

Fitness Friendship and Fun

LC Summers – Hobart – 17 & 18 March
 SC Winters – Launceston – 18 & 19 August



SC Long Distance – Launceston – 2 June
 LC Long Distance – Clarence – 24 November

2018 Membership Registrations - Now Open

Visit the MSA Member Portal and Register today

New members are always welcome
 Make it a personal goal in 2018 to sign up a new member to your club

PLATYPUS PRESS

- Moving ahead

May 2018



FITNESS, FRIENDSHIP AND FUN

Moving through 2018

Congratulations to all our members that swam so well at our summer championships and followed up with great racing at Nationals 2018.

In this edition we publish a roundup of performances at Nationals 2018, update the record books and start our new feature series of mini interviews with our members.

The FINA 2017 World Top Ten results were recently released with three of our members achieving listings. MST congratulates Ketrina Clarke from the Launceston Lemmings, Amanda Duggan from Tomatoes Swim and Maciej Slugocki from Hobart Aquatic Center Masters on their achievements.

Recent developments on the national scene include the formalisation of arrangements for the dual sanctioning

of swim meets. Dual sanctioned meets enable masters members to compete as a masters in Swimming Australia competitions and vice versa. A nationally based sub-committee to explore provisions that would need to be put in place were multi-class events to be included in masters competitions was also established.

On Saturday 2 June MST is holding its Short Course Long Distance Championships. Integral to successfully swimming the longer distances is pacing ability. On page 13 we publish some tips for those competing and ... there is still time to enter!

Following the SC LD meet in Launceston the focus will shift to preparing for our Winter Short Course Championships which once again are part of the National Series.

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23rd short course
 long distance
 championships
 T A S M A N I A





2017 FINA WORLD TOP TEN HONOREES



In 2017, three members of Masters Swimming Tasmania achieved a combined nine FINA World Top Ten rankings.

MST congratulates

Ketrina Clarke
(Launceston Lemmings)

Amanda Duggan
(Tomatoes Swim)

Maciej Slugocki
(Hobart Aquatic Centre)

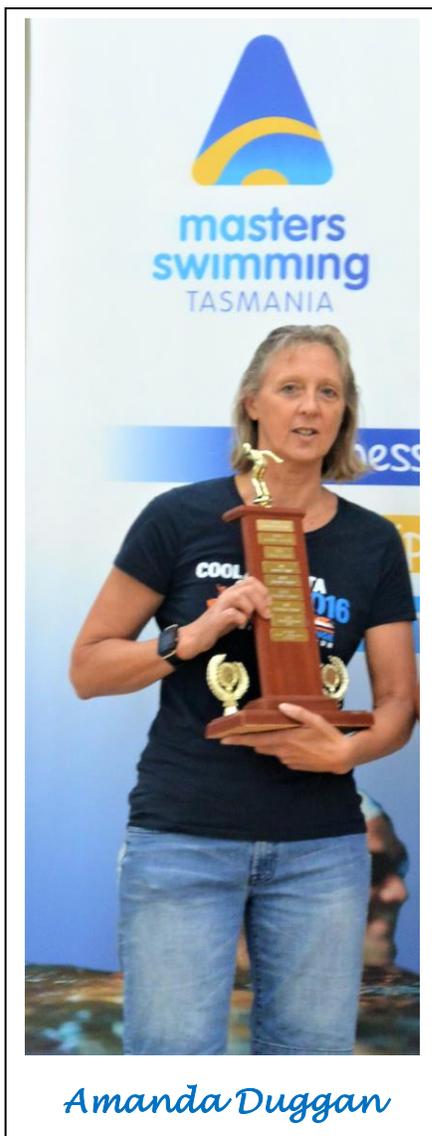
on their achievements in 2017.

Maciej achieved seven top ten listings

- 4th, 1500 Free SC
- 5th, 1500 Freestyle, LC
- 8th, 800 Freestyle, SC
- 8th, 800 Freestyle, LC
- 8th, 400 Individual Medley, SC
- 9th, 400 Freestyle, SC
- 9th, 400 Freestyle, LC

Amanda Duggan's top ten listing was a 10th in the LC 800 Freestyle.

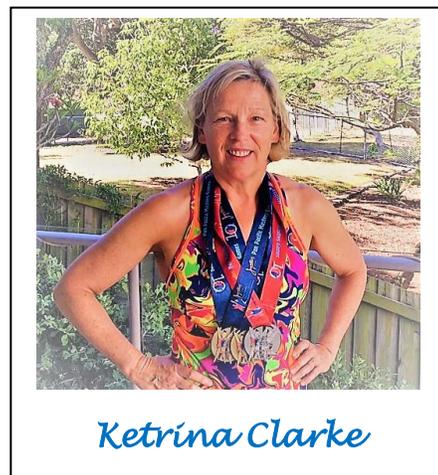
Ketrina Clarke's listing was also a 10th in the LC 400 Individual Medley.



Amanda Duggan



Maciej Slugocki



Ketrina Clarke



THE WET PART OF THE WET AND DRY SPLASH A Launceston Lemmings Event

On Sunday 20 May, the Launceston Lemmings hosted the Wet and Dry Splash at the Aquatic Centre.

The 'Dry' Splash was the initiative of Ray Brien who ran an official's training day, which was well attended with participants for the North, North West and South attending.

To coincide, Lawson Harding organised a 'Wet' Splash that had swimmers nominate a time for 5 events, and then the winner was the person who swam closest to their nominated time. Again, the Lemmings were thrilled to host competitors from a range of clubs.

Congratulations to Sarah Lyons who won the day by being closest to her times across all swims, with Susan Ward coming second and Bec Bradfield third.

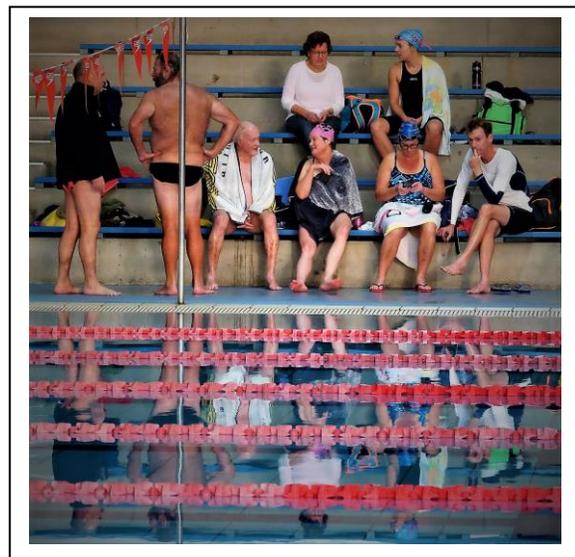
Congratulations also Bill Woodworth and Heather Parker who tied for first with the closest individual swims.

The medley relay was won by the talented team of John Pugh, Mick Doran, Sarah Lyon and Heather Parker – this was a traditional race with fastest time winning.

Thank you to all swimmers and officials who participated to make a fun afternoon of racing. A huge thank you to Ray and Lawson for organizing the meet and also to Rod Oliver for the great photos.



John Pugh, Heather Parker, Mick Doran & Sarah Lyons



Heather Parker & Bill Woodworth



Sarah Lyons

MSA Nationals 2018 Roundup – Perth 11 - 11 April

A great 4 days of competition at Perth Nationals 2018.

MST congratulates all members who attended and competed at these championships.

Over a marvelous week of competition, club members achieved 5 gold medal placings, seven silver and eleven bronze placings. There were also fourteen fourth placings and seven fifths. Fourteen of our members managed a total of 66 top ten finishes. Well done!

And finally, a total of 19 Branch records were also broken during the four days of competition.



two Bronze, and Ashley Brook and John Pugh both with Bronze medals.

Close fourth placings were also achieved by Tony Forman (2), John Pugh (1) and Sarah Lyons (1).

Ten Tasmanian Branch records were also broken. More about these later.

Day 2 at N18 saw 6 more podium finishes and Anne Steele's gold rush continuing with two more in the 400 IM and 200 Fly.

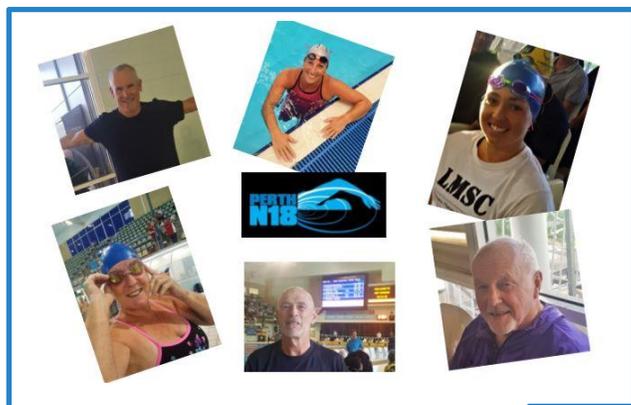
Christine Brown (200 Free), Sarah Lyons (50 Fly) and Ashley Brook (400 IM) landed on the podium with Silvers and Tony Foreman (200 Free) there as well with a Bronze.

Club members also achieved four 4th and five 5th place finishes.

Day 3 at the Nationals and everyone was having fun and enjoying the atmosphere.

This was another golden day for Anne Steele, this time in the 800 Free – That was Anne's 5th.

A total of 7 podium finishes on day three, Anne's Gold, thee Silvers - Phillip Tyrell in the 800 Freestyle, Sarah Lyons in the 100 Butterfly and Tony Forman in the 200 Backstroke.



Day 1 saw six podium finishes - four from each of Hobart Aquatic and the Launceston Lemmings.

Our podium finishers were Anne Steele with two Golds, Philip Tyrell with a Silver and Tony Forman with a Bronze. Adding to the list were Christine Brown



Ashley Brook, John Pugh and Tony formal all had Bronze medal finishes in the 800 Freestyle.

Ashley and Sarah also had 4th place finishes.

The Last day of Nationals finished up with presentations at the Royal Perth Yacht Club but before that....A great 4th day of competition and once again our club representatives had several podium finishes.

[Continued on following page together with a picture gallery.]

MSA Nationals 2018 Roundup (Continued)

More podium finishes on Day 4. Congratulations Ashley Brook (200 IM) and John Pugh (50 Free), on your bronze medal placings.

MST Congratulates all members that competed in the championships. MST looks forward to catching up with you all at our Short Course Long Distance Championships in Launceston on 2nd June.

And now for a roundup of the records.

Nationals 2018 saw a total of 19 Branch records broken by eight of our members. Top of the pops was Christine Brown from the Launceston Lemmings.

Christine's records were set in the 100, 200 and 400 Freestyle and 100 and 200 Backstroke events. Tony Forman re-wrote the record books in the 50, 100 and 200 Freestyle events and the 50 Backstroke.

John Pugh's records came in the 50 and 100 backstroke and 800 Freestyle events. Prior to this meet, John had already broken 212 Tasmanian records in his illustrious career as a masters swimmer. John's career total now stands at a magnificent 215 records.

Philip Tyrell's records were in the 50 Freestyle and 100 Butterfly while Marcia's two records were in the 400 and 800 m freestyle events.

Ros Dillon (100 m Butterfly), Anne Steele (200 Butterfly) and Sarah Lyons (200 Backstroke) completed the record breaker's list.

The top record breaking club was the Launceston Lemmings with nine, followed by Hobart Aquatic with seven. Two records were broken by Devonport Devils and the other record by Tallays.

Tasmanian Records by Club at Nationals 2018

	Records
TLC	9
TAC	7
TDP	2
TTL	1
Total	19

[The record's broken at Nationals 2018 require confirmation.]

Snaps from Nationals 2018



Individuals Breaking Tasmanian Records at Nationals 2018

	Records
Christine Brown	5
Tony Forman	4
John Pugh	3
Philip Tyrell	2
Marcia Watkinson	2
Ros Dillon	1
Anne Steele	1
Sarah Lyons	1
Total	19



Jess Lucas - Devonport Devils

Mini Member Interview

This edition of Platypus Press features the first of its mini interviews with club members.

Jess Lucas from the Devonport Devils is the first member that we feature.

Jess, how did you first get involved with swimming/masters swimming?

My parents enrolled me in learn-to-swim as a child, so I have been involved in the sport since then. I gave up competitive swimming and club training as a teenager but missed the fitness and social aspect.

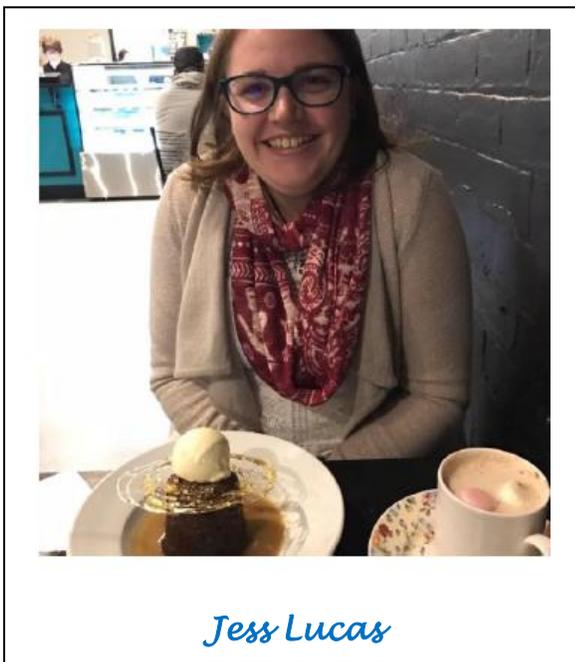
During university one of my sister's friends encouraged me to come and train with her with the Launceston Lemmings, so I briefly trained with them for a few months before my university workload increased. I didn't even realise Devonport had a masters club until their information table and the information table for the other club I am involved in (Devonport Aquatic) were side by side at the Splash Aquatic Centre's open day in February this year.

I joined the Devonport Devils training session the next week and have been participating since.

What were your first impression of masters swimming?

Everybody was so welcoming. There was no pressure. I could just swim at my own pace, set my own goals and if I felt

like competing I could (it was entirely my choice).



Jess Lucas

What is your favorite / first memory of swimming with the DDMSC?

Competing down in Hobart at the long course state champs earlier this year. I hadn't been training with the Devonport Devils long and I had been nervous about going. It fun being part of such a supportive club.

What has surprised you most about the club?

How supportive, encouraging and welcoming everyone has been. They have made me enjoy swimming again.

What do you find most challenging about masters swimming?

Often the biggest things I find challenging is just finding the time to show up.

What's the best/worst thing to happen since you started swimming?

I did my first competition in over fifteen years and was pleasantly surprised to win my first ever swimming medal at long course state championships. Especially since I was so nervous and worried about returning to competition.

What might we be surprised to know about you?

Most people are surprised to find out I'm 26. Apparently I have been blessed with youthful genes and look like I'm barely 18!

What would you tell someone who is thinking about joining the DDMSC?

Age and swimming ability don't really matter. You will have fun and meet new people.

What do you do when you aren't swimming?

I am either in the classroom as a relief teacher or I am on pool deck as a swim instructor for Devonport Aquatic Club.



masters swimming AUSTRALIA

NATIONAL CHAMPIONSHIPS 2019 ADELAIDE

19 — 23 March

Come to Adelaide for the 2019 National Championships. Stay for the festivals, food culture and world-renowned wine regions.

To find out more, please visit mastersswimmingsa.org.au/events

SA Aquatic & Leisure Centre
Adelaide · 19 — 23 March 2019

Day One <i>Tuesday</i>	Day Two <i>Wednesday</i>	Day Three <i>Thursday</i>	Day Four <i>Friday</i>	Day Five <i>Saturday</i>
1. 800m Freestyle	5. 100m Butterfly	11. 200m Breaststroke	17. 400m Freestyle	1.5k + 3k
2. 100m Breaststroke	6. 50m Breaststroke	12. 50m Freestyle	18. 50m Backstroke	Open Water Swim
3. 50m Butterfly	7. 200m Freestyle	13. 400m Individual Medley	19. 200m Butterfly	Presentation Dinner <i>The Grand, Glenelg</i>
4. 200m Backstroke	8. 200m Individual Medley	14. 100m Backstroke	20. 100m Freestyle	
	9. 4x50m Relay: Women's Medley	15. 4x50m Relay: Women's Freestyle	21. 4x50m Relay: Mixed Medley	
	10. 4x50m Relay: Men's Medley	16. 4x50m Relay: Men's Freestyle	22. 4x50m Relay: Mixed Freestyle	

Entries open late 2018

Dual Sanctioning of Swim Meets

A Dual Sanctioned Swim Meet (DSSM) allows members of Masters Swimming Australia (MSA) to participate as masters members in a Swimming Australia hosted swim meet and have their times recorded in the results and records of MSA.

In a practical sense this means that as a masters member you will be able to enter a Swimming Australia meet as a masters member, using your masters registration number.

The dual sanctioning of swim meets already operates informally in at least one state and enables members to race more frequently and have their times recorded and recognised as Branch or National records.

Dual sanctioning of meets has operated in the USA for a number of years.

The full, approved policy is available as a [download](#) from the MST web site in the Rules section.

The policy was approved by the April General Meeting of MSA.

The rationale for the introduction of DSSMs is that "both SAL and MSA maintain that swimming in Australia should be "for life" and that it is desirable that both organizations strive to provide jointly an environment where all swimmers have the opportunity to swim "for life". For some, swimming in competitions is all part of their desires and plans to "swim for life".

SAL is best structured to provide swimming for life to swimmers from their earliest days in the water through

to at least the late teenage years and in some cases well into their twenties.

However, as swimmers reach adulthood and obtain independence from their parents, MSA provides an environment for some swimmers to continue their chosen sport with likeminded individuals in clubs run by adult swimmers, for adult swimmers."

The impact the introduction of DSSM on the national level has an, as yet, unknown impact in Tasmania.

Certainly in past years members in Tasmania have competed in Swimming Tasmania meets, using their masters registration number. Their results however could not be considered for world top ten rankings. For those masters that would like to compete more frequently, the dual sanctioning of swim meets could provide those opportunities.

The DSSM concept is new to Tasmania so over the coming months the Branch's Committee of Management will consider the implications and practicalities as they apply in Tasmania.



2018 has been designated as the year of the coach.

Masters swimming views coaching as critical to the very essence of masters swimming.

In Tasmania we have in place a coach development plan, one that is funded by the Branch. The policy provides for the Branch to contribute to the cost of individuals attending Masters Swimming Australia coach courses and gaining qualifications. The coaches course delivered by MST in 2018 was fully funded by the Branch. You can download the MST "Developing our Coaches" [policy](#).

The National policy now complements the Tasmanian one and provides additional financial support to aspiring coaches or those seeking renewal. One of the key features of the [national policy](#) is the provision of financial travel assistance.

The guiding objective for MST is that your enjoyment of swimming is enhanced by quality coaching which provides you with great aquatic skills.



For your diaries - 2018 MST Championship events

2018 Masters Swimming Tasmania Championship Events

Summer Championships
Hobart

17 & 18 March

Short Course Long Distance
Championships
Launceston

2 June

Winter Championships
Launceston

18 & 19 August

Long Course Long Distance
Championships
Clarence

24 November

The most up-to-date
details are available on
the MST events page.



Getting to know you Mini Member Interviews

Platypus Press would like to publish stories/profiles/interviews with our members.

Most of the time it is easy to write a story about our most competitive swimmers - you know, the ones that break the records, win medals or do crazy things like swimming 1500 m butterfly or the English Channel.

What is not so easy is to put together a story on those that don't fall under the spotlight.



Newsletter of Masters Swimming Tasmania

To make it easier to compile material about those that are not in the limelight, Platypus Press has prepared a series of teaser questions which are set out in the next column. Do not be put off by the number of those questions - they are just suggestions for things that you could write about yourself.

Write a paragraph or so about yourself, answer any five or six questions set out in the box on the left and let us have your responses. Attach a photo or two with a suitable caption. That is all it is.

Send it all to us via an email to mastersswimmingtasmania@gmail.com

Let's get to know each other better.

Questions for Platypus Press

- Tell me how you first got involved in with swimming/masters swimming?
- What was your first impression of masters swimming?
- What's your first memory of swimming with your masters club?
- What has surprised you most about your club?
- What do you find most challenging about masters swimming?
- What's the best/worst thing to happen since you started swimming?
- When you last trained, how did that make you feel?
- If you could change one thing about masters swimming what would it be?
- What do you wish other people knew about masters swimming?
- Tell me about some of the people you've met while as member of an MST club? (don't name them please)
- When your friends/family find out that you swim with masters what do they say or ask?
- Tell me about someone who has influenced your decision to compete in masters.
- What might (someone) be surprised to know about you?
- What would you tell someone who is thinking about joining a/your club?
- How would (someone) describe you?
- What do you do when you aren't swimming?

Club



Pages

Devonport Devils



Hobart Aquatic Centre



Hobart Dolphins



Launceston Lemmings



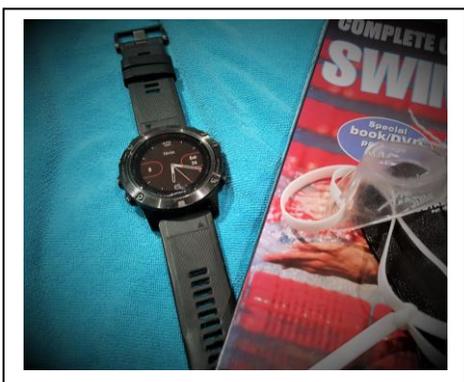
Tomatoes Swim



Do you wear a smartwatch while training?

Recently Masters Swimming Australia has received a couple of reports of incidents and accidents that involved smart watches on swimmers' arms during training.

As a result, National Office has issued a Circular to warn Branches and their Clubs of the danger of smart watches.



The circular states that “there are many other brands of watches worn, but there haven't been any complaints about them to date. It just seems to be smart watches.”

“An accidental clash of arms has in one reported case resulted in the watch being completely destroyed and a shard of glass cutting a swimmer's finger, requiring a hospital visit, stitches, antibiotics and a tetanus shot. The injured swimmer was out of the pool for 3 -4 weeks.”

The Circular goes on to state that “this could be a very emotive issue because our swimmers use their watches for many reasons during training and have been doing so for many years without incident.”

National Office therefore has requested that Branches and Clubs monitor the situation and report on any other accidents due to watches (any watches) that occur during training.

The circular is being distributed to all MST clubs.



Updating Your Membership Details

For various reasons your membership details may need updating.

Where you need to change your name or even update your date of birth you can't do this yourself on the MSA Membership portal.

What you need to do is send an email to mastgersswimmingtasmania@gmail.com

letting us know the change that needs to be made and in the case of a change to your date of birth evidence of the correct date.



Newsletter of Masters Swimming Tasmania

The deadline for contributions for the next

Next Edition

edition of Platypus Press is 27 July 2018.

Have you ever wondered why there is no news from your club in Platypus Press?

The explanation is quite simple – the only reporters for PP are club correspondents. The rest is put together by the PP editor who either writes the articles or spots something interesting (to the editor) that has been circulated to MST.



18th FINA MASTERS WORLD CHAMPIONSHIPS Gwangju, South Korea 5-18 August 2019

Have you ever been to Korea? If your answer is no, or even if it is yes, here is your opportunity.

Why not plan on visiting this incredible, intriguing country designing a visit around the 19th Fina World Masters Swimming Championships.

In Tasmania we are restricted by lack of numbers and opportunity to Masters pool-based competitions.

But masters aquatic competition is also about open water racing, water polo, diving – both pool and high diving, and artistic swimming (which used to be called Synchronized Swimming).

The venues will be top class, especially now as the masters competition follows on in the same venues as for the elites.

Venue standards have significantly improved since the alignment of the masters championships with those of the elites. Certainly, there is a marked contrast between the facilities in Gothenburg, Sweden and Montreal, Canada and those experienced at the last two championships in Kazan, Russia and Budapest, Hungary.

Now is your chance and no jet lag.

[Latest details](#)



FINA WORLD CHAMPIONSHIPS



**Back issues of
Platypus Press and
MSA E-News**

If this is your first time reading Platypus press, you can see our [back issues](#) on the MST web site.

Back editions [MSA E-news](#) are also available

Competition Venues

1. NAMBU UNIVERSITY INTERNATIONAL AQUATICS CENTER(Swimming-Diving)
2. YEOMJU GYMNASIUM (Temporary Pool) (Artistic Swimming)
3. NAMBU UNIVERSITY FOOTBALL FIELD(Temporary Pool) (Water Polo)
4. CHOSUN UNIVERSITY FOOTBALL FIELD(Temporary Pool)(High Diving)
5. YEOSU EXPO OCEAN PARK(TBD)(Open Water Swimming)

1. NAMBU UNIVERSITY INTERNATIONAL AQUATICS CENTER

Swimming, Diving

3. NAMBU UNIVERSITY FOOTBALL FIELD (Temporary Pool)

Water Polo

4. CHOSUN UNIVERSITY FOOTBALL FIELD (Temporary Pool)

High Diving

5. YEOSU EXPO OCEAN PARK(TBD)

Open Water Swimming

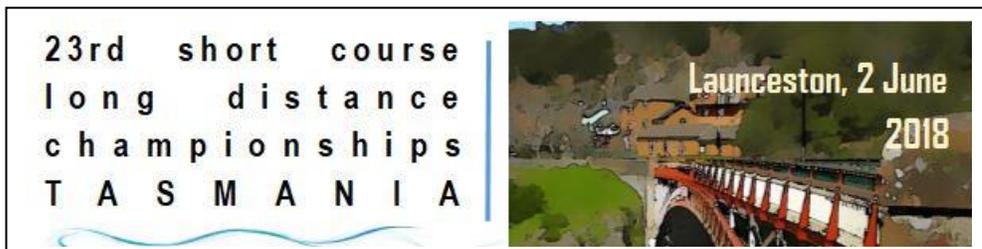
2. YEOMJU GYMNASIUM (Temporary Pool)

Artistic Swimming



Still time to Enter Short Course Long Distance Championships Pacing Tips

There is still time to enter!



Once again MST provides the opportunity to enter two events at our 2018 short course long distance championships. The program includes the 1500, 800 and 400 events. Registration is \$5 and \$10 per event with a maximum of two events.

Entry is easy, just click on our event icon above and it takes you directly to the entry system.

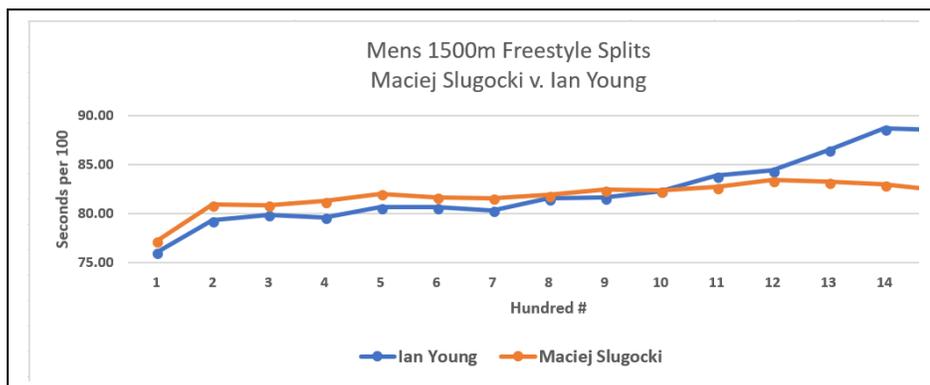
Now that you have entered here are some pacing tips. These are based on an article by NSW swim coach, Mark Morgan.

Mark's article was prepared for the 2018 National Championships where the

1500 m event is not offered. While the 1500 was not contested and where the specifics for a 1500 or 800 were not discussed in Mark's article the discussion and principles outlined in that article equally apply to the 400, 800 or 1500 you may be swimming in Launceston on 2 June.

The chart below presents the 1500 m freestyle splits of Ian Young (SA) and Maciej Slugocki's splits at last year's event. It is not hard to spot the difference that pacing makes.

Here are some of the tips gleaned from Marks article "Pace Judgement".



- with finite energy reserves ration that energy evenly across the full distance;
- do not expend too much energy early as this will result in technique and therefore efficiency degrades, further slowing speed;
- Do not psychologically damage yourself by turning at the halfway or latter stages of a race knowing that the remainder of the race is going to be a real struggle.

The full text of Marks article can be [downloaded](#).

**Our National
Safety Policies**

Safety
Heat
Sun Smart
Risk Management

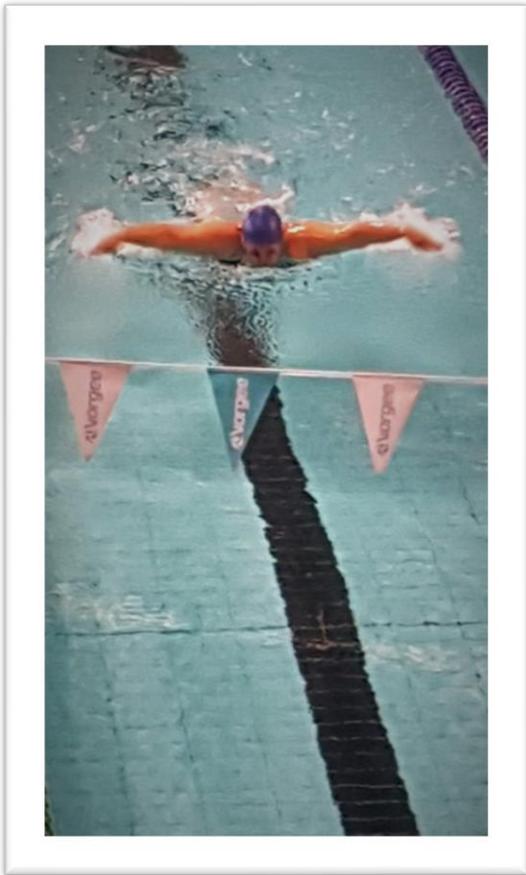
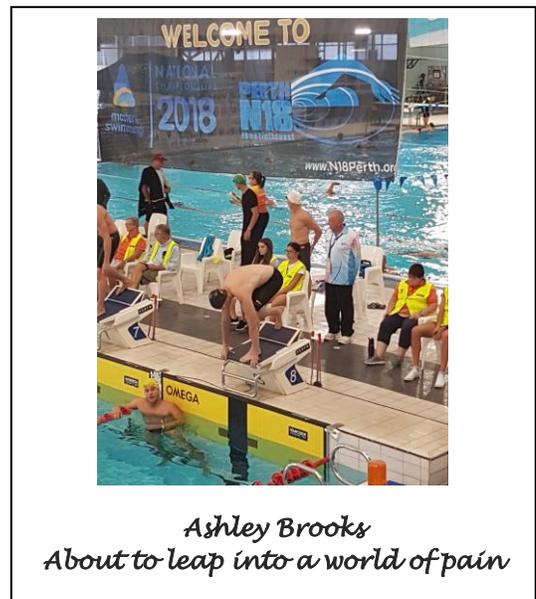


PHOTO GALLERY



Outdoor Pool Nationals 2018

Diane Gregory in full flight Nationals 2018



*Ashley Brooks
About to leap into a world of pain*



Party goes at Nationals 2018