

The STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we meet our new committee with the spotlight on our new Club Secretary, Richard Morris. We also hear about the Fremantle Port Swim Thru and continue with Pam's expert technique tips.

Read on for more STiNGERS news...



Fremantle Port Swim Thru

The first OWS of the season was attended on Saturday 14 Dec by Thelma Sharp, Margaret Moylett, Bill McGuigan and Ron Edwards along with a field of 233 swimmers. It was a pleasant swim in water definitely warmer than Bunbury.



TRAINING TIMES

Squad Mon 10am to 11am
Wed 10am to 11am
Wed 5.30pm to 6.30pm

Endurance Sat 10.30am to 11.30am

Venue South West Sports Centre,
Bunbury WA

Open water Sunday 9am (seasonal)
Koombana Bay or Back
Beach

Next meeting Tue 11 Feb @ 6.30pm
221 Yalinda Drive, Gelorup

Next social Sat 15 Feb @ 4.30pm
BYO Family Picnic
Koombana Bay



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Our results from the Fremantle Port Swim Thru were:

75 – 79 Female 1st Thelma 39.12min
 75 – 79 Female 2nd Margaret 49.25 min
 75 – 79 Male 1st Ron 32.23min
 70 – 74 Male 5th Bill 37.23min

Margaret and Ron both improved on last year's time. Training pays off! There was also a prize for the oldest female swimmer, which happened to be Margaret. She collected the best prize as it was a \$50 voucher for Clancy's Fish Pub in Fremantle. Well worth using by the looks of the menu.

Margaret



Quote of the Month

*"Obstacles are what you see
 when you take your eyes off the
 goal."*

Anon.

Open Water Swimming Tips

1. **Know your gear.** Only use gear you are used to swimming in. New bathers may chafe, new rashies may be too big or too small, new goggles may leak, and new sunblock may not be suitable for you. Always stick to the gear you know.
2. **Don't start the race at race pace.** Get the feel of the water and find a comfortable rhythm, then build your pace throughout the race. If you start too fast you will burn out and struggle all the way through. Build your pace as you go and finish with a stronger pace. Swim your swim that you have trained for and you will achieve your goal.
3. **Tighten your goggles.** It is suggested that you tighten your goggles a few notches tighter than your usual tightness for pool swimming so that your goggles don't leak or come off during the race.
4. **Smear on vaseline** to prevent chafing.
5. Vaseline is also great to **smear up your nose** to prevent burning and irritation from the salt water.

New Committee appointed for 2014

The AGM of the Bunbury AUSSI Masters Swimming Club was held on 21 January 2014 where a new club committee was appointed. The Committee is very pleased to welcome back many former members and we are thrilled to welcome Richard Morris who has taken on the role of Club Secretary. **We also say a very appreciative thank you to Leisa Norrish for her tireless efforts as Secretary for 2013, as well as thanks to Ron Edwards as outgoing Vice President, Bill McGuigan as outgoing Training Officer and Margaret Moylett as outgoing Club Captain.** Many thanks to all members who attended and nominated for positions.



AGM Stingers style...

Our new committee at a glance:

President:	Geoff Mazzucchelli
VP/Coach:	Pam Hall
Secretary:	Richard Morris
Treasurer:	Brian Hall
Data Recording:	Jill van de Ruit
Endurance Captain:	Margaret Moylett
Safety Officer:	Roslyn Duncan
Newsletter:	Erica Eiffler
Social Committee:	Catherine Curnow and Lucinda Hanczakowski
Training Officer:	vacant
Club Captain:	vacant

Margaret Awarded for 3 Million Meters Achievement

Congratulations to Margaret Moylett who recently achieved her 3 Million Meters Award! Here she is with her 3 Million Meters plaque and fleecy jumper. Well done Margaret on such a fantastic achievement!



Club Captain Vacancy

The Committee is keen for a member to take on the position of Club Captain. In brief, this role is responsible for conducting all swimming events (with assistance); is Chairman of a program committee consisting of the Captain, Endurance Captain and the Coach; is selector for competitions where necessary; and is responsible for collecting and lodging entries for all club events (or can appoint another person.) If you are interested in taking on this role please contact a member of the Committee.

Stinger in the Spotlight



Introducing
Richard Morris,
our new
Club Secretary

What got you started in swimming?

Moving down to Bunbury from Perth in 1987 to discover most of my colleagues were triathletes and they swam at lunchtime. They managed to get an accomplished and enthusiastic couch potato into the pool and later on doing triathlons. I was better at swimming than the other two legs so ended up doing lots of swimming only events too.

How long have you been a member?

Off and on since Bunbury Aussie started back in 1989.

Where do you like to swim?

The pool is great for training sessions, but I prefer to race and swim for pleasure in the ocean. Swimming in the ocean every week over summer just reminds me how good it is to live in Bunbury.

Favourite stroke?

Freestyle, freestyle...and freestyle. Did I mention I don't like any other stroke other than freestyle? Coincidentally I am not much good at anything else so that might explain it.

Most memorable swimming moment?

Swimming amongst the ice in the glacial lake Jökulsárlón in Iceland. The water temperature was 6 degrees and the swim was very brief but the scenery was fantastic.

If you could meet anyone, living or dead, who would it be and why?

I'd like to meet my Grandfathers as they both died before I was born. If it has to be someone famous I'd go for Charles Darwin. His work underpins all of modern biology and he developed his thinking and published in a very hostile environment.

Favourite music/movie?

Too short an attention span to watch many movies but for music, I currently like a Finnish gothic metal band called Nightwish. Weird I know.

Favourite book?

Anything written by Terry Pratchett. One of the few authors I buy in hard cover as soon as they are published.

One thing about you that might surprise others?

My wife and I love travelling and the country we keep finding ourselves going back to is Iceland. Pity it is so far away.

Wise advice to others starting out in swimming:

If you like ocean swimming or racing, learn how to breathe bilaterally. As well as improving the symmetry and balance of your stroke, sometime you need the flexibility to breathe on the other.

Many thanks to Richard for participating in our Stinger in the Spotlight segment! Ed.

Pam's Training Tips – Freestyle Arm Recovery

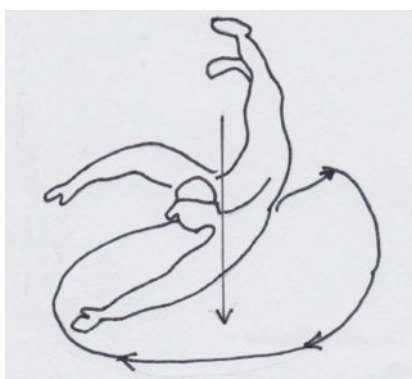
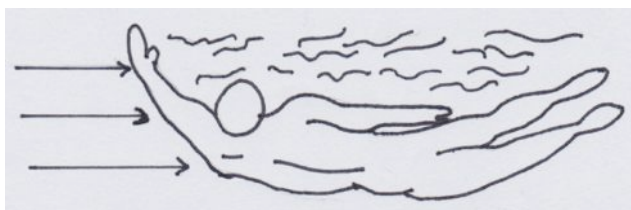
This month's training tips continue on from Pam's training tips in the Nov/Dec 2013 Stingers News on Freestyle Kicking Rate. If you have missed any of Pam's Training Tips and would like backcopies, please contact Pam Hall or Erica Eiffler, Newsletter Editor.

Once you are satisfied that you are performing your kick drills correctly, smoothly and in a relaxed way you can start to concentrate of your arm recovery. In freestyle, it is highly desirable to have high elbows with recovering the arms, for a number of reasons.

Freestyle hand entry – note the high elbow position:



1. If the arm swings wide, not only may the hand chop into the water on entry (which will interfere with the pull), but it can also create lateral sway or fish tailing causing excel drag.



Wide arm recovery shows the lateral sway as viewed from above. Note the wide area of frontal resistance.

2. If the hand swings high, windmill style, the body is forced deeper into the water. This will also create added resistance and interfere with the breathing technique. The hand will slap on entry, trapping air bubbles, making a less effective catch under water. If the arm is almost straight it is in a constant state of tension. With a high elbow recovery the hand is lower than the elbow, enabling the lower arm to relax for an instant. This becomes a crucial factor in conserving energy, particularly over long distances.



3. For the hand to travel the shortest, fastest path from exit point to entry, it must travel in as straight a line as possible. The only way it can do this is with the elbow pointing up.

The hand should recover from exit point to entry point in a straight line. The hand enters between the shoulder and the nose.

Note the angle of the shoulders needed to achieve a high elbow.



Source: Killmer, Anita.
Mastering Swimming: A Self-Help Guide for Coaches and Swimmers, Aussi Masters Swimming, Fraser Publications, Vic, 1992

Membership Renewals Now Due

Memberships for our Club are now due. **Jan 31 is the final day that 2013 memberships are insured.** If you have not re-registered already and are a returning member, please visit the member portal to re-register for 2014.

Go to:

<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=3401>

Click on Re-Registration

Input your Username and Password. You can change these after you log in. Note: If you don't have your username or password then click the top right hand corner and they will be emailed to you.

Follow the prompts to renew your memberships. Please check your details on the form including a street address not a PO Box in case of emergency and ensure that your emergency contact person is correct. Upon completion of registration you will be sent a confirmation email. Registration will then be current until 31 Dec 2014.

And it's that easy!



STINGERS NEWS gets a makeover

You may have noticed that our little newsletter has had a wee makeover to greet the New Year. This is simply to inject a little colour and pizzazz! Still has the same content, contributions and all the usual trimmings. Please bear with me while I try new styles and formats. Your feedback regarding the new format is most welcome.

Ed.



Ingredients:

8 slices lean bacon
8 eggs
½ cup chopped spring onions
pepper to taste

Baked Eggs in Bacon Cups

This is my family's new breakfast favourite. Its quick, easy and delish! Perfect with a cup of coffee and some fruit and you will be satisfied for hours! Leftovers can be stored in the fridge and reheated for a snack.

1. Lightly coat eight muffin tins with olive oil. Place 1 slice of bacon into each muffin and crack one egg into each cup. Sprinkle with pepper. (Optional: If you have time lightly fry the bacon first).
2. Bake in 190dC preheated oven for 12-15min til the white looks set but the yolk is still slightly runny, or cook a little longer to your liking. Top with spring onion.

Source: <http://www.appforhealth.com/2012/10/baked-eggs-in-canadian-bacon-cups/>

Enjoy!

Upcoming Events

Busselton Jetty Swim Sun 9 Feb

Registrations have now closed for the 3.6km Busselton Jetty on Sun 9 Feb. Several Stingers have registered to swim the solo race, as well as a team of four, aka Brian's Babes (Catherine, Roz, Erica and Celeste).

Best of luck to everyone who is participating in this year's event. We look forward to hearing about your experiences in the next Stingers News.

For more information about the event and for details about what's on over the weekend visit www.busseltonjettyswim.org.au.

Cockburn Crawl Ocean Swim Sat 15 Feb

1600m Solo swim at Rockingham Beach. For event information and registrations please visit <http://secretharbourslsc.com/news-and-social/cockburn-crawl/>

Mandurah Masters Ocean Swim 16 Feb

1500m and 300m swim held at Henson St each, Silver Sands, Mandurah. For event information and registrations please visit <https://secure.onreg.com/onreg2/front/step1.php?id=2139>

Rottnest Channel Swim 22 Feb

19.7km Solo, Duo and Team. For event information please visit <http://rotnestchannelswim.com.au>.

Barrett Bunbury Swim Thru Sat 1 March

The 32nd Barrett Bunbury Swim Thru will be held at 3pm on Saturday 1 March 2014, in the Leschenault Inlet. More information can be found closer to the date via <http://www.barrettfunerals.com.au/community-details.php?id=32>.

MSWA Online Event Calendars

Please visit www.mswa.asn.au for details about upcoming pool and OSW events.

Pool Events Calendar....

<http://www.mswa.asn.au/customdata/index.cfm?fuseaction=CustomItem&ItemID=45444>

OWS 2013/2014 Calendar....

<http://www.mswa.asn.au/customdata/index.cfm?fuseaction=CustomItem&ItemID=45447>

Keen for more swimming news?

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter.
www.mswa.asn.au

Upcoming Events continued

10 Hour Swim for MS Bunbury Sun 23 March

The concept of this swim is simple – each team of up to ten swimmers has a member in the pool during the ten hours of the event. Any swim style will do as long as no flotation aids are used.

All money raised from this swim will stay in the South West enabling the MS Society to continue to provide support and services to people living with MS and other neurological conditions.

Sunday 23 March 2014

8am to 6pm

@ South West Sports Centre

The pool opens for registrations from 7.30am.

Registration Fees:

Register early and save! Early Bird: Before 4pm 7 February

Adults: \$30

Juniors: \$25 (aged between 10 and 17)

Standard Registration fees: From 4pm 7 February until 12 noon Friday 21 March

Adults: \$40

Juniors: \$30 (aged between 10 and 17)

If you're unable to put a team together you can still take part! Register online, set yourself a swimming goal and join us on the day. Contact us on 6454 3195 or follow the link for more information. <http://swimforms.org.au/bunbury>

Catherine Curnow is putting a team together and already has two willing participations. She is looking for 8 more people to join her team of ten. If you are interested please contact Catherine poolside or on 9725 2653 or via renov8@highway1.com.au.



And now for the fun stuff.....

Next club social event....Sat 15 Feb

Our next social event is our Annual Club Dinner to be held on Saturday 15 February at Koombana Bay. We have planned to have a family BYO picnic dinner with the possibility of stand up paddle boarding for anyone willing to try their skill! Sounds like a hoot!! Full details on the following page.

Train your brain STiNGERS style

Try your skill as this lateral thinking puzzle...just what we need after our long summer break....solution below....no peeking!

If the day after the day before yesterday was Tuesday, and the day before the day after tomorrow is Thursday, what day is today?

Source: <http://www.kent.ac.uk/careers/sk/puzzles.htm>

Freaky Number Facts

A jiffy is an actual unit of time. It is 1/10th of a second.

There are more than 200 lashes on a human eyelid. Each lash is shed every three to five months.

An ostrich egg takes four hours to hard-boil.

Jewellery Travel Tip

Have you ever been on holiday only to discover that your earrings are jumbled and you can't find any matching pairs?

Next time you are packing for a holiday, pack your earrings in a tablet/pill box. This way you can take several pairs and store each pair individually in their own little compartment. No more lost earrings! Thanks for the tip Thelma!

*Lateral thinking puzzle solution:
Wednesday (this one makes your brain*

Just for laughs

Mick and Paddy were at a horse race. Mick whispers to Paddy, "Do you want the winner of the next race?" Paddy replies "No tanks, oi've only got a small yard".

Paddy and Mick found 3 hand grenades and decided to take them to the police station. Paddy says to Mick, "What if one explodes before we get there?" Mick replies, "We'll lie and say we only found two."

A coach of paddies on a mystery bus tour decided to run a sweepstake to guess where they were going.....the driver won!

Paddy says to Mick: "Christmas is on a Friday this year". Mick says, "Let's hope its not the 13th."

Paddy is in the bathroom and Mick shouts to him: "Did you find the shampoo?" Paddy replies, "I did but its for dry hair and I've just wet mine."

Mick says to Paddy: "Close your curtains the next time you're making love to your wife. The whole street was watching and laughing at you yesterday." Paddy says, "Well the jokes on them because I wasn't even at home yesterday."

Mick walks into Paddy's barn and catches him dancing naked in front of a tractor. Mick says, "Oi Paddy what are ya doing?" Paddy says, "Well me and my wife haven't been getting romantic lately so therapist recommended I do something sexy to a tractor."

Bunbury AUSSI Stingers End of Season Picnic

Saturday 15 February 2014
From 4.30pm @ Koombana Bay

Partners and families welcome
BYO Picnic, drinks and chairs
Koombana Bay Kiosk open until 7pm

Verity from Bunbury Stand Up Paddleboards will be joining us (weather permitting) so bring some money if you would like to have a go. The hire fee is \$10 per half hour per board.

We need a minimum of 10 people to make it worthwhile for Verity to attend, so please let Catherine Curnow know if you are keen to have a go so that we can confirm arrangements with Verity.

Catherine Curnow: 9725 2653 or renov8@highway1.com.au

See you there for some splashing good fun!!!



Club Contacts

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Thanks to all contributors

As always, many thanks to all contributors to this month's newsletter. Keep those photos, jokes, funny stories, travel notes, handy hints and tips, recipes, blogs and event updates coming this way.

Til next time!
See you in the water! Ed.