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### 2021 Winter Championship Highlights

(by Lucy Cochrane) The Championships were held on the weekend of the 21<sup>st</sup> and 22<sup>nd</sup> August at the Launceston Aquatic Centre. There were 116 swimmers from 9 clubs, for 700 individual swims and 67 relay swims. It was wonderful to be able to come together, have fun, and swim, given the current Covid situation on the mainland. I don't think any of us took this competition for granted. Thank you to the Launceston club for hosting another great meet.



A huge congratulations goes to the female swimmer of the meet **Amanda Duggan** (TVA) and the male swimmer of the meet – **Brent Walker** (TAC).

**Brent** also broke the 50m backstroke national record.

A grand total of 55 individual state records were broken over the weekend:- **Allan Nichols** (100 IM),

**Alwynne McMahon** (200 fly),

**Amanda Duggan** (50 free, 100 free, 200 free, 400 free, 25 fly, 100 IM), **Anne Henderson** (200 fly),

**Auro Almeida** (25 free),

**Brent Walker** (100 free, 25 back, 50 back, 100 back, 25 fly, 50 fly, 100 fly),

**Christine Brown** (50 back, 100 back, 200 back),

**Fiona Ziegeler** (50 fly, 100 fly, 200 IM, 400 IM),

**Gabrielle Osborne** (25 breast), Glenn Bryan (25 fly),

**James Belstead** (25 free, 25 breast, 400 IM),

**Jayde Richardson** (200 fly),

**Lucy Cochrane** (25 back, 100 back, 25 breast),

**Maciej Slugocki** (100 back, 200 back, 25 fly),

**Ricky Homan** (25 breast, 50 breast),

**Terry Smithurst** (25 back, 50 back, 25 breast, 50 breast, 100 breast, 200 breast), and

**Wendy Winzenberg** (25 free, 50 free, 100 free, 100 back, 200 back, 25 fly, 50 fly).

Four relay teams also broke state records,

TLC Womens 4x25 medley 120-159,

TAC Womens 4 x 25 medley 200-239,

THB Womens 4 x 25 medley 240-279, and

TAC Mens 4 x 25 medley 160-199.

The championship finished with the following club results:- Tomatoes 40, Talays 130, Van Diemens 208, Burnie 303, Huonville 391, Devonport 968, Launceston 1,538, Hobart Dolphins 1,836, Hobart Aquatic 2,040

Results can be looked up using the following link:-

<https://mastersswimmingtasmania.com.au/2021/08/23/2021-winter-championship-results/>

## Next Championship

Our next championship is the **Long Course Long Distance** in **Hobart** on **23 October**

## Report from our Referee on the Winters

(by Ray Brien) Hello Swimmers and Officials. First of all, thank you to the Officials who helped make the Winter Championships such a success: -



Pauline Samson, Recorder; Neville Snook, Starter; Loriee Snook, Chief Time Keeper; Di McHenry, Marshall; Jenny Napier, IOT; and Mendelt Tillema, JOS.

Secondly, thank you to all the people who helped out with Timekeeping - The one job we can't do without - everyone did their respective job with good

grace and professionalism.

Last, but not least, thank you to all competitors for doing your best and making my job easier.

A couple of items that will help with the conduct of future meets :

**Relays** – (from the swimming rules).

**SW 10.14** Any swimmer having finished their distance in a relay event must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or their relay team, shall be disqualified.

*Clarification: If a swimmer believes they cannot safely leave the pool they may stay in their lane until the last swimmer of the team has completed the race. A swimmer remaining in the water shall move a short distance away from the end of the pool, close to the lane rope but shall not obstruct another swimmer in another lane.*

At the Championships we had a problem with the number 2 swimmers touching the timing pads numerous times - once you have completed your swim, move away from the timing pads and hang on the lane rope or exit the pool without interfering with other swimmers. If you are the last swimmer in the relay you must remain in your lane until the ref whistles you to clear the pool.

**Individual swims** - Please remain in your lane, clear of the timing pad until the ref whistles you to clear the pool. Please clear the pool in a timely manner - we lost valuable time with people taking considerable time to move out of the pool.

We had a couple of DQs in Breaststroke - from the swimming rules:

**SW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke

**SW 7.2** ... From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. ....

Please ask your coach if you have any questions and remember to practice correct starts, turns and finishes at your training sessions.

The swimming rules can be found on the following Masters website :-

<https://mastersswimming.org.au/wp-content/uploads/2018/10/Masters-Swimming-Australia-Swimming-Rules-updated-November-2019.pdf>

## Smithton has a Gem of a Pool

(by Annette Philpot) Recently, I had the occasion to spend a couple of days in Smithton and upon researching for local pools came across Smithton Wellbeing Indoor Recreation and Leisure (SWIRL).

I stopped by to check up on lap swimming opportunities and was invited in to take a look around and chat with the friendly manager. The centre is very well run, with under-floor heating, good water quality and temperature, and lovely clean change rooms etc. The main pool is 25 metres long and has 6 lanes.

I returned for a swim the following morning. Reasonable rates for a swim and not too busy in spite of water aerobics being held at the same time.

I enjoyed my swim so much I took the opportunity to go back for a second swim the following morning. The facility was even quieter and just as enjoyable.

I didn't even know the pool existed before doing the research. It was a gem of a find. I encourage anyone visiting the area to enjoy a swim at this facility.

## The Devilish Approach to Breaking Down Barriers (by Marilyn (Maz) Brack)

One of the more common refusals I hear from pool patrons when they are invited to join our Devonport Devils club is "I'm not good enough to be a Masters Swimmer". So, I looked at how I could dispel what we all know as a masterly myth. I chose to only use Facebook to discredit this myth. Prior to the start of this campaign in early July (chosen to make the most of the MSA 6 month membership offer) our FB page had lain dormant for quite some time. Once I started posting I quickly found our renewed presence on FB returned some lapsed swimmers to the pool and also attracted swimmers without a history of any swimming.

Over a period of 6 weeks there were only 13 FB posts (so not too onerous) all designed to sequentially expose Masters swimming life.

As mentioned earlier, the initial focus was to break down barriers to joining a Masters Swimming Club. Every few days there would be a new post each sequentially evolving to show what it's like to be a part of a Masters team. Posts included what to expect at their first swim with the club as well as what they need to do during training. Subsequent posts included what equipment they need to supply, how to swim with a team, lane etiquette, the necessary coaching terminologies, and of course, the necessary expenses.

I then looked at making it easier to join the club. To do this I simply placed at the top of our FB page a direct link to the MSA membership page. This did away with those time consuming emails and phone calls.

Interspersed with these posts were the human-interest stories that included the achievements, silly or serious, of some club members. I also included plenty of photos of members having fun in the pool at training; after all it's not all hard work.

I did find there was a downside to using FB for this "unfolding" approach. If you visit the Devonport Facebook page now, to read these posts sequentially (from the start of the campaign drive) you would have to scroll right down to July 12th when it all began. In other words the posts appear back to front in order of publishing. It was fine at the time it was current and I did have new members saying they had been looking forward to the next post. But now, the posts would be read backwards as FB users sees the latest post first. I guess at the start of a new year membership drive I'll just copy, paste and post anew. Other Masters Clubs are welcome to do the same.

**Postal Swims.** Nationally there are usually 7 MSA sanctioned postal endurance events each year that individuals can enter. You can swim them at your own club pool then send the results to the hosting Masters club for collation with other swimmers and clubs nation wide.

The Devonport Devils started the 2021 Postal Swim circuit with 16 amazing swimmers in the Wests Auburn 5km Turtle Swim. Compared to 5 swimmers in our first effort last year, that's evidence of improved participation within the club. Entrants received certificates and gifts such as swim bags, caps and pens from the postal swim hosting club Wests Auburn Masters in NSW and also a commemorative T-shirt printed by one of our own "arty" club members.



A few of Devonport members showing off their new Turtles T-shirts

There were some truly amazing swims for this Turtle postal swim but 2 particular Devils stood out in the pool. A year before, Nani Clark was only dreaming of being able to swim a continuous 1 km of freestyle and this year she fulfilled her dream



Wendy Winzenberg and her timer

Wendy Winzenberg was so impressed by the progress Nani had made over the year that she likewise decided to aim high. The result? In the individual 5km category a fantastic 1 hour and 38:43 minutes of continuous freestyle. In her own words "I dedicate this swim to Nani, she inspired me to a go for it"

### MS Mega Swim Hobart - 9 October

It appears that all southern Masters clubs are fielding a team. All members are encouraged to participate!

### Editions of Platypus Press

This is the 4th edition for the 2021 year. All contributions from clubs and individuals are welcome.

### Request for Photos

A selection of recent photos can be found on [https://mastersswimmingtasmania.com.au/mst\\_photo\\_galleries/](https://mastersswimmingtasmania.com.au/mst_photo_galleries/) (the MST website Photo Gallery).

Any other photos would be most welcome. (use the MST email address below)

Many thanks to The Mercury for the cartoon below!

