



FITNESS, FRIENDSHIP AND FUN

PLATYPUS PRESS

- Moving ahead

January 2017

Challenges for 2017

2017 will be a year of challenges for Masters Swimming Tasmania.

We will continue to face financial challenges but, having reorganized our finances in 2016, we are in a sound financial position. Our accumulated funds can now be devoted to supporting development activities.

During 2016 we continued to work on our Strategic and Development Plan and, in addition to our financial reforms, we put in place various programs including:

- An Officials Development Plan
- Club Development Grants
- A draft coaches' development program which is ready for approval
- Continued to evolve our event entry systems
- Rolled out the first stage of our revamped communication strategy with a redeveloped

Platypus Press being our flagship publication; and

- Commenced the task of re-organising our web site and capturing and preserving historic information.

In 2017 we will focus more of our communication efforts on social media and developing our community profile.

Our biggest challenge, as it is each year, is engagement with our volunteers at club and branch levels (we need more!)

Not unlike any other voluntary organisation, encouraging involvement in the management of the Branch continues to be a challenge. Our AGM is on 25 March on the 1st day of our 2017 Summer championships. (See AGM story on page 4 of this edition.)

Have a great 2017!

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The Rottnest Channel Challenge

Pat Fitzgerald, Ian Johnstone and Ben Carpenter

Three of our local Masters swimmers are training hard to take on the mammoth Rottnest Channel 19.7 km solo swim on 25th February in WA.

Pat Fitzgerald, Ian Johnstone and Ben Carpenter have been clocking up the kilometers over the last couple of months in preparation for the big swim. Regular training swims during December/January have usually been between 7 and 10 kms somewhere in the Derwent, and without a wetsuit!

Pat, Ian and a few mad friends said goodbye to 2016 on New Year's Eve with a 10 km swim from Lower Sandy Bay to Kingston Beach.

Pat and Ian both comfortably completed their 10 km qualifying swims on 7th January, a perfect Tasmanian summer's day, by swimming from Kingston Beach to Tarooma boat ramp via the Alum Cliffs and back to Kingston Beach.

Ben is going for back-to-back solo Rottnest Channel crossings and

was not required to do a qualifying swim this time around.

Next up for Pat and Ian is a mega swim on 14th January from Lower Sandy Bay to Blackmans Bay via Flowerpot, which is about 14 kms and takes in some of the most scenic open water swimming sites around Tassie and beyond. This will be a great chance for the boys to practice taking in liquid and fuel on a regular basis to sustain their energy levels over a longer distance.

After averaging about 40 kms per week during December and January, the boys will taper in mid-February and cut back to about 25 kms per week before taking on Rottnest Channel.

We wish the trio good luck and a smooth crossing on their big day in February.



Pat Fitzgerald and Ian Johnstone bonding on Kingston Beach before setting off for their 10 km qualifying swims



Ben Carpenter training hard in choppy conditions somewhere out on the Derwent

[How to follow Ben, Pat and Ian](#)



2017 Membership Renewals and 2nd Club Claims



Our membership portal is now open for membership renewals.

You can renew your membership from here. This renewal however is only for your main club.

If you were a Second Claim member with another club in 2016 and you wish to continue with a 2nd club there is a special procedure that you need to follow.

1. Make sure you have registered with your first claim club
2. Contact national office via email with:
 - a. Your name
 - b. Your first claim club
 - c. Your 2nd claim club
 - d. Confirmation of your 2017 membership.

National Office will see the rest of the process through for you.

WE NEED MORE OFFICIALS

Masters Swimming Tasmania has developed a training program for new officials.

The training program is managed by our Branch President and Technical Director Don Reynolds.

The entry course to become a technical official is the timekeepers course. This course can be conducted at one of your clubs training sessions.

Club Presidents are asked to contact Don via the branch [email](#) to arrange a time keepers course for their club.

[Developing our Officials –
Policy details](#)

Refereeing opportunity in Budapest

FINA has circulated an application form for Technical Officials for the 17th FINA World Masters Championships to be held on August 7 - 20, 2017 in Budapest (HUN).

The flight travel expenses (economy fare) as well as accommodation (full board) and local transportation expenses for nominated Officials will be covered by the Organising Committee in Budapest 2017.



If you are interested in this opportunity, send an [email request](#) to the Branch Secretary who will provide you with the form. Individuals are required to fill out the application form and return it to the MSA Office no later than 31st January 2017 so that NO can arrange for Swimming Australia to sign the nomination.

THE INSTRUCTION ON THE APPLICATION FORM TO RETURN TO FINA SHOULD BE IGNORED. ATTACH A COPY OF YOUR PASSPORT TO YOUR APPLICATION



MSA seeks a new President and Finance Director

Craig Smith, MSA National President, and Gerry Tucker our National Finance Director, are both retiring from their National Board positions following the April 2017 AGM.

MSA has called for volunteers to replace Craig and Gerry in these two leadership positions.

Nominations have closed but at the time of publication Platypus Press was unable to announce the nominees for these positions. If you are interested in knowing more about the work and responsibilities in those positions you can talk to the Tasmanian Branch delegate, Maciej Slugocki, former National President, John Pugh or National Recorder, Pauline Samson.



Craig Smith

Gerry Tucker

[Read about Craig and Gerry](#)

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.

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.

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.

[The details](#)

Branch AGM

Saturday, 25 March 2017

MST will be holding its AGM on Saturday, 25 March 2017. The meeting will be held immediately prior to the 33 Summer Long Course Championships.

The main item on the agenda, in addition to the normal reports and election of office bearers will be consideration of an update to the Branch's Constitution.

The branch always needs additional assistance on the Branch Management Committee. We will be calling for nominations in due course but you can read up on the various positions [here](#).

Our constitution is now clearly out of date and includes references to AUSSI Masters which is what we were called prior to the changeover to Masters Swimming Tasmania.

At it's November meeting the Branch Management authorized Pauline Sampson and Maciej Slugocki to undertake the review and report back to the next Branch Management Committee meeting.

There will be no significant changes to our structure, rather the intention is to just tidy up the current constitution, update it to make sure contemporary terminology is used, to reflect current practice and to delete those aspects that are now out of date. You can view the current version of our constitution [here](#).

Our FINA World Championship Honorees

Attending FINA world championships is an interesting and highly rewarding journey and adventure.

Ten Tasmanians have achieved podium finishes over the years. Our honorees are:



Justine Bamford

John Brice

Ketrina Clarke

Amanda Duggan

Shane Gould

Neil Hickey

Diane Perndt

John Pugh

Maciej Slugocki

Anne Steele



In the July 2016 edition of Platypus Press we featured an Article by John Pugh entitled "Try a World Masters Swim and make Budapest your next Destination". John passed on his insights and experiences from attending and competing in the FINA Worlds. In 1998, John himself was a medalist at the 7th World Championships held in Casablanca, Morocco.

FINA Masters World Championship podium finishers

Medals by Year and Venue

Year	City	Country	Gold	Silver	Bronze	Total
1990	Rio de Janeiro	BR			1	1
1996	Sheffield	UK			1	1
1998	Casablanca	MOR	1	2	3	6
2008	Perth	AUS	2	5	3	10
2012	Riccione	IT		2	3	5
2014	Montreal	CAN			1	1
2015	Kazan	RUS	2	1		3
			5	10	12	27

Our Medalists

Name	Gold	Silver	Bronze	Total
Maciej Slugocki	2	2	1	5
John Brice	2	1	1	4
Neil Hickey	1		1	2
Shane Gould		3	2	5
Ketrina Clarke		2	2	4
Anne Steele		1	1	2
Diane Perndt		1		1
Amanda Duggan			2	2
Justine Bamford			1	1
John Pugh			1	1
	5	10	12	27

Our most successful Championships were the ones held in Perth in 2008 where MST members achieved 10 podium finishes for a total of 2 Gold, 5 Silver and 3 Bronze.

27 podium finishes in total have been achieved by our Tasmanian representatives.

MST has had three gold medalists. Our first was Neil Hickey (see Neil's story on page 8) who won his in the 6Km open water in Casablanca, Morocco in 1998. Neil was followed by our 2008 dual gold

medalist from Perth, John Brice and then in 2014 Maciej Slugocki won his two world championship golds in Kazan.

MST is progressively updating its website where the names of our honorees are recorded.



[MST Honorees](#)

MST Honours

Donna Oakley and Andy Dickinson



Donna Oakley and her 3 Million Metres award

Recently the Hobart Aquatic Centre Masters SC President Philip Tyrell presented fellow club member Donna Oakley with her Vorgee 7 Million Metres award.



Philip Tyrell Presetting Donna with her award

The presentation was made at the club's very well attended Christmas Dinner. Club members know how hard Donna trains so it was great to see the acknowledgment and applause of her fellow club member at the presentation.

Andy Dickinson and her 5 Million Metres award

Earlier in 2016 MST Communications and Finance Director Maciej Slugocki, visited Hobart Aquatic Centre Masters SC member Andrea Dickinson in her new, but temporary home in Stafford UK. This is the story from that visit.

The lengths we go to. How far should we go to present a Vorgee Million Metres award? The answer is 17,496 km as the seagull flies – Hobart to Stafford in the UK.

Hobart Aquatic Master Swimming Club member Andy Dickinson is currently working in Stafford UK. Andy recently qualified for the Vorgee 5 Million Meters award - that's 100,000 laps of the Hobart Aquatic Centre pool – in 50 m mode of course. 5,000 km ripples well.

Well done Andy!

Andy was not new to swimming when she embarked on this Vorgee journey. She was a gold medalist in a representative Tasmania team when they won the Australian Underwater

Hockey National Championship title in 2004.

"One day in the change rooms the girl from the Hobart Aquatic club invited a close friend and I to train with the club. We thought that we may not be fast enough so we were a bit hesitant." Andy said "Of course you are good enough. Come and join us!" was the response. "So we did" said Andy

Andy discovered that she liked training and swimming more than playing underwater hockey. And then she discovered the Vorgee Million Meters program. She couldn't be stopped. The rest is history.

We asked Andy how she got there. "I started in 2009, swam 20-25 km per week and an extra 100 to round up if the session finished on an odd number of hundreds." Andy now tells us that she has had to drop back to 10-15 km per week as work was getting in the way.

Andy's achievement needed a presentation Maciej who is the communications director was asked whether he had any bright ideas. Maciej's response was "Why don't I go over to see Andy and present her with the polo top, award certificate and recognition plaque?" So he did!



Maciej presenting Andy with her Vorgee 5 Million Meters award on the banks of the River Sow in Stafford.

The MST Branding Story continues

Back in 2013, the Organising Committee for the 2014 National Championships looked to establish a constant theme, look and feel to the way we presented information to the master's community and the way we sold Hobart and Tasmania as a destination for those championships.

At that time, we introduced the little blue wave into our publications and on the ribbon for our national championship medals.

Our blue wave was part of our Nationals Branding Strategy at the time and, as a result of the excellent feedback we received, its use is now part of the MST branding strategy.

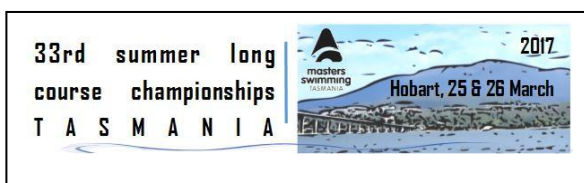
There are many reasons for having a branding strategy. For MST, the reasons include the importance of displaying consistent professionalism and a professional appearance, our product branding promotes recognition, helps build trust and sets us apart from our competition.

In building our organisation, branding is just one element of the MST Strategic and Development plan.

The wave that you now see and which is used extensively in Platypus Press will start appearing more frequently in 2017. It is complemented by the blue green wave which signifies open water activities that members of MST participate in. You can see our green sea wave in the footer below.

As outlined in the October 2016 edition of Platypus Press, a National Open Water Championship is being introduced by MSA in 2018 so we are ready with our branding.

Commencing this year each, our four championship events will have their own individual logos. The one for our Summer Championships has been designed and our various publications and marketing will be using the newly designed logo.



Our branding strategy has now been extended to our Branch Record and Long Distance Championship certificates. (See separate story.)

MST is currently looking to quantify the value we contribute or add to our local communities, the State and Nationally. Once this work is finished, MST will be in a much sounder position to seek community support for the work we undertake and the services we provide. Our branding strategy will enable us to better package and present ourselves and the benefits we offer.



Club



Pages

[Devonport Devils](#)

[Hobart Aquatic Centre](#)



[Hobart Dolphins](#)



[Launceston Lemmings](#)

[Tomatoes Swim](#)



Neil Hickey

Our 1st FINA Masters World Champion

A little about Neil first.

He was raised in Queensland where he did mostly surf lifesaving and competed in surf races and belt races with success as a junior both at state and nation level. Neil was selected in Queensland surf lifesaving teams in 1968 and 1969.

Neil took up masters swimming in 1990 and competed in the Worlds that year in Rio. He managed a few minor places in the pool and a 3rd in the open water swim at Copacabana. He also competed in Indianapolis and Morocco.

And now it's time to hear how Neil became our first FINA World Champion.

It is 1998, the place is Casablanca in Morocco and the event is the 6 Km Open Water Championship event.

There are 250 competitors lined up for the start and, in Neil's words, this is how it happened.

"It was a rectangular course with a beach finish – you had to run from the water to cross the finish line.

The day before the open water swim I had a beer with a Pommie bloke in my age group who had placed ahead of me in the pool. I got on OK with him but he was a little cocky.

The water was warm, as you would expect, but it had a distinct taste of diesel as it was also near the commercial harbor. As you can

imagine, environmental concerns in 1998 were not the top priority in Morocco.

I positioned myself at the front and, fortunately for me, I had that background in surf swimming which assisted in getting ahead of the pack, or should I say, a mass of swimmers of varying abilities.

I managed to have an altercation with an American – we exchanged insults and punches and I swam off. At the very start of the swim I had a feeling that it would be a good one. My stroke was long and I had a good rhythm and I was away by myself.



Neil Hickey today indulging in two of his favorite pastimes

The finish was like a surf race. I got a shock however when I got into shallow water ready for the run out. Earlier I had met an American, Jack

Courtney, also in my age group, and we were side by side. I said to him "Jack Courtney – you son of a bx!%h!!"

It was then that the surf training kicked in and I don't think I have ever ran out of the water to get across the finishing line as fast as I did that day.

There were about 6 others finishing at the same time – when I finished I had a quick look around to see if the Pom was there – he wasn't and Jack Courtney was behind me.

As a side note, swimmers could wear body suits in the swim – I was unaware of this – and Jack was wearing one. I wasn't happy but I had won anyway.

So I thought "I could have won this" and I had as it turned out. I felt very satisfied and elated for about 10 secs and that was it.

In Morocco, they have a drink – mint tea – which has a lot of sugar and mint in it and is very sweet. We were greeted with these when we finished and I can still taste that drink to this day – it cut through the salt water and diesel taste beautifully. I had a couple.

The presentation wasn't for another 3 hrs. and being a Muslim country alcohol is very hard to get in some places – including the yacht club. I teamed up with some guys from Liechtenstein and we discovered a restaurant a little distance from the event where we could purchase beer. We took it in turns to make the trek. A good day indeed!!" (Continued on the following page.)

(continued from the previous page)

Neil Hickey

Our 1st FINA Masters World Champion

You don't win a world championship for free. It takes hard work and lots of it. So, what was Neil like to coach?

Chris Wedd was Neil's coach and he speaks very highly of Neil's training ethics.

Chris says that "Neil was a fierce and determined athlete who gave his best with everything he did. He trained hard, he rarely missed a session and mostly looked after himself as far as his health and diet were concerned.

Neil couldn't tolerate fools or poor training squad members. He seriously applied himself, worked hard, cursed himself and anyone around him to fire himself up to make repeat times.

Pity anyone that got in his way when the pressure was on in a 'Heart rate' or high intensity set.

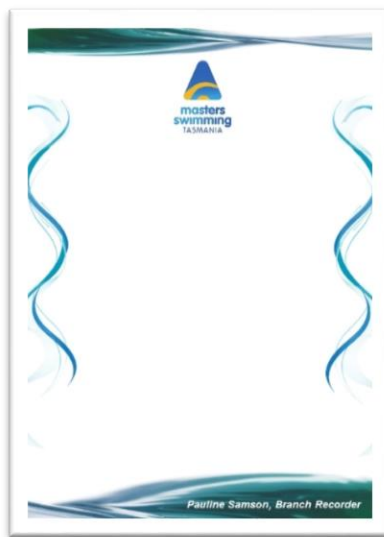
Having said that, Neil was a valued squad member, not afraid to question the coach but was happy to impart swimming knowledge to other squad members.

I was never really surprised at Neil's state, national or international achievements over the years because he knew how to apply himself to a consistent, extended and disciplined training regime."

OUR NEW BRANCH RECORD AND EVENT CERTIFICATES

We have now introduced two new certificates for our Branch Record and Long Distance Championship certificates. The certificates are similar in layout and they both include two of the MST branding waves.

The certificate shown below is the one presented to our Branch Record breakers. As there is more information to record on the Long Distance Championship certificate, the branding elements (our logo and the blue and sea waves) are smaller and pushed out toward the edges and does not include the Branch Recorders certification.



The event certificate replaces the MST medals that have been traditionally presented at the long-distance championships. This change

was essentially forced on the Branch as, with increasing hire charges, presenting medals was no longer financially sustainable for this type of meet, especially with the significantly lower participation that we get at the Summer and Winter Championships. At a cost in excess of \$7 per medal and ribbon and with between 40-60 medals to present at each meet it is easy to see why the decision was made by the Branch.



RECENT POSTINGS

Shoulder rehabilitation stretching and strengthening exercises.

10 drills to improve your freestyle.

A good way to tackle the drills is to set aside some time during each of your training session and just work on two of the drills.

THE NEIL HICKEY STORY - EDITOR'S NOTE

Platypus Press was unable to locate photographs from Neil's the event in time for this publication. We hope to source some and publish them in a future edition. We also plan to include tributes on our website, so more information about Neil and his achievements will be published there

My Favorite Pool

(story contributed by Maciej Slugocki)

I am indeed fortunate that I have the time and capacity to travel overseas frequently and when I do I invariably always ask "where is the nearest pool?"

Travelling the way I do, I get the chance to swim in pools used at Olympic games – think Montreal, Berlin. Munich and Berlin, London and Barcelona amongst others.

There are unique pools wherever I go.

The December 2016 issue of Platypus Press included photos of the Munich Olympic Games pool (Triumph and Tragedy - the Games of the XX Olympiad – Munich 1972) where I had the opportunity to swim. It was easy to immerse oneself into the history of the momentous events that were associated with that Olympiad as the story sets out.

Two pools in Vienna come to mind easily. One, next to the famous Schönbrunn Palace in Vienna and the other, a suburban Viennese pool which provides a unique experience if you have never swum in a pool completely lined with stainless steel.



The stainless-steel pool.
The picture does not do this pool any justice but it has a great outdoor setting.



The pool adjacent to Schönbrunn Palace. Now that was a delight to swim in.

Earlier in 2016 I had the opportunity to visit and train at a number of pools in Poland. The infrastructure being built in the country of my parents is amazing.

The medical university of Warsaw has recently completed construction of an indoor 10 lane pool and this pool was my training base while I was in Warsaw. More on the pools in Poland in the next edition of Platypus Press

My favorite pool however is Aquaniene. Here you get the best of both worlds – a fantastic outdoor 10 lane facility, and when the weather is not suitable, a magnificent indoor complex.

From the exterior, there is nothing prepossessing about the building but the pools are a delight to swim in. And need I add, it is the home base of Federica Pellegrini.



Aquaniene – typical front of pool collection of Vespas

I must warn you however that if you just want to have a swim here, it is very expensive and you need a deep pocket, it is Rome after all. Membership prices however are not unreasonable as this is a high-class complex.

From the moment you walk through the front door, you can immediately see the flair and sense the pride that Management takes of the pool and its members and clients.

Pride of place are the various trophies won by the clubs based at the Centre



Reception

You then quickly notice how proud the Centre is of its



**World Champion
Federica Pellegrini**

and the



**champion club based at the
Center.**

My Favorite Pool

(story continued from previous page)

The outdoor pool is a delight to train in, crystal clear water with multilingual lifeguards paying attention to what is happening in the pool and who is swimming where. The Hobart Aquatic Center could well take note. Even the lane ropes were correctly tensioned.



Training outdoors at Aquaniene

and inside



Want to know more about Frederica Pellegrini then check out her [profile](#) on SwimSwam.

And after training -



complementary Bvulgari colognes, face and hand creams, and a friendly face from home

In 2009 Aquaniene hosted the FINA World Championships so the set up when I trained there was completely different. It is not hard however to imagine the atmosphere and buzz on pool deck and in the stands.



The Aquaniene setup for the 2009 FINA World Championships

This is the pool at which Australian Brenton Rickards won his World Championship gold in the 100 m Breaststroke in a world record time of 58.58.

Brenton is in lane 6 (3rd from bottom). The commentary is in Russian (Platypus Press couldn't find one in English.)

You can watch Brenton's race [here](#).

I am indeed fortunate to be able travel the way I do. I visit amazing places, meet special people from all over the world and swim in famous pools. It is masters swimming that takes me to these places.



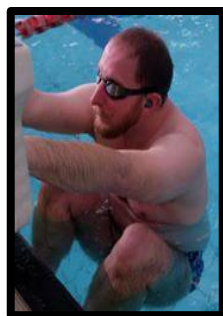
LAUNCESTON MASTERS SWIMMING CLUB UPDATE



There has been lots happening over the winter/spring months with the Launceston Masters Swimming club. Read on to find out what we have been up to!

We congratulate Tim Beatie and Jacque Spencer who have recently returned from the Special Olympics team who swam in New Zealand

They returned with 3 bronze medals and a silver medal between them both! Well done Jac and Tim.



New training session

Due to popular demand the Lemmings are running an extra coached session on Wednesday morning at 6am

MEMBER PROFILE

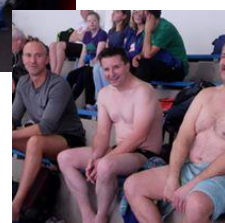
Adam Fergusson

Adam has joined the club as Coach. Adam brings with him a lifetime of knowledge and experience coaching in Victoria. His sessions are fun, accommodating and challenging for all. We thank Adam for his constant motivation



Winters

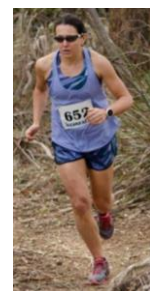
Another successful swim meet hosted by the Lemmings. The Day was topped off by winning the club point score.



MEMBER PROFILE

Rebecca Bradfield

Rebecca has been swimming with the Lemmings for three years. She has improved dramatically during this time. Bec has a positive 'can do' energy at training



Rebecca is our Club Secretary

We have a new look Facebook page
Launceston Masters Swimming Club Inc.

Give us a like



Events

National Swim Series

19 February 2017



8 – 11 March 2017



The Nationals 2017 registrations are now open.

Please remember, you need to be registered for 2017 to be able to enter the Championships.

To enter just click on the Nationals logo above

8-9 April 2017

MSNSW State Championships

Sydney Olympic Park
Aquatic Centre

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

Safety – it's our responsibility

Our National Safety Policies

Safety
Heat
Sun Smart
Risk Management

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.



Next Edition

The deadline for contributions for the next edition of Platypus press is 15 February 2017

Contributions are encouraged and always welcome.

PHOTO GALLERY FROM OUR ARCHIVES



Winters 2003
Penny Ackroyd undertaking starting duties



Winters 2003 – smiles for the camera
Iain Barr, Christian Zantuck and Garth Slade



2013 Brenton Ford Workshop



Winters 20013 – Marshalling



Winters 2013
Christian Zantuck and Shae Henderson



Summers 2011
A very serious Costan Magnussen