

The

STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we round up the events for April, shine the spotlight on Brendon Bunning who shares his experience from participating in the Great Southern Swims over Easter, and we continue with Pam's technical training tips on freestyle.

Read on for more STiNGERS news...



April Round Up....

Pam's Pen

First and foremost, many thanks for the support I have received from the club members over the last few months while I have been adjusting to things happening in my life at present. A special thank you to Erica for covering for me in the latest newsletters until I could get pen to paper again. I didn't realise how many newsletters I have missed until I looked up where I had left you all with your freestyle. As we have covered freestyle kick, kick-rate and arm recovery I will now follow up with arm propulsion.

In March, the squad worked on backstroke, breaststroke and freestyle. Now you are all ready to participate in our 3x400m Club fundraiser for this year. Please participate.

This month the squad have been concentrating on Easter! Wow! What an Easter we've had! Many thanks to those who participated in the raffle. What fun! Everyone went home with some sort of chocolate. Judy Armstrong stole the limelight when she opened her large solid 'egg' only to find out she had won Anita's home grown butternut pumpkin! What a surprise for everyone! Our Life Member Thelma went home with first prize. As we had so many Easter Eggs we had lots of prizes to share with everyone. This party atmosphere carried over to the evening when the Club went out for our monthly dinner. It was great to see so many members and their partners present who all enjoyed themselves whole heartedly.

Enjoy your newsletter.
Pam's Pen, April 2014

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 6 May @ 6.30pm 221 Yalinda Drive, Gelorup
Next social	Tue 20 May @ 6.30pm Highway Hotel RSVP: Catherine Curnow



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Great Southern Swims Easter Weekend

Two of our Stingers, Brendon Bunning and Anita Lindeman, participated in the Albany Harbour Swim over Easter. Official times were:

Anita Lindeman 1:25:02:37

Brendon Bunning 1:25:15.95



Anita and I represented the Stingers in the water, Julie did coaching and cheering and John, Anita's partner, did paparazzi. It is 4km across the harbour and from the start and during the whole swim we could see our destination. One thing I have not encountered on other swims was the advice just before we entered the water that a 5 meter tagged great white had passed the Middleton Beach beacon several times that morning. We were swimming at our own risk. Nobody pulled out, that I saw anyway, but I did resolve to swim a little bit faster.

The swim was uneventful. I have recently bought a Sportzears waterproof mp3 player so I listened to a few tunes on the journey. There was a bit of sideways push so I think I swam a bit of a wide arc. We later discovered that there was a set of buoys defining the shortest route, knowledge I will use next year. I was a bit cold by the end but it was a great event and just a bit different.

On Sunday, Julie and I went over to Denmark for the SOCM. While we registered we watched the surfers enjoying a nice break and contemplated getting out past it. The course is out, then twice round the buoys, and then back in again so you are in the surf twice. Good if you catch a ride on the way in. As luck would have it, there was a fairly good set just as we started so getting out was a challenge but otherwise another great swim. Magic location and very well run and very friendly people...and they always give you a nice sweater.

Brendon and Anita share their experiences with us...

Brendon: Julie and I have swum the Southern Ocean Classic Mile at Denmark on Easter Sunday in 2012 and 2013. It gives us an excuse to visit friends who have a small farm on the coast east of Albany. I figured it was about time I had a go at the Albany Harbour Swim on Easter Saturday. I assumed that we would get some cooler weather prior to the swim for acclimatisation but that did not happen.

The Albany swim this year was from the Princess Royal Sailing Club across the harbour to the Entertainment Centre. The day was still and pretty well perfect for the time of year.

Just keep swimming
Brendon

Quote of the Month

"The water is your friend....you don't have to fight with water, just share the same spirit as the water, and it will help you move."

Alexandr Popov



Above: Stingers crew training in Busso

Anita: There were only 80 non-wetsuit competitors and it was pretty cold (the photo of the dog says it all). There was also a 'duty of care' announcement that there had been a shark sighting one and a half hours earlier so that certainly kept us moving.

It was a fantastic swim and now that I know the water temp and the course, I will definitely be back next year.

Anita



Stingers Easter Morning Tea



Our annual Easter Raffle was a huge success, with the grand prize taken out by Thelma, and with Catherine, Jacky and Brendon also winning prizes.

There were chocolate eggs, bunnies, natural soaps, chocolate moose and surprises galore.... everyone went home with an egg....or a pumpkin!

Many thanks to everyone who contributed and took part in this year's Easter Raffle, and thanks once again to Pam for organising the raffle and such a fun morning tea.



Judy received quite a fun surprise and we all had a giggle when she opened her mystery prize, which was cleverly wrapped as a slightly misshapen Easter Egg



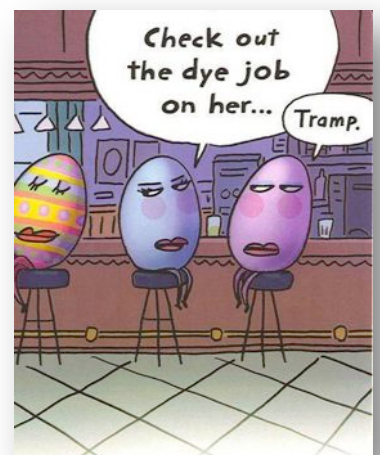
Catherine' son, Matt, was quite impressed with the chocolate bunny she won.....which he put to very good use as a stubby holder!



Stingers Social Dinner 16 April

And the Easter theme continued at our monthly Stingers social dinner held at the Hungry Hollow Tavern on 16 April, where Pam very generously handed out Easter Eggs to all for dessert.

The night was very well attended and we look forward to seeing you at our next social night at the Highway Hotel.



From the Committee...

SW Sports Centre Pool Closure – late July 2014

As you may know, the SW Sports Centre 50m pool will be closed for major refurbishment from 31 July for approx. 10 weeks.

Pam has organised access for the Club to the 25m pool on alternate fortnights for the Monday and Wednesday morning sessions (only alternative fortnights are available due to school swimming lessons). There is no availability for evening sessions due to high demand.

On the non-swimming fortnights Pam has arranged core muscle exercise sessions by Instructor Jane Lewis in the SWSC function room. This will be a cost of \$50 per session, to be paid by attendees at each session, so the more who attend the less the individual fee will be.

Brian has also made enquiries with the Donnybrook and Busselton Pools, and both have lane availability over that period of time.

Pam has asked for an indication of your interest in attending the core exercise sessions so that arrangements can be confirmed with Jane. Please let Pam know by the end of May.

Alternatively, there may be opportunities for us to car pool to Donnybrook or Busselton for extra training sessions.

Please contact Pam for further information about the core exercise sessions and to register your interest.

FOOD FACT

"BROCCOLI is packed with vitamin C – it has more than oranges!"
Michelle Bridges



Ingredients: (enough for 3)

- 1 butternut pumpkin
- 3 cups stock
- 1-2T soy sauce (optional)
- sour cream or yoghurt to serve

No-Cut Butternut Soup

In honor of Judy's Easter Raffle surprise!
You can leave the skin on for extra flavor and scoop out the seeds, or if you prefer you can use the whole butternut!

1. Preheat oven to 180C. Pop in the whole butternut and roast for about an hour or until it feels squishy when you touch it.
2. Halve the cooked butternut and scrape out the seeds and save for snacks. Put the butternut flesh and skin, if you like, in a saucepan. Add stock and soy sauce (optional) and bring to the boil. Simmer for a few minutes.
3. Puree using a stick blender until as smooth as you like.
4. Taste and season. Serve with sour cream or yoghurt.

Source: <http://thestonesoup.com/blog/2014/03/no-chop-butternut-soup/>

Club Bathers

There has been some interest from members in purchasing club bathers. As we are only a small club we don't hold surplus stock of bathers, but we are always happy to order bathers on behalf of members if we have sufficient numbers.

Our club bathers supplier is Nova Swimmwear in Queensland, who produce a quality chlorine resistant product in a range of sizes with customisable lining options. Most importantly, they conform to FINA and Swimming Australia rules. Please visit www.novaswimmwear.com.au to view their size chart and product info.

Nova require a minimum order of 15 bathers per style (ie 15 ladies or 15 mens) before they will fulfill an order.

Last year our club ladies bathers were approx. \$55 each which included full front or crop top lining (optional). Mens were approx. \$32 each.

If you are interested in ordering a pair of mens or ladies club bathers please register your interest with Pam or Erica.

If we have sufficient interest we will seek out a firm quote.

Pam and Erica

Registrations Reminder

Just a reminder that club registrations are now overdue. Membership with our club provides you with registration to MSWA and covers you for insurance whilst taking part in any Masters training or competitive event.

Please visit the MSWA website to register online, or speak with our Treasurer Brian Hall if you prefer to make your payment with cash.

Brian Hall

2013/2014 HBF OWS Series

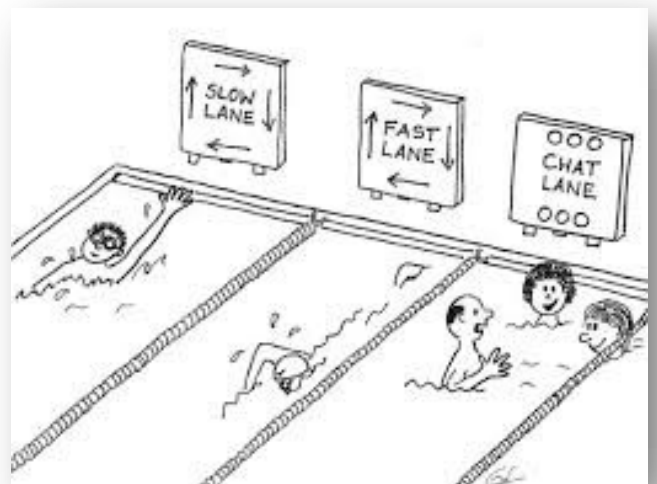
MSWA advises that age group winners for this season will be advised early May and invited to attend the presentations the awards function after the 2014 LiveLighter State Championships on Sunday 25 May at Challenge Stadium.

2014 Coach Accreditation Courses

The next Intro Coach Course (ICC) will be held on Sat 28 June, which will allow time for all 2014 ICC participants to be well underway with their deck-hours prior to the Club Coach Course (Sat 20 Sep).

More info on coach accreditation is available at www.mastersswimming.org.au

Please see our Secretary, Richard Hood, for registration forms.



Source: <http://the17thman.typepad.com/.a/6a00d8341c6c5753ef012876b94138970c-pi>

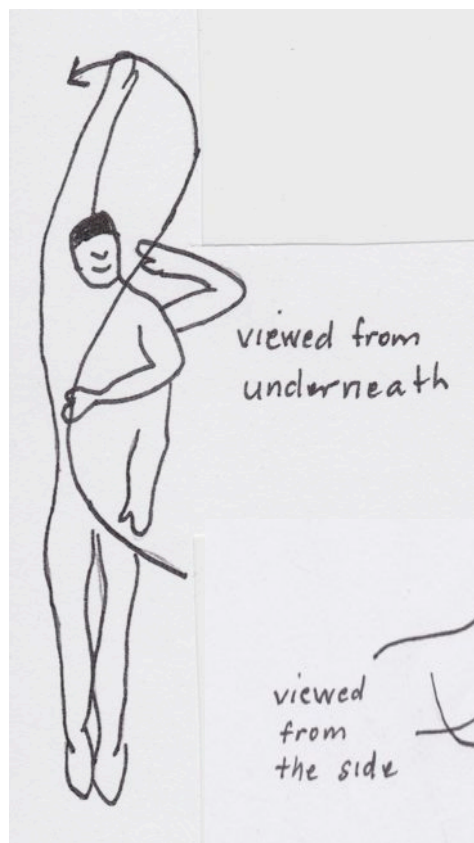
Pam's Training Tips

We have now covered freestyle kick, kick-rate and arm recovery. This month we continue with our series on freestyle with a focus on arm propulsion.

The arm that is in the water causes propulsion with a pulling and pushing action. The hand, when it enters the water, reaches a point just under the surface where it can take hold of the water. This point in all strokes is called the 'catch point'. From the catch point, the hand and lower arm start to exert pressure on the water by pressing down and pulling the hand and arm backwards to a point just below the shoulder. Here it is no longer possible to pull, so the action of the hand then becomes one of pushing, back to the thigh until the complete arm is nearly straight. At this point, the propulsive part of the stroke is finished and the arm must be lifted out of the water and begin its recovery phase.

(For Barry) There are two schools of thought: those who believe the hand pushing the water backwards (drag force) is the main cause of propulsion, and those who believe the outward and inward sculling action of the hand (Bernoulli's Lift Principle) is the main cause of the propulsion. You should familiarise yourselves with both ideas as most of you will want to know why you should do something a certain way. One thing is for certain from seeing underwater footage of the world's top swimmers: all good swimmers employ a curved arm-pulling pattern using a bent arm. This curved pulling pattern is often referred to as an 'S' shape on one arm, the mirror image being a 'question mark' shape on the other arm.

As can be seen in the diagram below as viewed from underneath, the hand moves through a combination of three-dimensional planes:



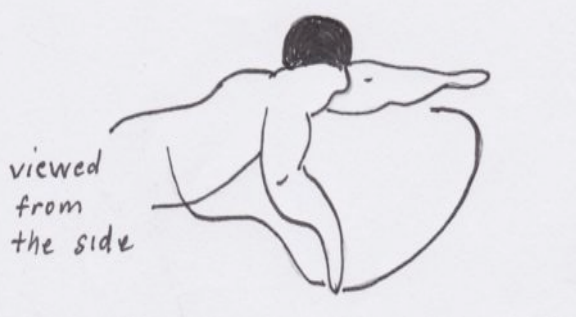
1. Forward/backward – the hand enters the water and glides forward until full extension. At the catch point the hand moves downward, outwards and backwards.

2. Outward/inward – once the hand has moved out to shoulder width it changes direction sweeping upwards, inward and backward. At this point the arm is bent to a maximum of 90 degrees.



The elbow is bent above and below the water. Note the angle of the shoulders.

In stages 1 and 2 the hand is pulling the water.



3. Downward/upward – at this midpoint of the stroke, the hand undergoes a transition from a pulling action to a pushing action. The hand moves downward, outward and backward as it completes the push below the bather line.

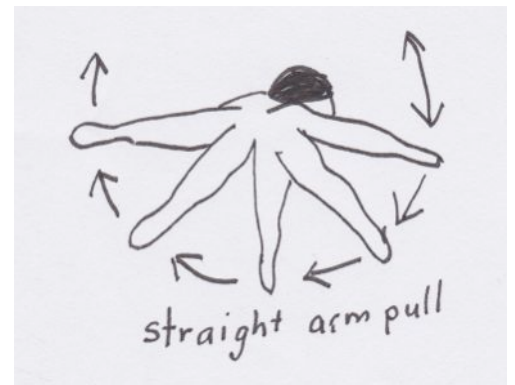
NOTE: I would advise that if you class yourself as a novice to concentrate on length of stroke, getting maximum extension at the front and back of the stroke before progressing to the more complex movements.

Common errors:

1. A swimmer pulling with a bent elbow, but not curved pathway, will be 'slipping' the hand as he or she is pulling against the water that is already moving backward. This is a similar effect to swimming 'upstream'.



2. A swimmer pulling with a straight-arm pull will not be as powerful. A short (bent arm) lever is stronger than a longer (straight-arm) lever, the latter placing much stress on the shoulder. If we agree that 'for each action there is an equal and opposite reaction', each push down results in lifting the body. There is also a small amount of backward and hence forward motion in the middle of a stroke, and the final upsweep will have the effect of pulling the body downward. Hence straight-arm pull swimmers may have a bobbing action.



Source: Killmer, A. *Masters Swimming A Self-Help Guide for Coaches and Swimmers*, Fraser Publications, Victoria, 1992.

If you have missed any of Pam's Training Tips and would like back copies, please contact Pam or Erica.

Stinger in the Spotlight



Introducing Brendon Bunning

What got you started in swimming?

I have always run or later cycled most days to keep things turning over. I hurt my knee and I was living down the road from Wesley College pool so I could swim before or after school. In the beginning I had to stop every 50 meters and wondered if swimming was for me but it soon got easier. I was in my 40s. I moved to Cottesloe later that year so I swam in the ocean most days summer and winter.

How long have you been a member?

I have been with Masters at Melville since early 2012. About last October Julie and I were just about to get in the pool at Bunbury when a woman tapped us on the shoulder and said, "You have a Masters cap, you had better come and swim with us". The hospitality of the Stingers was irresistible so I changed over this year.

Where do you like to swim?

In the ocean. In the tropics first preference. Peppy Beach is very nice.

Favourite stroke?

I am almost going backward with any stroke other than freestyle. I have aspirations to achieve proficiency in the others especially butterfly.

Most memorable swimming moment?

We went to Samoa for their Swim Series in Aug 2013. Some 140 people came and we were made to feel very special. The main program was three ocean swims over three days with tropical sea life going by beneath us.

Favourite book/movie? *I watch Lord of the Rings about every year. It's a great tale, total fantasy and the scenery reminds me of my other homeland.*

I happened upon Ludovico Einaudi. His piano instrumentals are sometimes mournful, sometimes uplifting but they reach to your soul.

How do you spend your days when you aren't swimming? *The big item on my calendar is owner builder of a house at Peppy Beach. Just starting now.*

One thing about you that might surprise others?

I have done three and a half thousand skydives! I was involved in the sport on many levels including competing, instructing and just having fun. The part of skydiving that is not commonly exposed to the ground bound spectator is the free fall. It involves subtle deflections of the air with the body surface to fly oneself around the sky and perform some intricate maneuvers. Flying a parachute is also a wonderful experience. There is nothing else like it.

Favourite sports team? *Go the All Blacks.*

One thing I could not go a day without: *I rise and do a stretch routine first thing every morning.*

Wise advice to others starting out in swimming: *You don't have to feel guilty about eating sticky buns after swimming.*

Many thanks to Brendon for participating in our Stinger in the Spotlight segment.



Brendon in action at Albany

Upcoming Swim Events

Bunbury Stingers 3 x 400m Postal Swim

Our 18th 3 x 400m Postal Swim will be held over May and June. We would love to see our Stingers' members support this event as this is our biggest fundraiser for the year and helps to keep our membership fees low. The event requires you to swim three 400m swims, one in each stroke, over two months. Clubs from all over Australia and New Zealand participate. Everyone receives a certificate with their times and the winners receive a medal. Entry is \$10. See Margaret Moylett for further info.

Triathlon WA 1km OWS Busselton 2 May

Triathlon WA will be hosting the SunSmart Busselton Ironman 70.3 Festival in early May and in conjunction with this event they will also be hosting a 1km open water swim on **Friday May 2 at noon** in front of the Goose Cafe. All swimmers welcome – Triathlon WA members and non-members. Entry fee is \$30 Triathlon members and \$35 for non-members.

Online registration closes 30 April: To register go to www.busseltonfestivaloftriathlon.com.au and click on the Open Water Swim button on the homepage.

Onsite registration on the day: Registration is available onsite on the day of the event between 9am and 11am at Barnard Park (event village). A late entry fee will apply.

LiveLighter State Champs 24/25 May

The LiveLighter 2014 State Championships will be held at Challenge Stadium on the weekend of Sat 24/Sun 25 May. Swim distances are 200m, 100m and 50m in all four strokes. Also included is the 200m individual medley. Relays are swum at the end of each day, finishing on the Sunday afternoon with nibbles and the presentation of awards. This is an enjoyable weekend where swimmers from other clubs can meet up with each other. Entry is via our Club Captain, Margaret Moylett who will be at the pool with the programme next Mon and Wed, or you can call Margaret on 9795 3888. Entries close 9 May.

LiveLighter 1500m LC Distance Meet Sat 7 June

Stadium Snappers is hosting a 1500m LC Distance Meet on Sat 7 June at 1pm to 4pm at Challenge Stadium. The venue is an outdoor, heated 50m pool. The event is 1500m in your choice of stroke (one swim only, 400m and 800m intervals recorded.) Nomination fee is \$5.00, which includes lane hire and refreshments. Pool entry \$5.30 adult, \$4.10 concession. Entries close Friday 30 May. Entries via Team Manager. For further info please contact pjdesigns@aapt.net.au or see recent email to all members with the event flyer.

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>

Hard copies now available from Margaret or Brian.

Keen for more swimming news?

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter at

www.mswa.asn.au

And now for the fun stuff....

New venue for May club social dinner

Our next social event will be on **Tuesday 20 May @ 6.30pm at the Highway Hotel** cnr Forrest Ave and Spencer Streets.

This is a new venue for our club social night. Tuesday's special is 'Better Half for Half' (half price off your partner's meal - valid on full priced menu items only and excludes seniors/kids meals). They also have a Seniors' and Children's menu. For further info about the venue and specials visit <http://www.thehighwayhotel.com.au>.

RSVP to Catherine Curnow renov8@highway1.com.au or 9725 2653.

Train your brain STiNGERS style

Try your skill with this brain training riddle..solution below..no peeking!

You are a cyclist in a cross-country race. Just before crossing the finish line you overtake the person in second place. What place did you finish in?

Source: <http://worksheets.theteacherscorner.net/make-your-own/brain-teasers/>

Food for Thought...

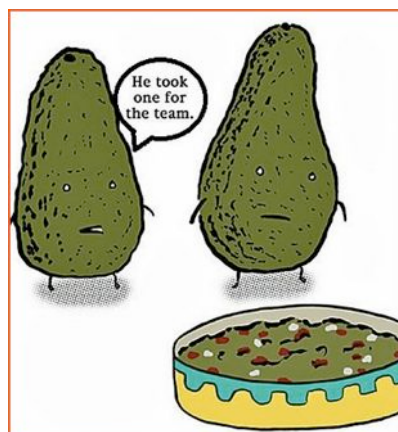
Chewing gum can keep a person from crying while cutting onions.

Canned food was invented in 1813, but a practical can opener was not invented until 1870.

Astronauts are not allowed to eat beans before they go into space because excess gas in a spacesuit damages it!

AVOCADO HANDY HINT

When making guacamole, keep an avocado pit and sit it in the guacamole once it is made to prevent the avocado from going brown. The pit has properties to help preserve the avocado flesh!



Riddle solution: Second Place. If you pass the person in second, you take second place and they become third.

Just for laughs



The ugly duckling...

Three old maids die and arrive in heaven at the same time. When they get there St Peter says, "We only have one rule here in heaven: Don't step on the ducks!"

So they enter heaven and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck and although they try their best to avoid them, the first woman accidentally steps on one.

Along comes St Peter with the ugliest man she ever saw. St Peter chains them together and says, "Your punishment for stepping on a duck is to spend eternity chained to this ugly man!"

The next day, the second woman accidentally steps on a duck and along comes St Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

The third woman has observed all of this and, not waiting to be chained for all eternity to an ugly man, is very, VERY careful where she steps.

She manages to go months without stepping on any ducks, then one day St Peter comes up to her with the most handsome man she has ever laid eyes on....very tall, dark hair, muscular....

St Peter chains them together without saying a word and walks away.

The happy woman says, "I wonder what I did to deserve being chained to you for all of eternity?"

The guy says, "I don't know about you, but I stepped on a duck."

Stingers Tackle the Giant Inflatable

See what happens when the coach isn't paying attention....



Richard, Brendon and Roz couldn't resist the challenge of the giant inflatable at the SWSC.

You know you want to.... 😊



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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.