

# PLATYPUS PRESS

Masters Swimming Tasmania Newsletter April 2011



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## PRESIDENT'S MESSAGE

I am looking forward to my time as Branch President. I would like to begin by congratulating Talays for hosting the Summer Championships. Events ran smoothly and there was a relaxed, yet competitive, feel in the air. Congratulations also to Hobart Aquatic for taking home all major trophies on offer. Thanks must also go to the officials, including all timekeepers. Your contribution is invaluable. Finally to everyone who competed, whether for the 50<sup>th</sup> or first time, well done! It was great to see two interstate swimmers also competing.

I have had little to do with other clubs and their training in the past. I was invited to attend a Talays training session and was delighted to attend. They have a young, enthusiastic coach providing advice and a challenging program. I look forward to joining other squads to experience different approaches to fitness, fun and friendship. Thank you to Talays for the experience.

We are involved in a great sport which allows us to meet new people, be challenged and enjoy something we love. Good luck to all for the upcoming Long Course short distance championships in June.

Amanda Duggan  
Tasmanian Branch President

### Upcoming events for your Diary

11 June  
Short Course Long Distance  
Hobart

Late June (TBA)  
Coaching Clinics -  
Launceston & Hobart

25, 26 June  
MS Mega swim 24 Hour relay  
Launceston

20, 21 August  
Winter Championships  
Launceston

7 - 19 October  
Australian Masters games  
Adelaide  
- Swimming 7 - 9 October

22 Nov  
Long Course Long Distance  
Launceston

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## 2011 Annual General Meeting

The 2011 AGM was conducted prior to the Summer Championships in Hobart. The AGM marked the end of Anne Horner's 4 year tenure as President - her report is on page 3. The Branch now has a new president - Amanda Duggan. Congratulations and welcome to the Branch Committee.

Members making up the Branch Committee for 2011 are:

- Secretary/Treasurer - Ray Brien
- Recorder & National Board Rep - Pauline Samson
- Registrar - Judy Hyndes
- Coordinator of Coaching and Education - John Pugh
- Coordinator of Health and Safety - Kris Apps

Report highlights:

**Treasurer** - The branch is in a sound financial position with the National Championships returning a surplus of approximately \$ 13,000. Expenditure during the year included supporting 4 members to attend a level 1M coaching course in Victoria, replacing computers and conducting the coaching workshops in Hobart and Launceston.

**Registrar** - Membership closed at the end of December 2010 with 296 members 156 females & 140 males of which 72 were new registrations.

*Continued page 4*



Newly elected Branch President Amanda Duggan

and 'Roo'

It's Official

At the recent Summer Championships, Devonport Devils swimmer and official Don 'Roo' Reynolds was presented with his Masters Swimming Australia Referee's Certificate. 'Roo' has become a regular official at our swim meets since moving to Tasmania early last year. Congratulations 'Roo' and thank you for your time and effort



'Roo' as you would normally see him- in 'Official' mode - treading the pool deck.

Pictured putting in the hours at the 2010 National Championships in Launceston

**Like to keep 'ROO' company?** The Branch is seeking expressions of interest from people wishing to undertake training as officials - not only on the pool deck but in the recording room. We need some idea of the level of interest so we can organise training sessions. Email Ray at [mastersswimmingtas@bigpond.com](mailto:mastersswimmingtas@bigpond.com)

## Want to be a millionaire without buying a Lotto ticket ?

Masters Swimming Australia, with the support of Vorgee, recognise the hours and distance swum by Masters swimmers with the "Million Metre" awards. To qualify , all you have to do is record the distance you swim - this can be at training, competition, open water - whenever you swim.

Awards are available for 1, 2, 5, 7 , 10 & 15 million metres.

Awards comprise of an embroidered Polo shirts (range of colours and trims) and certificate for 1, 2 & 5 million - 5 million gets a plaque as well.

Completing 3 million will get you a polar fleece jumper, certificate and plaque - 7 million a polar fleece vest , certificate and plaque.

10 million will get you a Black Taslon spray jacket, certificate, and plaque.

Full details and claim form are available from Masters swimming Australia web site. Complete the claim form and hand to your club secretary for processing via the Branch Secretary.



Launceston's Heater Carins proudly showing off her 1 Million Metre Polo shirt, presented to her by then Club President Tim Chilcott

Next round of Million Metre applications closes 2 May 2011 - You can email applications to Ray at [mastersswimmingtas@bigpond.com](mailto:mastersswimmingtas@bigpond.com)

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## Past President's Report



This is my final report as President, as the Constitution limits continuous service in the position to 4 years. My appreciation goes out to all Committee members for their assistance and hard work through 2010 and the previous years. In particular I would like to thank Ray, who has capably taken on the positions of both Secretary and Treasurer, and Pauline Samson, Recorder and National Delegate and Judy Hyndes, Registrar for their ongoing commitment.

The Branch continues along in a fairly low key manner, with meetings usually held quarterly in conjunction with a State swim meet. Given our small size, all the work required to keep the Branch running smoothly is done by volunteers.

### Governance

At the 2010 AGM Bill Stewart stood down as Co-ordinator of Safety and Health after many years of service. Bill has played an important role in this role at club, state and national level and his dedication will be missed. Kris Apps was elected to the position.

The position of Treasurer also became vacant and as no-one nominated for the position. It was subsequently agreed that Ray Brien would take on the function in conjunction with the role of Secretary.

Pauline attended the National AGM, Autumn and Spring National Board

meetings in her role as Branch representative. Ray attended the National Administrator's meeting as Branch Secretary.

### Events

For such a small Branch, Tasmania successfully ran a terrific National Swim last Easter at the Launceston Aquatic Centre. The organising committee did a fantastic job with a very profitable number of competitors, smoothly run competition, instant results from the recorders and enjoyable social events. My sincere thanks also to all the officials, most from interstate, without whom there would be no competition.

The Branch also staged our regular events – the Short Course Long Distance (June) and Winter Short Course Championships (August) in Launceston and the Summer Long Course Championships (February) and Long Course Long Distance Championships (November) in Hobart. Participant numbers over the years seem to be reducing, however Masters Swimming is open to all and many members are involved in other sports such as triathlons and open water swimming or are happy to undertake the aerobic program; and competition isn't necessarily a priority for them.

### Coaching

A two-day coaching workshop, organised by John Pugh and Harald Gatenby featuring Vicky Watson – Masters Coach of the year 2009 and coach of Ryde Masters Club in NSW, was held in July in both Launceston and Hobart. They were well attended and as well as Vicky's theory and practical pool sessions, there were physiotherapy and pilates sessions.

The Branch provided financial assistance to four members who attended a Level 1M coaching course run by the Victorian Branch in June 2010.

### Aerobics

Five clubs participated in the Aerobics program in 2009 and Talays AUSSI Masters Club again was successful in the 2009 National Aerobic competition winning the 2009 National Aerobic Trophy and runner up in the Aerobic Award for the club achieving the highest number of points per registered swimmer.

A number of members have taken the opportunity to be members of two clubs, so that they can complete aerobic swims with their first club, and compete with their second club. This has worked well. The results of the 2010 competition are still being collated.

### Clubs

As well as the seven established clubs – Burnie, Devonport, Launceston, Hobart, Hobart Aquatic, Sandy Bay and Talays, there is a 'virtual' Branch Club – The Van Diemens – to facilitate participation in competition (and in particular for the 2010 National Championships) and other events for people unable to join one of the established clubs for whatever reason.

Anne Horner  
3 Mar 2011

*At the AGM all members attending passed on their thanks to Anne for her time and effort in her role as President.*

XIII AUSTRALIAN MASTERS GAMES  
ADELAIDE 7-16 OCTOBER 2011

# get in the game!



**Swimming** (min. age 18)  
Masters Swimming South Australia.  
State Aquatic Centre, Oaklands Park  
Friday 7 - Sunday 9 October  
Contact John Gamlen (08) 8263 9958/0401 121 347  
Registrations now open  
For specific event information visit [www.AustralianMastersGames.com](http://www.AustralianMastersGames.com)



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## AGM Report (Continued)

### Recorder.

The records/results portal is continuing to be a great resource for members to access their results quickly, to determine rankings and check on points scored.

In 2010, of the 256 branch records (232 individual and 24 relay), 7 of these were national records – Katrina Archer (25 Fly, 25 Fr), Ketrina Clarke (400 Fly), David Glass (800 Fr), John Brice (25 Fly), Sue Mayne (400 IM, 800 Fly).

There are 11 meets listed in the records/results portal which includes time trials and the aerobic results.

### National Aerobic Trophy

Another successful year for the Talays Masters Club which has dominated this competition for several years here in Tasmania and Nationally.

The club has accrued a fantastic total of 8201 points with 100% participation and an average of 186.38 points.

Congratulations to the following to gained the maximum points of 390 and also completed all the swims:

**Talays** – Graham Horner, Sue Mayne, Stewart Peacock, Annette Philpot, Mendelt Tillema, Diane Perndt, Kris Apps and Ris Wilkinson; **Launceston** – Chris Davey and Alwynne McMahon.

### Swimmers of the Meet

Long Course Summer Championships

Shane Gould and Maciej Slugocki

Winter Short Course Championships

Amanda Duggan and Philip Tyrell



*Launceston's Ketrina Clarke receiving her National Record Certificate from National President John Pugh*



*Summer Championships Swimmer of the Meet, Maciej Slugocki  
contemplating his next event at the 2010 National Championships*

## What is happening in 2011

- Continuation of the Coaching Clinics in Launceston and Hobart - dates will be confirmed as soon as possible as we coordinate with the soon to be announced 2010 Coach of the Year.
- A special general meeting will be held to discuss changing the name of the organisation since the dropping of AUSSI from the National title. It is envisaged that this meeting will be held to coincide with the Short Course Long Distance Championships in Hobart 11 June. The planned name will be Masters Swimming Tasmania. We value the contribution of all members, so please make your thoughts known to your Club delegate for discussion at the meeting.



*Snapped at the Nationals*