to drive and from what I heard from others and my own trip with Peter B, Ian and Ray, a lot of fun was had by all, resulting in a very successful weekend away

Sue Millar - Assistant Social Secretary

## MANLY MASTERS GEAR

### GEAR AVAILABLE

| Item                   | Size                       | Stock        | Cost \$ |
|------------------------|----------------------------|--------------|---------|
| Eyeline Goggles        | Black Max<br>Clear<br>Blue | Many         | \$13.00 |
| Manly caps             |                            | Many         | \$10.00 |
| Long-sleeved t-shirt   | XL<br>S                    | 2<br>1       | \$25.00 |
| 2-tone blue polo shirt | XXXL<br>S                  | 1<br>2       | \$25.50 |
| Dolphin polo           | L                          | 2            | \$15.00 |
| Frog T-shirt           | S<br>M<br>L                | 2<br>11<br>5 | \$15.00 |
| Women's costume        | Size 10                    | 2            | \$65.00 |
|                        | Size 12                    | 1            | \$60.00 |
|                        | Size 14                    | 1            | \$60.00 |
|                        | Size 16                    | 3            | \$65.00 |
| Men's costume          | Boys 14                    | 3            | \$50.00 |
|                        | Mens 16                    | 2            | \$50.00 |
|                        | Mens 18                    | 6            | \$50.00 |
|                        | Mens 20                    | 3            | \$55.00 |
| Navy Track pants       | Large                      | 1            | \$24.00 |

Goggles and caps can be obtained from Kay Saturday mornings after training.

All other items will be supplied on request the following Saturday morning or next training session. If an item is urgently required then please contact Kay direct on:

E: [kay@gumbylock.com.au](mailto:kay@gumbylock.com.au)

T: 0416 078 567

Kay Winton—Gear Steward



### MANLY MASTERS DVD LIBRARY

| Number | With           | Stroke            |
|--------|----------------|-------------------|
| 1      | David Marsh    | Backstroke        |
| 2      | David Marsh    | Breaststroke      |
| 3      | David Marsh    | Butterfly         |
| 4      | David Marsh    | Fast Starts       |
| 5      | David Marsh    | Fast Turns        |
| 6      | David Marsh    | Freestyle         |
| 7      | Vince Raleigh  | Breaststroke      |
| 8      | Ken Wood       | Butterfly         |
| 9      | Michael Bohl   | Individual Medley |
| 10     | Stephen Widmer | Sprint Freestyle  |

Members can borrow these for one – two weeks at a time. See Kay after swimming on Saturday mornings.

If there is one DVD you are particularly interested in please let Kay know and she will add your name to the priority list.

For the benefit of all members it is appreciated if you can return the videos after one or two weeks ONLY.

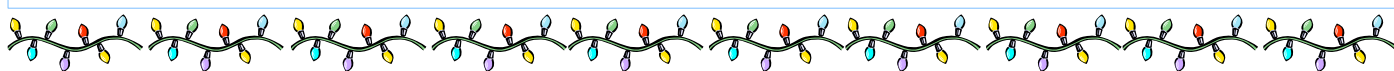
### REGISTRATION

- As of the 1st December 2011, Clubs Online is open to Register for the year 2012.
  - Registration MUST be done ONLINE via Credit/Debit Card.
  - You can go online through the **Members Portal** on the National Website.  
<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=3397>  
<http://www.mastersswimmingsw.org.au/>
  - If you do not have a Credit/Debit Card, you can buy a prepaid card at most Supermarkets or PO.
- OR
- See the Treasurer or Registrar if you if you do not have a card or no access to a computer. Once you have paid and the Registrar is notified your membership will be updated online by the Registrar.
  - Remember if you wish to swim in the early carnivals of 2012, you must be Financial for 2012
  - Your LOGIN is your first and last name with no gap and all in lower case. Your PASSWORD is your AUSSI number. If you have forgotten it or have trouble email me



FEES: 1st Jan 2012 to 31st December 2012 are \$90. Over 80's are \$60

Jennie Morgan - Club Registrar



Hello all

### The importance of bilateral breathing

By learning to breathe on both sides, you will have a more balanced stroke and better alignment. If your right side is just as strong and fluent as your left side, you'll swim in a more direct line down the pool or in open water.

Bilateral breathing will not only please your coach it will allow you to vary your training patterns making old sets interesting again as you challenge yourself aerobically.

By learning to breathe on both sides, you can keep an eye on ALL your competitors. And if you're racing in open water, you'll be able to site buoys and other landmarks, no matter which direction you're swimming.

**Something to keep you busy over Christmas.** Start with one length where you breathe ONLY to the right side., followed by one length breathing ONLY to the left.

On the third length, breathe every three strokes, with each hand-hit counting as one stroke. This is commonly called bilateral breathing.

On the fourth length, breathe every 4. Focus on starting your exhale as soon as your head goes in the water. Let out your air in a slow steady stream, and use the exhale to calm yourself into a more relaxed stroke that is balanced and symmetrical.

On the fifth length, breathe every 5. Keep your breathing relaxed and steady, and focus on a clean hand entry, full extension, and getting an early catch.

*"The importance of bilateral breathing  
By learning to breathe on both sides, you will have a more balanced stroke and better alignment".*

On the sixth length, breathe twice to the right then twice to the left. This is a great breathing pattern because it gives you plenty of air, but keeps you

balanced on both sides.

On number seven, breathe on EVERY stroke. The trick is to have NO HESITATION in your rotation. As soon as you get a breath on one side rotate IMMEDIATELY into your breath on the other side. Try to maintain a steady rhythm, with great extension of the hands on every stroke.

On the final 25, take one breath at the start and then THAT'S IT. Focus on staying relaxed and long, with balanced rotation from one side to the other.

Try repeating the set one or more times and you could even add a pull buoy or fins to help you focus on your breathing.

When you get the hang of each of the breathing patterns, try to incorporate them into your longer swims and sets. You may not RACE with these patterns, but they will help you build a more balanced stroke during your **day-to-day** practice.

Jon Mealor



This year's event was the tenth carnival we have conducted at the Abbotsleigh Aquatic Centre. Although it is some way from our home base the advantages it offers are a modern facility attractive for competitors, and willing Centre hosts.

The lead up was trouble free. We have a core of officials who never hesitate to commit when asked. There were some inevitable changes over the months prior but these were minor in the overall scheme. Our own club members pitched in across a wide range of tasks to complete the day's tapestry. The registration count of 152 was the lowest in our time at Abbotsleigh. That response is admittedly consistent with the trend in recent times. No doubt a number of factors can be offered, which may or may not be instructive. We welcomed Castle Hill, Merrylands, Myall and Terrey Hills swimming with us for the first time.

The starters enjoyed using new equipment and we also had the benefit of the State's events board. Unfortunately at the après swim we were not equipped to get the results out promptly. This was in part man power related. Something to bear in mind for next year. Let's hope any left over taste was more food related.

We congratulate multiple record breakers Lynette Stevenson and Paul Wyatt. Ian Jeffery and Barbara Vickers-Baker also warrant mention for new marks.

Well done Warringah in taking out the visitor's trophy from newcomers Castle Hill, and similar recognition goes to Blacktown in winning the average from Novocastrian.

In conclusion I wish to thank our officials for doing such a superb job. We are really fortunate to have so many able and keen workers. My thanks also to my fellow Manly Dolphins for contributing to the success of the day.

We look forward to hosting you all again next year.

Steve Lamy—Meet Director

### CAPTAINS REPORT

Manly finished 5<sup>th</sup> overall in the point-score at the Short Course Championships in Canberra, with 19 swimmers. Dawn broke a NSW record in 100 butterfly. Carol Mitchell and Carolyn gained 3<sup>rd</sup> places in their age groups, and the usual suspects also gained places. 3 out of 11 relay teams won their event, and 3 more teams came second. 7 swimmers accounted for 12 PB's including 3 to Gerd.

8 Manly Masters travelled to Charlestown for the Novos' carnival and did well to finish in 8<sup>th</sup> place. There haven't been as many swimmers in the smaller carnivals as in previous years, but it appears that other clubs are in the same position. Manly is currently 4<sup>th</sup> in the NSW point-score competition with not many points separating us from Ryde and Blacktown.

All the PB's show that Jon's coaching is making a difference. It's good to see everyone's smooth swimming styles in competition. Jon has switched back to coaching for good style since Canberra. So we hope to see more efficient swimming styles in next year's carnivals and lots more PB's.

Lindsay Brice—Captain





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The Club's Annual General Meeting is usually held in February of each year, in a function room at the Diggers. Tradition has it starting at 9.30 a.m. following the Saturday morning squad training session, enabling members to swim and attend the meeting. It goes for approximately one hour. Refreshments in the form of teas, coffees and sandwiches are provided to all either during the meeting or after.

The AGM is the venue for members to look at the Club's performance during the year past and is the opportunity to plan for the next. Year. On arrival at the AGM all members receive a copy of last year's AGM minutes, an agenda of the current meeting, a copy of the President's Report for the year and a copy of the Treasurer's report for the year. The President, Ted Samojslowicz, will talk about his Annual Report and vision for the future and the Treasurer reports on financial matters, including solvency, fees and fund raising. Members may pose questions at any time during the meeting and indeed the President and Treasurer will invite questions from the floor.

The AGM provides an opportunity for you to participate directly in the management of your Club and offers a forum for change. It is here that all Offices are declared vacant and elections made for the coming year. The ten offices of the Club are: President, Vice President, Secretary, Treasurer, Captain, Race Secretary, Carnival Director, Recorder, Social Secretary and Publicity Officer. This is your chance to effect positive outcomes for your Club by offering your skills and nominating for Office. All other officers are there to lend support and encouragement to you in your new position.

To become an Officer, a nomination form, signed by the nominee, a proposer and a seconder, who must all be members, should be lodged with the secretary at least 14 days prior to the meeting. However please note that on the day of the AGM any member may nominate or be nominated for/to an office. A member can only be elected to one position.

Also, at the AGM the newly elected Committee appoints a Gear Steward and Registrar. A club auditor is also appointed. Trevor Mills is no longer available to be the Club's auditor so a new auditor will have to be found. Any notified motions are discussed, these should be made and signed by the proposer and seconder, who must all be members, and lodged with the secretary 14 days before the meeting.

Any items of General Business are also discussed, including the presentation of the John Vidal Trophy, which along with photographs traditionally closes the meeting. Last year's recipient of the John Vidal Trophy was Dawn Gledhill. Who will it be this year?

Notice of the 2012 AGM, including nomination forms, will initially be handed out to members at the Christmas Party/Presentation Night held on 4 December 2011. Those members not at the Party will receive their Notice during the week following via their electronic mail or through Australia Post.

The AGM is the venue for you to step forward and contribute to the running of your club in achieving its goals of fun, friendship and fitness. So when you receive your Notice of the 2012 Annual General Meeting, mark it in your diary and come along and make a difference.

