

President's Message

During the recent State Carnival at Homebush I attended a meeting of the swimming club presidents. It gave us an opportunity to discuss various issues facing clubs.

Many, including Manly, expressed concern at the falling membership numbers and lower attendances at carnivals. The reasons for this seemed to be numerous and varied from club to club.

In order to commence addressing these issues we need to understand what we as a club, are able to, and do, offer current and potential members.

When we book a "hotel room" we expect, without having to question, that the room has a bed in which we can sleep, however, being a member of a swim club does not bring with it any "unspoken" expectations.

Our club has adopted as its core offerings or "unspoken" expectations to members, the provision of professional coaching and a suitable swimming venue for organized swimming activities.

With regard to the coaching aspect you would know our coach, Jacquie, is looking forward to starting a family and will not be able to continue on. The committee has taken steps to replace her. A coaching sub-committee, made up of two qualified swimming coaches, Jean Low and Carolyn Samojlowicz, and our club captain Lindsay Brice was established. This sub-committee prepared a job description detailing the expectations and requirements we had of our coach. They have also canvassed and assessed the suitability of potential candidates who had expressed an interest in coaching our club. Currently they are in the process of determining the best solution

for the club and members will be advised in due course of the outcomes.

Mounties has been seeking to redevelop the Harbord Diggers Club and surrounding site for some time, casting some uncertainty on the future of our swimming facility. The committee is monitoring this issue closely.

A recent application for \$2000 funding support, to help meet our operating costs, made to the Harbord Diggers (Mounties) was not successful. Mounties advised that due to the current political and economic environment in which they were working, allocation of grants needed to be severely rationalized and they were not in a position to support us at this time.

Following many years of stability, the club is now entering a period where it needs to closely monitor the changing environment within which it operates.

Therefore I ask members to appreciate and support the committee's efforts it is making to run and strengthen our great club. I also invite any constructive input that you have.

As I mentioned earlier, it is important we have quality coaching and a suitable training venue which when combined with a friendly and welcoming environment is a fantastic offering for new members.

Ted



2011 State Championships

Homebush 9-10th April

3rd overall; 13th average

Placegetters:

1st: Steve Lamy, Liz Wallis

2nd: Carol Mitchell, Annie Parnell

3rd: Barry Barker, Dawn Gledhill,
Jean Low, Carolyn Samojlowicz,

Barbara Vickers-Baker

Record: Barbara Vickers-Baker NSW
50 Breaststroke



Individual Medals Katherine Ahern; Karen Battersby; Barry Barker; Ruth Fitzpatrick; Dawn Gledhill; Tony Goodwin; Michael Gordon; Sue Johns; Steve Lamy; David Lawler; Jean Low; Carol Mitchell; Jennie Morgan; Patricia Novikoff, Annie Parnell; Pam Rawling; Peter Rawling; Carolyn Samojlowicz; Ted Samojlowicz; Faye Seeney; Gary Stutsel; Debra Thackeray; Barbara Vickers-Baker; Liz Wallis

Personal Bests

Mary Woodward	3
Virginia McLeod	2
Sue Millar, Patricia Novikoff	1

Masters Happenings

Social Scene

A busy start to the year saw a select group heading off to Fort Denison on 13th March.



On the 24th March ten of us attended the Seniors Week Luncheon at the Diggers. (None of us wanted to admit we were Seniors, though). Sue Millar proved she has all the moves, as she won the Chicken Dance competition. Well done, Sue.

On Thursday 26th May ten of us attended a morning tea at the Diggers raising money for cancer research.

Dates for your diaries:

Sunday 6th November Discount Warehouse Bus Shopping Trip

20—28 August 2011 Mildura Masters Games

7—16 October 2011 XIII Australian Masters Games in Adelaide

4 December 2011 Manly Masters Christmas Presentation and Dinner

Dawn

Bunnings BBQ

Start limbering up with those tongs. The date for our big fundraiser bbq at Bunnings is Sunday 18th December. Put it in your diary now!

Manly Carnival

The date for our own carnival is fast approaching. It is on Sunday 21st August at Abbotsleigh School in Wahroonga.

We want *everybody* to enter this carnival. Closing date for entries to Ruth is 2nd August.

If you want to volunteer to help please contact Carnival Director Steve Lamy at slamy@tpg.com.au.

Dawn will soon be speaking to you about the catering side of things. We are renowned for putting on great carnivals. Let's make this one the best ever!

More State Results



Winning Relays

- 200 Medley (Carolyn, Katherine, Dawn and Carol)
- 240 Medley (Mary, Sue Johns, Jean and Debra)
- 280 Medley (Jennie, Virginia, Ruth and Liz)
- 240 Free (Barry Seymour, Peter Mulholland, Gary and Steve)
- 280 Medley (Barry Seymour, Tony, Steve and David)
- 240 Mixed Free (Gary, Dawn, Annie and Steve)



Results, Results

Gosford 22.1.11

7th Overall; 1st Average
Places: 1st Katherine Ahern, Liz Wallis, Gary Stutsel
2nd Dawn Gledhill

Relays: 2 x 1st; 2 x 2nd

North Sydney 12.2.11

2nd Overall (Visitor's trophy)
12th Average

Places: 1st Dawn Gledhill, Faye Seeney

3rd Katherine Ahern, Jennie Morgan, Mark Webber, Lindsay Brice, Michael Gordon

PBs Agnete England, Virginia McLeod, Pam Rawling, Peter Rawling, Sue Watt, Mary Woodward

Cessnock 19.2.11

17th Overall

Places: 1st Katherine Ahern
2nd Lindsay Brice

Blacktown 27.4.11

4th Overall; 4th Average

Places: 1st Tony Goodwin, Steve Lamy, Gary Stutsel, Barbara Vickers-Baker

2nd Jennie Morgan, Gloria Oldfield

3rd Barry, Dawn Gledhill

PBs: Dawn Gledhill

Records: Barbara Vickers-Baker

100 Breaststroke (National)

50 and 200 Breaststroke (NSW)



Manly Masters Out & About

Etalong 14.5.11

5th Overall; 3rd Average

Places: 1st Annie Parnell, Debra Thackeray, Steve Lamy, Tony Goodwin

2nd Jennie Morgan, Barbara Vickers-Baker

PBs: Annie Parnell, Debra Thackeray, Ray Watson

Records: Barbara Vickers-Baker 50, 100, 200 Breaststroke (NSW)

Upcoming Carnivals

24th July Hills

7th August Campbelltown

28th August Kurri Kurri S/C Long

Distance Carnival

3rd September Ryde

18th September Seaside Pirates

See Ruth to enter either of these.

Also coming up in Canberra on **22nd and 23rd October is the State Short Course Championships**. This is always a fun weekend. See Dawn ASAP if you thinking of attending and have not yet let her know your accommodation needs.



Some people are already excited and planning for the:
Pan Pacific Masters Games
Gold Coast
3-11 November 2012
It's never too soon to get your social life organised!

(Not) Whales, Tails and Fossil Trails

Just after Easter, on thoughtfully provided extra public holiday, four Manly swimmers (Dawn "Manta rays flip for me" Gledhill, Mary "I rode 22 kms on an ungeared bike" Woodward, Marion "The Finder" Dreyer and Jean "Whale shark blindness" Low) set off in the wee hours for Perth. Setting off for a variety of locations in the wee hours, became a bit of a regular event over the next two weeks. What with our confused body clocks (two hour time difference between Perth and Sydney), well-meant messages of support sent from Sydney at peculiar times, and late night phone calls from Andy McShanks (Mary, please explain!), we became a group of startlingly early risers.

Dawn had found us great accommodation just a block away from Scarborough Beach, and within bike-riding distance from the pool. The beach location proved to be extremely important for that weird sunset-viewing-facing-the-wrong-way-thing, that they do over there in WA.

Even though we knew we were only there for a week of swimming, this did not deter Marion or Mary from working tirelessly to make our little by the beach house into a home. Every evening, there was increasing energetic competition to create new serviette folding displays and attractive table decorations.

At the pool we were joined by Agnete England, Carol Mitchell and Michael Gordon. The swimming was generally well run and friendly, and enjoyed by all. Dawn, Carol and Jean picked up some medals. Even more impressive were three PBs for Mary and two for Dawn. Michael got a special mention from the poolside commentator, when he managed to swim his 100 backstroke race with his goggles clenched in his teeth.

As none of our group were doing the Open Water swim, competition for us finished on the Saturday. We took advantage of the free day to cycle



around Rottnest Island. Those with snorkels quickly found a reason to head into the water.

Very early on Monday morning saw us heading out of Perth on a backpacker tour bus. We had, by this time, been joined by Karen "Fly Swatter" Battersby. The driver of the tour bus very quickly recognised that this group of "older" women were going to be a lot more trouble than the 18-year-old Swedish backpackers he was more accustomed to taking on his tours.



Not far out of Perth we were already in cliché country. Endless stretches of flat, windblown earth with stunted vegetation; turquoise sea against brilliant white sand; rock formations that looked like a Hollywood idea of an alien landscape.

The highlight of the first day, however, was definitely Dawn's spectacular stack at the bottom of a rather high sand hill which she executed with flair and much sand in the hair.

By the second day of the tour, Alan the driver, had already named us "The Fossils". Far from being dismayed, we accepted the title as a badge of honour. We had already clearly demonstrated that Fossils were a lot handier in the kitchen than the 18 year olds, and could hold a beer and a conversation at the same time. Sadly, Alan just didn't understand our regular moments of hilarity that could be brought on by something as simple as Mary and Dawn

Welcome to new members

Ian Sharp
Carol Mitchell

Club Gear—is available from Kay Winton, our gear steward. You can see her at training sessions on Saturday, or email kay@gumbylock.com.au

Goggles \$13
Men's Manly costume \$55
Women's Manly cost. \$65
Silicone Manly cap \$10
Manly peaked cap \$10
Frog T-shirt \$15
Manly polo shirt \$15
 (old stock)
Polo tops (2 tone blue) \$25.50

Track pants \$24

See Kay also to borrow informative and interesting DVDs (1 week loans).

Titles available:

David Marsh Backstroke

Breaststroke

Butterfly

Fast Starts

Fast Turns

Freestyle

Vince Raleigh Breaststroke

Ken Wood Butterfly

Michael Bohl Individual

Medley

Stephen Widmer Sprint

Freestyle

(Not) Whales (continued)

attempting to turn a spray deodorant into a roll-on.



Spectacular gorges, flies, stunning sunsets, flies, coral reefs, flies, manta rays, flies, dolphins, flies, shells, flies, were, however, all just distractions from the main event. On Friday we reached Exmouth, had a snorkel inside Ningaloo Reef and waited anxiously for the winds to drop.

After the initial dismay of some of the Fossils who hadn't read the kiddies book ("What! They are SHARKS!"), we got to go swimming outside the reef on Saturday. It was quite a buzz just going looking for the whale sharks. We were lucky enough to come across one "accidentally". We got to go in four times throughout the day, with the estimated sizes of the sharks ranging from three to seven metres (some people didn't see the biggest one!). There weren't really enough superlatives to describe the experience. All I can say is, if you haven't swum with the whale sharks yet, get out there and do it!

Thanks to Dawn (CEO Fossil-Cougar Tours) for arranging a fantastic trip.

Next stop: Riccione 2012

Jean

Swim like a Duck

It was the first day of competition at the 2010 Pan Pac Games at Miami Pool. The 400 IM competitors were in the marshalling area psyching up. The first heat was underway, when at the shallow end of the pool, Mother and Father Duck decided to take their seven ducklings for a swim. For the next 15 minutes it was the funniest Masters event you can imagine.

The Duck family swam in the 10 lanes while competitors were doing their laps. Each time a swimmer came near them, there was a flurry of wings as ducklings tried to get over lane ropes, only to be confronted by another swimmer in the next lane. This went on over the 10 lanes for 50 metres.

Eventually the family got out of the pool at the opposite end and side to the one they had entered, to much laughter.

Dawn



Manly Masters Swimming Club

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