

ON THE BLOCKS

The Official Newsletter of Masters Swimming Victoria

2010 Swimming Calender

July 3	Sale SADAST	Morwell Leisure Centre
July 17	Short Course Championships (9am)	MSAC
July 31	FINA World Championships	Sweden
August 7	Casey 'Seals Splash' Interclub	Monash University Pool
August 21	Frankston Peninsula Swim Meet	Jubilee Park Aquatic Centre
September 4	Hoppers Crossing 8th Interclub Meet (no National or Branch records can be achieved)	Wyndham Leisure & Events Centre
September 11	Short Course Relay Carnival (9am)	MSAC
October 9	Gippsland Flippers Pairs Meet	Warragul Leisure Centre
October 30-31	Long Distance Long Course Championships (10am)	MSAC
November 6-14	Pan Pacific Masters Games	Gold Coast, QLD



**Good-Luck to all
Victorian Masters Swimmers
heading to Sweden for the
FINA World Masters
Swimming Championships
&
The Glamourhead Sharks off to
Cologne for the Gay Games**

on the blocks
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CORPORATE SWIM CLINICS

ARE YOU LOOKING TO BUILD ON YOUR SWIMMING TECHNIQUE, FITNESS LEVEL OR SHARPEN YOUR COMPETITIVE EDGE?

Nunawading Swimming Club High Performance Coach and Olympic Coach Rohan Taylor is offering you an opportunity to attend a peak learning environment which will allow you to develop core skills that will improve your performance and get closer to your goals. By participating in a Taylor Made Performance Clinic you will receive training advice, fitness testing, underwater video technique screening (includes DVD copy) and training sets that will allow you to monitor and optimize your abilities on a week to week basis.

HOW WILL YOU RECEIVE ONGOING COACHING SUPPORT FROM ROHAN?

VISUAL COACHING PRO PROGRAM SUPPORT

Rohan will design a personal program based around your ability, goals and weekly schedule that you will be able to access online. Rohan will work with you each week through online diary program to manage and modify the sessions to ensure you progress by the next clinic. Rohan will show you how the Visual Coaching program works and what you can expect from it on a weekly basis at the clinic.

This clinic process is similar to those used by Rohan to train elite Olympic Gold Medalists.

Our swimming clinics are ideal for those wanting to prepare for their next triathlon, masters or open water event.

If you are 18 and above and can swim 400 meters in under 8 minutes, then register your interest today.

Bookings are limited to 6 spots per clinic.

GROUP 1	GROUP 3	GROUP 3
CLINIC #1: 3 July 2010	CLINIC #1: 4 July 2010	CLINIC #1: 4 July 2010
CLINIC #2: 11 Sept 2010	CLINIC #2: 12 Sept 2010	CLINIC #2: 12 Sept 2010
CLINIC #3: 30 Oct 2010	CLINIC #3: 31 Oct 2010	CLINIC #3: 31 Oct 2010
TIME: 9-11am	TIME: 1-3 pm	TIME: 3-5 pm
LOCATION: Police Academy Pool, Glen Waverly	LOCATION: Carey Sports Complex, Bulleen	LOCATION: Carey Sports Complex, Bulleen

COST: \$600.00 – includes all 3 clinics and the Visual Coaching Pro Account set up and access

TO REGISTER CONTACT

Taylor Made Performance

You will receive a registration form to be returned via email or fax; Email: info@taylormadepformance.com
Fax: +61 3 8669 4088

www.taylormadepformance.com (will be up and running August 1st)

*Upon receiving your registration form you will receive a welcome clinic pack:

1. Personal Profile Form
2. Equipment Requirement Information for Clinic
3. Detailed outline of the Clinic Activities
4. Relevant Information on technique and training
5. Network of professional support services available to you.

L1M Coaching Course - 5th & 6th June 2010

Swim Better – use a Coach

And one way for Coaches themselves to improve is through a training course. That is exactly what happened the first weekend in June when Masters Swimming Victoria ran a two-day training course of coaches seeking Level 1 Masters Coaching accreditation. It was also an opportunity for existing L1M coaches to re-accredit.



It would have been nice to have more than 13 candidates, and unfortunate that a couple had to drop out at the last minute for personal reasons. Since coaching courses are few and far between in the southern states, we also invited candidates from Tasmanian and South Australian Masters – and we were delighted four Tasmanians took up the offer.

It is a big ask for people to dedicate the whole weekend to training – and pay for the privilege too. But the feedback was very positive which is tribute to the quality of the presentations, and the keen involvement of all the candidates in the activities.

So what did they learn about? The first day, started with an interactive session on the whys and hows of coaching

– what did they want from coaching. This was followed by specialist professionals speaking about physiology, physiotherapy, medical and health issues, and the rules of competitive swimming as related to masters swimmers.

The second morning was practical coaching in the pool, using a couple of volunteers from the candidate squad and experienced Masters Club Coaches and VicSwim Coaches on the pool deck. The afternoon covered sessions on health and nutrition, coaching planning, and coaching better. Again all presented by specialists in those areas.

So that was mechanics of what was done. More importantly was what the candidates got out of the weekend, including motivation to complete their accreditation. Now each candidate needs to complete the theory assignments and a practical coaching experience. Then they will be L1M Coaches, willing and able to provide an even better level of coaching and training to Masters Clubs and their swimmers.

Providing accredited Coaches training courses is not a trivial exercise, and to be cost effective really needs 20-25 attendees to keep the individual costs down – even with a healthy subsidy from the MSV and grants. That is why courses are only offered every 18-24 months. But if more candidates clamour for the training, I hope that can change.

And lastly thank you to all those involved - Masters Swimming Australia Office, lecturers and the candidates themselves. You did yourselves proud.

Bruce Allender
Coaching Director MSV



Around the Clubs

Casey Seals Masters Swimming Club

It has indeed been a busy few months for the Casey Seals.

- April saw just 6 Club members head to Tasmania for the National Championships, however we are proud to say that they were a very successful 6. We had the youngest female swimmer compete in Kirilee Chaplin, made even more special by the fact that Greg, her father was also swimming. The club finished 12th overall and was the third highest ranked Victorian Club for the meet.
- We would like to congratulate Ann and Rob Gibbs on their recent wedding (8th May).
- The Seals have also had some great results at the recent Long Course State and Short Course Long Distance events, where we were able to show off our new club swimwear.
- We have our Club AGM planned for July where there will be a number of vacant positions and are expecting a number of changes.
- It has been sad to see Steve Thompson (job promotion to QLD) and Malcolm Winder (living the dream on a houseboat in Mackay) leave us for greener pastures. However we are hopeful that we have not lost them forever!!
- We would like to invite all Masters Swimmers to participate in our swim meet on August 7 at the Monash University Pool.

Finally, the Casey Seals do not have any members attending the World Championships, but we would like to wish all Victorian Swimmers who are competing overseas in upcoming weeks are all the very best of luck and safe travels.



Surrey Park Seahorses

We held our annual Swimathon in May and this year our charity was Downs Syndrome Swimming Victoria. Seahorses were swimming in the pool on Friday night, Saturday morning, afternoon and night and Sunday morning for a total of 33 hours 50 minutes and the distance covered by 20 swimmers was 101,175 metres. Fifty one swims were completed during the Swimathon, 12 PB's were set and 17 club records toppled for a total of 896 Aerobic points. At the completion of the Swimathon, Seahorses breakfasted at a local eatery where times, PB's etc were discussed and dissected.

The 2010 Aggregate competition is again being hotly contested with Mark Taylor leading the field at the moment, Darren Whetton second and Martin Haagen a close third.

Twenty seven Seahorses have notched up Aerobic swims for 2010, and one swimmer, Mark Taylor, has already completed the 2010 Aerobic program. Great effort Mark.

On a social note, Surrey Park members ventured to the Gurdies Winery in Gippsland where, surrounded by breathtaking views towards Western Port, the Heads and Mornington Peninsula, they were treated to a tour of the Winery and wine tasting. A BBQ lunch was washed down by more wine, and a walk enjoying the beautiful scenery completed a wonderful day.



Surrey Park Seahorses and friends enjoying their BBQ lunch

Two Surrey Park members are venturing to Sweden for the FINA World Masters Championships. We wish Catherine Watmough and Peter Lord, dedicated members of Surrey Park Seahorses, the very best of luck.



www.mastersgames.com.au

Yarra Roughies

The Roughies have competed at a number of swim meets this year.



- Glamourheads Sharks Interclub Swim Meet & Trifle Competition – Jan 2010

A band of Roughies members, guest swimmers and supporters headed to the Richmond Pool for the first interclub meet of 2010.

Everyone swam well - Stacey Harris, Jenny Cameron and Bev Rodan all produced at least one Personal Best (PB), Chris Lee won the medal for her age-group and Sarah James broke a State Record. The Yarra Roughies Women were placed 2nd in the teams points out of 13 Clubs who competed. Our Guest Swimmers also put in some very good performances and we hope to see them swim again soon.

The last event on the program was a mixed 10 x 50m relay for the Ross Wallis Trophy named in honour of a stalwart of both the Yarra Roughies and the Glamourheads. The Roughies were the inaugural winners of the Ross Wallis Trophy but this year it was won by the Glams.

- Malvern Marlins 18th Annual Interclub – March 2010

One of the big attractions of this meet for this year was the 25m races as these short “splash & dash” races are not held very often in Victoria. The 2010 National Swim was also a short course competition (which is unusual for a National Swim) so this meet also provided an opportunity for 2010 National Swim entrants to fine tune their swimming race-plans and to practice their turns.



The Roughies had a successful night with the women ranked 4th out of 12 clubs while the Roughies men were ranked 5th out of 13 clubs leading to an overall ranking of 5th out of the 17 clubs competing.

Chris Lee came 2nd in her age group, Brad Reynolds 3rd in his age group and Jim Milne won his age group.

Congratulations to Sarah James who broke 2 National Records and was unlucky not to have a third (someone interstate had swum 0.07 sec faster in the 50m breaststroke the week before). Jim Milne also broke the State Record in the 25m Breaststroke.

NATIONAL SWIM – Launceston, April 2010

- Three Yarra Roughies competed in the National Masters Swimming Championships in Launceston with stunning results.

- Sarah James starred with 5 gold medals and 4 silver medals in the 35 to 39 age group. She also set 4 National Records and 1 State Record.
- Also swimming in the 35 to 39 age group was Jason Cirone who brought home a swag of medals with 5 silver medals and 2 bronze medals.
- Club Treasurer Jim Milne was competing in his first National Championships since having shoulder surgery and achieved a top 10 finish in all 5 of his races in the 55 to 59 age group.



VIC CHAMPS

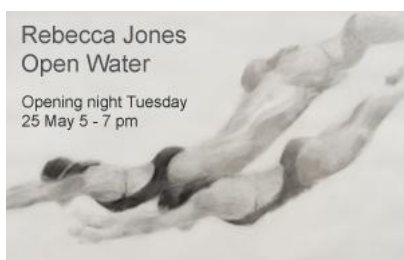
- Long Course – May 2010

Six Roughies entered the State Championships but due to illness and accident, only three ended up competing. We welcomed new Roughie Peter Godden to his first competition and he was very pleased with his times especially for 50m breaststroke. Also competing were Brae Lukav (after a short absence) and Jason Cirone who both swam well.

- Long Distance Short Course – May 2010

Both Chris Lee and Sarah James won their 2 events with Sarah setting a State Record in the 400m freestyle.

Open Water Art Exhibition



Exhibition runs
25 May - 5 June 2010

www.rebeccajones.com.au

fortyfivedownstairs
45 flinders lane
melbourne 3000

Ex-Roughie Rebecca Jones has been painting and drawing full time since 2005. Swimming is one of the recurrent themes in her drawings and paintings as demonstrated by her recent exhibition titled "Open Water"

For more information about Rebecca and to view some of her works, go to www.rebeccajones.com.au



Malvern Marlins Report

Due to the ongoing works at the Harold Holt Swim Centre, our Marlins Interclub was this year held indoors in the 25m pool at MARC on Saturday 20th March. As it turned out, this was a great lead up event to the Nationals. We had 100 entries and once again provided a great supper and raffle. Twenty seven State and four National records were broken on the night! Marlin record breakers were Jan Jeffrey (1 National and 4 State), Elana McNeil, Nicky Kerr, Tom Currie and Michael Harding.

Our AGM was held on 22nd March. Thank you to our outgoing committee and welcome to new President John Stanton and committee members.

A lively team of 26 Marlins headed south to Launceston for the 35th AUSSI Masters National Swimming Championships in April. This event was held with the new pool at Windmill Hill in Short Course format.

Pat Galvin, Patrick Devine, Jan Jeffrey and Nicky Kerr broke twelve National Records between them. All up Marlins brought home 108 individual medals and nine relay team medals.

Exceptional individual performances in the pool included;

Jan Jeffrey – 11 Medals from 11 events, 5 National records and 3rd for Female swimmer of the meet

Nicky Kerr - 12 Medals from 12 events

Patrick Devine – 12 Medals from 12 events

Pat Galvin – 9 Medals from 9 events

Tom Currie – 8 Medals from 9 events

Elana Mc Neil – 6 medals from 6 events

Steve Bottomley – 5 Medals from 5 events

Sharon Newstead – 5 Medals

Gerry Tucker – 5 Medals

Deryn Thomas was presented with her award for Official of the Year, at the Presentation Dinner on the final night.

There were also some fine performances on the dance floor at the dinner!!

At the State Long Course Championships at MSAC on Sunday 2nd May, we had 30 swimmers representing the club and also provided many of the officials. Tom Currie, Patrick Devine, Pat Galvin and Elana Mc Neil all won gold medals in all 5 of their individual events. Jan Jeffrey and Elana McNeil both broke State records on the day. With the inclusion of the 4x100m Freestyle relays, we are currently awaiting confirmation of 2 world records!! These wonderful achievements lead to an overall Marlins victory on the day.

Following the swimming, Pat Galvin and Lenore Manderson hosted a lovely send off for Brian Davis (member since '94) who has been transferred to Brisbane for work. One of the highlights of the evening was Patrick Devine's rewording of the "Life of Brian" song. This ensured that Brian will remain a loyal Marlin and join a Brisbane club as a second claim member!

This years Swim Against Malaria during the week commencing 3rd May, raised over \$200 which will go towards buying mosquito nets, to protect children in malaria affected areas of the world and also gains us valuable aerobic points.

Our annual Presentation Dinner was even more special this year, as we celebrated the 20th Anniversary of the Malvern Marlins at the Melbourne Rowing Club on 22nd May. Julie Johnson was awarded a well deserved Life Membership. Club Champions for 2009 were Jan Jeffrey and Pat Galvin, Best and Fairest was Daphne Briggs and the Marlin Award went to Patrick Devine. There were many other award winners, a slide show and band to keep us all dancing on the night. Thanks to Joan Simpson and the social committee for all the work they put in to make this, such a memorable night.



Sale Sadasts

Sale AUSSI is currently busy with preparations, both in and out of the pool, for the upcoming carnival to be held on 3rd July at the Morwell Leisure Centre. All swimmers, family and friends most welcome.

SALE SADAST AUSSI CLUB



Recently Lorri Conway, a dedicated SADAST member for the past 16 years, celebrated her 80th birthday. Lorri is a shining light and inspiration to the club as a committed club member who swims nearly 1000 metres every day. She is also an active participant with the club's aerobics program and was recently given a surprise morning tea at the Sale Aquatic Centre, hosted by the Lord Mayor of Sale, Mr. Scott Rossetti. Lorri's vigour and commitment in the pool and her enthusiasm and contribution to the Sale AUSSI club stands her out as a great role model and an inspiration for the clubs 'younger' members!

Glamourhead Sharks

It has been a busy time for the Glamourhead Sharks recently. With Cologne around the corner, and Wellington coming up next year we have upped our weekly training sessions from 2 – 3. We now train at both Wesley Pool (Tuesday and Thursday) and MSAC (Sunday). Our first Sunday session was a huge success. We have attended a number of competitions lately. With a large group flying to Sydney for our sister team The Wet One's swim meet. At the same time, back in Melbourne, a large contingent of people participated in the Masters Long Distance Short Course at MSAC.



The Glam's recently broke 2 World Records as well! At the Masters Long Course competition at MSAC, the Men's 160 – 199 freestyle relay 4:19:76 (existing WR 4:37:86) - Jason Buckner, Nick Ward, Michael Hourigan and Alan Godfrey
AND

The Men's 160 – 199 medley relay 4:57:07 (existing WR 5:21:41) - Jason Buckner, Nick Ward, Michael Hourigan and Alan Godfrey

We are sending 18 Members to Cologne for the 2010 Gay Games, and are aiming to send 40 members to Wellington in 2011 for the Out Games. In preparation for this we are giving our Uniform a revamp, so look out for us!



SADAST ANNUAL INTERCLUB SWIM MEET

The Sale & District AUSSI Swim
Team

PROGRAM OF EVENTS

1. **50 m freestyle-"Tom

Osborne" (Closest to nominated time) Must enter
time to 100th of a second. e.g. 36.15 sec

2. 25 m butterfly/sidestroke

3. 200 m freestyle

10 min BREAK

4. 50 m backstroke

5. 50 m breast stroke

6. **Mixed "Norm Fargher"

Relay (closest to nom time)

Enter on the day.

6.00 pm Competition

5.15 –5.45 pm Warm up

(1 Lane of the 25 metre indoor heated pool
remains available for warm up /cool down
during the evening)

VENUE: Morwell Leisure Centre,
McDonald Street,
MORWELL.

(Turn at Red Rooster, Left if from Melbourne or

IMPORTANT INFORMATION

- ◆ **Postal Entries Close Monday
July 20-cost \$25 (incl. Supper);
\$17 (no supper)**
- ◆ Entries accepted on the day up to 5.15pm.
Cost \$30 (inc supper); \$22 (no supper)
- ◆ All events can be entered.
- ◆ Supper for Spectators \$8; no charge for
Officials – all please register for supper.
- ◆ Medals awarded to 1st, 2nd and 3rd
placings in each male and female age group
for aggregate points from events 2,3,4,5.
- ◆ Events 1 and 6 are closest to nominated
time, and awarded separately. NO POINTS.
- ◆ Relay to be entered on yellow cards on the
day. Gender and club mix OK.
- ◆ Raffle tickets available on the day.
- ◆ Accommodation at COAL VALLEY Motor Inn
51 346 211 is recommended. Mention the Swim
Meet and there may be a benefit to you.

ENTRIES Club or individual entries on pink and blue
cards with payment to

SADAST:

c/o Sue Clifford

PO Box 264

MAFFRA 3860

ENQUIRIES (A/H) 03 51 472553



2010 Victorian Short Course
Masters Swimming Championships
Saturday July 17th 2010

EVENT DETAILS

DATE	Saturday July 17th 2010		
TIME	Warm up - 9.00 am to 9.30 am (Cool down/warm up facilities will exist for the remainder of the meet in 3 lanes of the other 25m competition pool). Start – 9:45am		
VENUE	Melbourne Sports and Aquatic Centre (MSAC) Aughtie Drive Albert Park (Melways – 2K D7) <u>25m Indoor Competition Pool</u>		
COST	Registration	\$15	
	Individual Event	\$5 per event (Max. 6)	
	Relays	\$15 per team	
CONTACT	Masters Swimming Victoria (Marked- SC Entries) Sports House, Level 2, 375 Albert Road, Albert Park VIC 3206 Phone: 9682 5666 e-mail: admin@aussivic.com.au		

PROGRAMME OF EVENTS

1	50m	Breaststroke		9	50m	Butterfly
2	200m	Butterfly		10	200m	Breaststroke
3	100m	Freestyle		11	100m	Backstroke
4.	200m	Individual Medley	<u>Break</u>	12	100m	Individual Medley
5	200m	Backstroke		13	200m	Freestyle
6	100m	Butterfly		14	100m	Breaststroke
7	50m	Freestyle		15	50m	Backstroke
8	400m	Mixed Medley Relay		16	400m	Mixed Freestyle Relay

IMPORTANT INFORMATION FOR CLUB SECRETARIES

Details for Club Entries, as well as Individual Summary Sheets, will be e-mailed/posted
Directly to Club Secretaries.

Closing date for Club Entries to the office is Wednesday 7th July 2010

Casey Seals Masters Swimming Club

2010 SEALS SPLASH

Saturday 7th August 2010
Doug Ellis Pool - Monash University, Clayton

Melways Map 70 G11

Warm Up: 6pm. Start 6.35pm

Events: Up to 5 events can be entered

- | | |
|-------------------|---------------------|
| 1. 100m Choice | 5. 25m Breaststroke |
| 2. 25m Butterfly | 6. 25m Freestyle |
| 3. 25m Backstroke | 7. 100m I.M. |
| 4. 200m Choice | |

- * Medals to be awarded to 1st, 2nd & 3rd in each age group
- * Raffle tickets available on the night
- * Guest Swimmers allowed (conditions apply)
- * Cheques made payable to Casey Seals Masters Swimming Club

Entry on MSV Vic Pink | Blue Cards

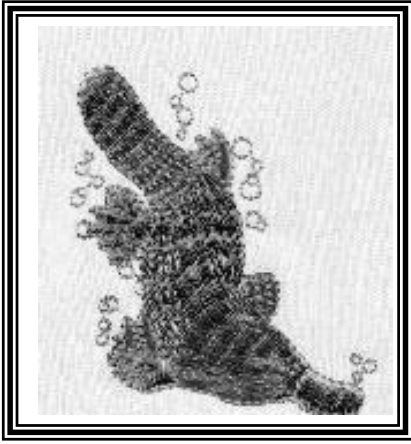
Early Bird Entries (30th July) - \$30 | Entry on the night - \$35

Spectators (incl. Supper) - \$5

Entries to:
Seals Splash
PO Box 2302
Fountain Gate
VIC 3805

Enquiries to:
Meet Director - Peter Ebenwaldner
p | 0438 055 101
e | splash@caseyseals.com.au

Direct Deposit:
Casey Seals MSC
BSB: 633-000
Acct No. 115885410
* Use name and MSV
number as reference



FRANKSTON PENINSULA

SWIM MEET

Saturday 21 August, 2010

The Challenge:

Swim closest to your Nominated Time

(for up to 3 Individual Events)

200 metres (own choice)

50 metres backstroke

50 metres breaststroke

50 metres butterfly

50 metres freestyle

Handicap Relay

Jubilee Park Swim Centre

6.00 pm warm-up

6.35 pm start

A Warm-Up/Cool Down lane will be available during the competition.

Entries Received by Wed. 18 August (Pink/Blue cards)

\$20 entry fee (includes supper)

Entries on the Night (Pink/Blue cards)

\$25 entry fee (includes supper)

Visitors welcome (free)

Information & Early Entries:

Con Duyvestyn

52 Weber Drive, Mornington 3931

Phone: 5977 0485

NB. Arriving with your cards already completed will expedite entry.

This Meet will be conducted in accordance with the National Safety Policy and governed by the rules of Masters Swimming Australia.

Entrants must be current Masters Club members at the close of entries for this event.