



PLATYPUS PRESS

- Moving ahead

December 2016



FITNESS, FRIENDSHIP AND FUN

Recognizing Our Champions and Champion Contributors

Since its inception, Masters Swimming has relied on an army of contributors and achievers to underpin our existence.

The highest recognition that MST awards is that of Life Membership. This has been awarded to Hector Beveridge, Trish Porter, Ray Brien, Pauline Samson and Judy Hyndes. Two of our members, Pauline Samson and John Pugh, have been awarded National Life Memberships.

At the end of our Summer and Winter Championships we award a Male and Female swimmer of the meet. We also have our Branch, National and World Top Ten achievers.

Nationally, there are the Technical Official and Coach of the Year awards and in 2018 there will be a new, Volunteer of the Year award. The national winners of these awards are

chosen from the winners of the state awards. In Tasmania however, we don't have the equivalent of any of these national awards.

The question is then, "are we going to do anything about this situation?"

Our Strategic and Development planning group identified this as an area that needed to be addressed. The intention is to:

"Design and implement a strategy to recognise and honor our champions in areas of participation, contribution and competition"

We have now started developing this strategy. As a first step, we are now consolidating data on participation by our members at FINA World Championships which we will soon publish on our website.

(Continued page 2)

IN THIS ISSUE

Recognizing our Champions and Champion Contributors:	Page 1
Pan Pacific Maters Games:	Page 2
Congratulations Ian Johnston Club Facebook Pages:	Page 3
News from Hobart Dolphins Clarence Aquatic Centre - Thank you:	Page 4
MSA 2016 Swim Series Results	
News from Tomatoes Swim:	Page 5
News in Brief:	
Thailand Swim Camp:	Page 6
The Tragedy and Triumph of the Munich Olympic Games - 1972:	Page 8
Rules for Swimming Competition:	Page 9
Updating Details on the Membership Portal:	Page 10
Grants and Fee Relief - HCC Fina Worlds 2017:	Page 11
Events and the Next Edition:	Page 12
Archives Photo Gallery:	Page 13

Recognizing Our Champions and Champion Contributors

(Cont. from page 1)

Along the way, we will ask, and answer, such questions about our Masters swimmers as:

- Which Tasmanian was the first to win a world championship, when and in which event?
- Which Tasmanians have won podium finishes at world championships?
- Who was the first Tasmania to break a national record?
- Which members have broken more than 100 Branch records?
- Who was the first Tasmanian Masters competitor to swim the English Channel?

We don't have this information on our web site, nor in some cases even know, so over the coming editions, as we put the material together, we will publish this detail and include some profiles starting with our first FINA World Champion. (You must wait till the January edition to find out who that was.)

Over the next few months, the Branch will consider and announce ways of recognizing **all** our achievers for their significant contributions to Masters Swimming in Tasmania. If you have any ideas on how we could do this then we would be more than pleased to receive your suggestions.

Golds and Records at the Pan Pacific Masters Games



Four bright and sunshine filled days on the gold coast, catching up with friends of long standing, making new ones and, incidentally, doing some racing at the Pan Pacific Masters Games.

Congratulations to Anne Steele and Ketrina Clarke, our representatives at the 2016 Pan Pacific Masters games.

Anne and Ketrina broke five PPMG and three Tasmanian masters record. Between them, Anne and Ketrina, brought home 8 gold, 2 silver and 3 bronze medals. An excess luggage warning had to be posted before they could return home.

Anne Steele, 45-49



1st

200 Butterfly, 2:52.25, **PPMG Record**
400 Butterfly, 6:12.69, **PPMG and Tasmanian Record**
400 IM 6:00.05, **PPMG Record**

200 Free Relay, **PPMG record**
Open Water, 5 km.

2nd

100 Butterfly, 1:19.45

3rd

200 Freestyle, 2:30.54

400 Freestyle, 5:16.22

200 Medley Relay

Ketrina Clarke, 55-59



1st

50 Butterfly, 35.67, **Tasmanian Record**

200 Butterfly, 3:05.56, **PPMG and Tasmanian record**

400 Ind Medley, 6:28.97, **Tasmanian Record**

2nd

200 Ind. Medley, 3:00.60

Finally, for your enjoyment, here is video clip of the Swimming at the 2016 Pan Pacific Masters Games. The clip is set to the music "Never Tear Us Apart" by INXS.

Inspire yourself for the next ones in 2018.

[Pan Pacs 2016 on YouTube](#)

Ian Johnston Our Adventure Tourism Award Winner - Hobart Aquatic Masters Swimming Club and The Maria Island Walk

Some of us know Ian from his membership of the Hobart Aquatic Centre Masters SC, others as a sponsor of the 2016 Australian Masters Swimming Championships and others from a tour with The Maria Island Walk. Ian generally trains with Hobart's AM crew, the club members that train at 06:00 am in the morning. Others may know Ian from open water swims.



Ian started swimming with Masters in 2014. He had been an occasional early morning swimmer at the aquatic centre in the slow lanes and was bit in awe of the Hobart Masters swimmers who were splashing along in the fast lanes.

A couple of friends from different circles, Jane Conley



and Pat Fitzgerald, who he'd seen at a few ocean swims said he should consider joining in and so decided to give it a go and has never looked back.

Ian said that he "gradually built up distances and swam the 5 km Bicheno Devil of a Swim in 2015 and swam the 2016 Rottneest as a duo". His duo swimming partner was from Cairns who he had entered the Magnetic Island to Townsville ocean swim with in winter 2015, but a 4-5 m crocodile in the area meant the event was called it off.

"I am now training with Pat Fitzgerald, aBronwyn Puleston-Jones and Harald Gatenby for a Rottneest solo swim in 2017" says Ian.

Ian says that "Being in my in mid 50s and having a typical sedentary lifestyle body shape, the swimming has been great and getting into the early morning swim rhythm has been wonderful. I find it really energises you for the day and makes you start with an appetite for the day ahead. It is also a great way to make new friends."

Ian likes challenges of long distance events and has in the past entered a variety of long distance running, kayaking and bushwalking events.

"I came to Tassie in the early 1990s after a 20-year career as a construction engineer and loved it so much that I changed careers and now run a tourism operation on Maria Island." Ian said.

Ian is married to Bronwyn and has three sons.



[Devonport Devils](#)

[Hobart Aquatic Centre](#)



[Hobart Dolphins](#)



[Launceston Lemmings](#)

[Tomatoes Swim](#)



News from the Hobart Dolphins



The Dolphins had a fantastic turnout for their Club Xmas Party. By all reports everyone had a fantastic time. You just need to see the photos.

The club extended a big thank you to Annaliese for her help in organizing the day, especially the great job in arranging and setting up the venue. The food was lovely and of course the company even better.

Congratulations to the Major Trophy Winners:

Club Person of the Year
Sue Vincent

Swimmer of the Year
Katherine Daft

Most Improved
Michelle Sampson.

Bunbury Swim Medal for Most Improved Male time
Peter Tucker



Congratulations were also extended to the Gould, Daft and Hall team for their skills at Christmas Carol Pictionary.

The invaluable contribution of the coaches during the year was acknowledged and the raffle was a big success with some \$400 raised. Thank you to all who contributed.



Clarence Aquatic Centre YMCA - Thank You

Masters Swimming Tasmania recently transferred its 2016 Long Course Long Distance Championships to the Clarence YMCA Aquatic Centre.

MST is extremely appreciative of the hospitality and arrangements provided for us. We did this for several reasons including timeliness of quotation, support of the YMCA, to test a back-up Centre and racing facility and not least, the COST.



For an event such as this, costs at the Doone Kennedy Hobart Aquatic Centre (DKHAC) are such that they are pricing us out of that Venue.

The ever-increasing charges by the DKHAC meant that MST needed to trial and consider an alternative for this type of meet. The Clarence Centre was the obvious alternative.

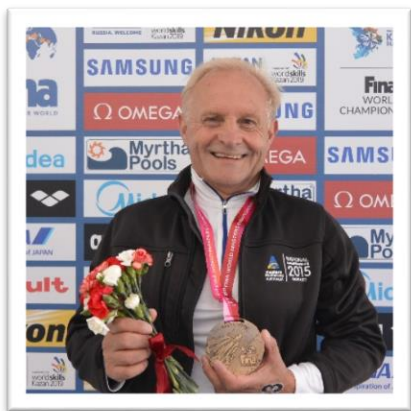
MST needed to funded a pool survey, which we now own, to evidence compliance with the relevant FINA requirements for a pool of this character. The survey is now available for purchase from MST

At its next meeting, the Board, including club delegates, will undertake a reviewing all facets of the meet, including the start time.

MSA 2016 Swim Series Results

The 2016 Swim series had its final Nationals event at the Pan Pacific Masters Games.

For the third year in a row, Maciej Slugocki from the Hobart Aquatic Masters Swimming club has won the 60-64 age group.



Eight meets made up the 2016 National Swim Series – the MSA National Championships in Melbourne and one nominated event from each of the Masters Swimming Branches.

The Series is about participation and performance! Masters Swimming members are encouraged to support these selected pool events throughout the year to be in the running for awards. Attending multiple meets gives any swimmer a better chance to compete against the "super fish" in their age group. A minimum of two Meets had to be swum to be eligible for prizes.

MST Congratulates the seven repeat winners from last year – Leigh Rodgers (VMV), Jennifer Nock (QTT), Dorothy Dickey (VDC), Mark Thompson (VPP), Paul Blackbeard (WCM), Maciej Slugocki (TAC) & John Cocks (VMV). Mark, Maciej and John have won their age group three years running since the Series began

Winners came from six of the Masters Branches – NSW had nine, Queensland had two, South Australia had one, Tasmania had one, Victoria had fifteen and Western Australia had two.

It was a great effort by John Cocks VMV (80 – 84) who swam at six Meets and topped the points table with 12196 points. Jennifer Nock QTT (65 – 69) also swam at six Meets and topped the women's points with 9148; and there were twenty-two new winners in 2016.



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



News from Tomatoes Swim

In ideal conditions at Carlton Park the Tomatoes Swim Club were well represented at the opening race of the Tasmanian Ocean Swim Series on Saturday 3rd December. Nearly 30 Tomatoes members were in attendance for the 1.5 km course in a rolling 1 m swell with crystal clear water.



Most notably the Tomatoes men took out 1st - 4th in the Masters category and the women placed 1st in both the Masters and Senior Masters categories. Tomatoes Swim Club also cleaned up the novice event placing 1st for both men and women with many other respectable finishes and personal best amongst the other age groups.

Needless to say, the Tomatoes are very much looking forward to the MSA Open Water Championships in 2018!



News in brief

The Devonport Devils Masters SC club has a [Facebook](#) page and have invited MST members to like their page. (Editor's note – A couple of cheeky posts can be spotted on their page.)

The Tasmanian Summer championships are once again being held in Hobart at the Doone Kennedy Aquatic Centre on Saturday and Sunday, 25 & 26 March 2017. Entries will open in January 2017

Congratulations to Ian Johnstone, a member of the Hobart Aquatic Masters Swimming Club, for his tourism venture, The Maria Island Walk, on winning the Best Adventure Tourism award at the 2016 Tasmanian Tourism Awards. Ian's company was one of our 2015 MSA Swimming Championship sponsors. (See our profile on Ian in this edition of Platypus Press)

A bunch of eight Tomatoes took to the pool at the Clarence Aquatic Centre for the Masters Tas LCLD Championships on 19 November. There were some impressive performances with three members making their Masters debut amongst some more experienced swimmers. It was also great to see plenty of Tomatoes on the stands to cheer on their team mates. Tomatoes Swim Club are now looking forward to the Tasmanian Ocean Swim Series.

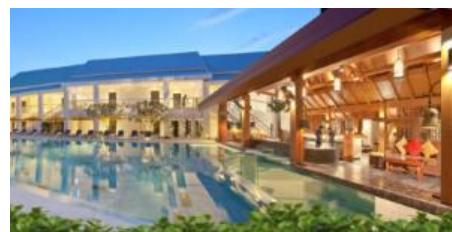


The record breaking unattached relay team including our very own Anne Steele won the Women 160-199, 200 LC Meter Freestyle Relay at the Pan Pacs in a new games record of 2:02.85. Anne's team mates, from left to right – were Gillian O'Mara, Vicky Watson and Sally Cumming.

[More information is now available on the 2017 Nationals which are being held on the Gold Coast on 8 to 11 March 2017](#)

[A new promotional flyer has been issued by the 2017 Championship organizers and is available for download.](#)

The [MSQ website](#) has all the latest information.



Thailand Swim Camp

As winter settles in Australia in 2017, join MSA's swim training camp in tropical Phuket. Award winning coach Alan Godfrey will assist you to attain your swimming goals. Whether you want to improve your stroke and swimming efficiency or have a goal to swim the English Channel this camp is for you.

Your home for the week is the world class Thanyapura sports complex in Phuket. Alan will coach 2 training sessions daily in the state of the art 50 m pool. During the day, you will have time to explore the area, sit by the pool or head to the beach with Alan for Open Water skills and training. Or you might want to sign up for one of the cooking courses on offer.

To secure your place on this trip complete the online booking form – you will then be sent we will then sent an invoice for a \$500 deposit with the balance due April 2017. Cousins Tours & Travel are a fully licensed travel agency and can assist with your airfares, travel insurance and any pre or post travel arrangements.

Full details on the [MSA](#) and the [Cousins Tours](#) web pages



Triumph and Tragedy

The Games of the XX Olympiad - Munich 1972

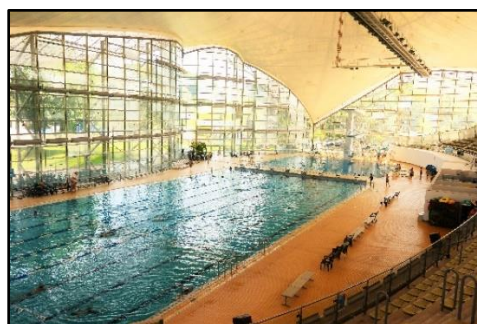


The Games of the XX Olympiad, held in Munich in 1972, bring back tragic memories.

I remember sitting with my father watching the massacre of the Israeli athletes unfold before us on the TV.

The incredible swimming feats of Mark Spitz and our own golden girl of the pool, Shane Gould were by then suspended somewhere in the deeper reaches of our memories.

The first striking feature of the pool is its roof. Constructed in the shape of cells dimensioned by a network of pre-stressed cables, it creates a form of "minimal surfaces", all suspended by a multitude of masts.



Once in the pool, the tragic I am, I slip into imagination mode.

"Imagine being here in 1972, imagine it's the final of the 200 freestyle, imagine Mark Spitz in the adjacent lane, imagine the starters gun, imagine diving in, the 1st 50 and I'm with him, the 2nd and 3rd 50s and I'm still there, 10 meters to go and I'm catching up, one last supreme effort...." and then ... reality sets in.

Mark Spitz finishes in 1:52.78, breaking the world record, and I'm nowhere to be seen. Still, imagining was nice. The best I can do is select lane 4 and do a few laps while still in fantasy land. At least I'm here.

Article contributor - by Maciej Slugocki

Spitz ends up setting 7 world records (three in relays). Meanwhile our girl Shane Gould wins three Golds, setting a world record in each event and winning silver and bronze.

And now for the tragedy – the massacre. It's not along walk to the athlete's village across an overpass,



past a monument, through a park and into the Athletes village.



The tragedy of the Games of the XX Olympiad - Munich 1972

(Cont.)

It is a wonderful entralling walk through the park to the athletes village. It is not hard to imagine the athletes walking to and from their various competition venues along these paths.

What strikes me is not only the ordinariness of the building and the village but also the extraordinary tragedy that unfolded there.

At 8.15 pm on 5 September 1972, eight members of the Black September terrorist group, a faction of the PLO, broke into the Athletes village, and using stolen keys, entered the apartments being used by the Israeli team.



Apartment 1 (bottom left)
Connollystraße 31



Common areas in the village.

Some of the Israeli athletes were tortured and mutilated in front of their team members by members of Palestinian Black September group.

The account of those tragic events on the Documentary Chanel is well worth viewing.



[1972: The Massacre: The attack on the Olympic Camp in Munich](#)

The games of the XX Olympiad were billed as the "Carefree Games". In retrospect, how apt, as the Germans were so concerned about the continuing impact of the 1936 Hitler Berlin games they ignored Israeli security concerns and warnings and acted totally care free.

Even now Germans are conflicted, almost in denial, and the recent revelations by Der Spiegel of a cover-up compound the tragedy.

It took me 44 years to get there and I'm glad I finally did.



Memorial plaque in front of the Israeli athletes' quarters. The inscription, in German and Hebrew, translates as:

"The team of the State of Israel stayed in this building during the 20th Olympic Summer Games from 21 August to 5 September 1972. On 5 September [the named athletes] died a violent death.

Honor to their memory."

On happier notes, here are some clips to inspire you and let you, perhaps for the first time see Mark Spitz and Shane Gould in action at the games of the XX Olympiad.

Munich 1972

[Mark Spitz - Seven golds](#)

[Shane Gould – Celebration of life](#)

[Shane Gould - 400 Freestyle*](#)

Finally, something else to inspire
[Olga Korbut 'Darling of Munich'](#)

* No commentary but the concerto in the background is superb listening.

RULES for SWIMMING COMPETITION

Reprinted with the kind permission of the author,
Gary Stutsel

When considering competition rules, we almost invariably think only of the SWIMMING RULES that cover the strokes, starts, turns and finishes.

In fact, there are other rules that coaches and club officials need to be aware of, namely the General Rules, Swimwear Rules and hopefully never needed the Protest Procedures.

Swimming Rules tell us one of two things:

1. what a swimmer must do (e.g. touch with two hands in breaststroke)
2. what a swimmer can't do (e.g. turn off the back in backstroke).

They do not prohibit innovation if it does not break one of the rules, e.g. two-arm backstroke with a frog kick, while unorthodox, is clearly within the rules.

The rules do not give specific instructions regarding style or technique. That is where coaches and swimmers' mentors come in.

The rules also cover the roles of officials, some of the procedures for timing and for establishing records, and Medical Disabilities (MD).

Knowledge of the MD rule allows swimmers with a hidden disability

e.g. a hip problem, who are physically not able to perform

mandatory actions properly, to compete in events up to the level of Branch championships. They are not however recognized at National Championships, in FINA events or overseas.

Rules governing age group determination, approved events, organisation of events and warm-ups, Endurance 1000, Top 10 and Swimwear can be found in the General Rules. The Swimwear Rule GR16 is very "general" and references a FINA General rule and FINA by-laws.

These rules cover swim-suits (old style and new), caps, goggles, watches and taping. It should be noted that taping may be allowed in MSA events provided the Meet Referee has been consulted.

Swimmers who swim contrary to any of the rules run the risk of being disqualified.

The two best ways to minimise the most common DQs are to:

1. do the right thing in training especially when doing turns (do not do one handed breaststroke or butterfly touches);
2. practice swimming at race speed and under race conditions, especially starts and relay changeovers.



About Gary

Gary is an [International Swimming Hall of Fame Honoree](#) and the current NSW Technical Director.

Gary has had an illustrious career and made an immense contribution to Masters swimming – at State, National and International levels.

If you do the wrong thing in training you will repeat these errors under the pressure of competition.

Don't assume because someone was an elite swimmer 10 years ago, that they will know the current rules. Look at how often the backstroke turn rule has changed.

If possible, you should aim to compete in a minor meet before tackling Championship events (almost impossible in Tasmania) so there will be less pressure and the practice is invaluable.

On the day of a meet make sure you practice turns while warming-up in the competition pool. Ts and backstroke flags are not all standard despite clear FINA regulations as to how and where they are to be placed.

Make sure you check the results within 30 minutes of them being posted. This can be done by either a designated club member or personally.

If you have been disqualified, you or your coach should be completely satisfied that a rule has really been broken. The referee or meet referee should be asked for the reason for the disqualification.

If you believe you have good grounds for disagreeing with the disqualification, then protest immediately. There is a form and written procedures for doing this.

In conclusion, I would like to step outside the rules and give you all some advice.

All swimmers need stroke correction even those who are constantly in Top 10.

But each swimmer is an individual. Some swimmers may even seem to need to have their stroke completely changed, but this is where you need to have an open mind and flexible ideas. Some swimmers have found that swimming a certain way is much easier for them (e.g. butterfly with a breaststroke kick) while others may have been influenced by their peers or, especially in this Olympic year, by what they have seen on television.

Dealing with these swimmers will require tact and patience.

In general, younger, more flexible swimmers, say up to 50, may gain from changes like the latest breaststroke techniques, while older swimmers like myself will lack the combination of flexibility and strength needed to adopt the changes. You will need to decide who should limit themselves to slight modifications in technique but remember, all changes must be **WITHIN THE RULES**.



[Competition Rules](#)

[General Rules](#)

[Swimming Rules](#)

[Swimwear Rules](#)

[Protest Procedures](#)



Safety – it's our responsibility

Our National Safety Policies

Safety
Heat
Sun Smart
Risk Management

Updating details on the membership portal.

When was the last time you checked to see whether your details on the membership portal are correct?

The details there may be out of date so it's wise to check. If you can't remember your password, check with your club President or Secretary as they have administrator access and can check for you.

Once you have your user name and password this is how you can check and update your details.

From
<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=3397>
and select re-registration.



Once you log in there is an option on the menu line to update your details.

Scroll to the bottom of that screen and change your Subscriptions preference to "Yes" and then click update. **Simple as that.**



[You can familiarize yourself with the safety policies here](#)

Grants and Fee Relief

Hobart City Council

Have you ever wondered what it now takes for a non-profit, voluntary organisation like Masters Swimming Tasmania to obtain some fee relief from the Hobart City Council to stage a championship event?

In June this year, we lodged a submission with the Board of Doone Kennedy Hobart Aquatic Centre only to be advised that the Hobart City Council was disbanding the Board and that decisions would be made by a Council officer who held the appropriate financial delegation.

We were eventually advised of Hobart City Council requirements as follows.

"The Council (elected members) set the fees and charges for the City annually. Under the Local Government Act 1993, only delegated employees are authorised to reduce or waive these fees.

Depending on the value of the fee waiver or reduction requested, the delegate may be the Centre Manager, the Director, the Council's Parks and Recreation Committee or the Council.

There are different timeframes and process depending on who is determined to be the authorized approval delegate. To determine this, the full booking cost, as per the approved fees and charges, need to be identified and a formal request for the true value of the discount or waiver submitted by the applicant.

Each request is assessed against key areas – financial impact, social and customer impact, economic benefit and alignment with the City's strategic priorities. The level and detail of this information may vary resulting in the applicant being requested to provide additional information.

A report is prepared for the consideration of the delegate with formal advice provided back to the applicant on the outcome.

All fee reductions provided by the City are considered to be a grant or benefit. These are required to be budgeted for annually and record as grants or benefits in the City's financial statements within the Annual Report."

So now you know the enormous amount of work that needs to be put in to seek some fee relief.



August 2017 FINA Worlds in Budapest

The dates and schedules for the FINA World Masters Championships have now been finalised.

Keep up-to-date at championship sites.

[FINA website](#)

[Facebook](#)

Registration for the 17th FINA World Masters Championships Budapest (HUN) will be open January 2017



Downloads

[Schedule](#)

[Qualifying times](#)



17th FINA Masters World Championships

Events National Swim Series

19 February 2017

MSV LC Championships
MSAC

8 – 10 March 2017



1-2 April 2017

MSNT Championships

8-9 April 2017

MSNSW State Championships
Sydney Olympic Park
Aquatic Centre

29-30 April 2017

MSWA Championships
HBF Stadium

26 & 27 May 2017



19 & 20 August 2017

Masters Swimming Tasmania
Winter Short Course
Championship
Launceston

22 October 2017

Masters Swimming SA
SC State Cup SAALC

Advertising and events

Platypus Press provides an opportunity for clubs to list their events, training sessions and share some gossip.

We are not averse to some paid advertising but are happy to support, in a limited way, the commercial activities of our members.

Acknowledgments

Platypus Press acknowledges the contribution of the Hobart Dolphins and the Tomatoes Swim MS Clubs

Next Edition

The deadline for contributions for the next edition of Platypus press is 11 January, 2017.

During 2016 we have re-launched Platypus Press with several objectives including:

1. Keeping you up to date with a range of news, articles and announcements;
2. Recording and preserving some of our history; and
3. Reminding you of upcoming events.

In 2017 our communication and publishing program will enter a new phase. As part of this, we will include:

- A review of 2016
- Celebrate the achievements of our members
- Continue recording and preserving our history
- Look to the future
- Expand our social media presence
- Describe the contribution we, as Masters, make to our communities and to the country
- Describe a pop-up meet and how it could aid your club membership
- Look back at our 2016 and back-year record breakers

Future editions will be published on a Friday to provide you with weekend reading.

PHOTO GALLERY FROM OUR ARCHIVES



Members of the Hobart Dolphins MSC
(L--R) Hilda Murfet, Margaret Clougher, Justine Bamford,
Wilma Attrill, and Tina Smit



Now, is that a DQ or not?
(L-R) Pauline Samson, Judy Hyndes and Don Reynolds
(Summers 2011)



Great catch-up Philip Tyrell
(Summers 2011)



Konrad Plachta and Bill Woodward in deep consultation
(Sumner 2011)



Team Hobart Aquatic Masters
(Summers 2011)