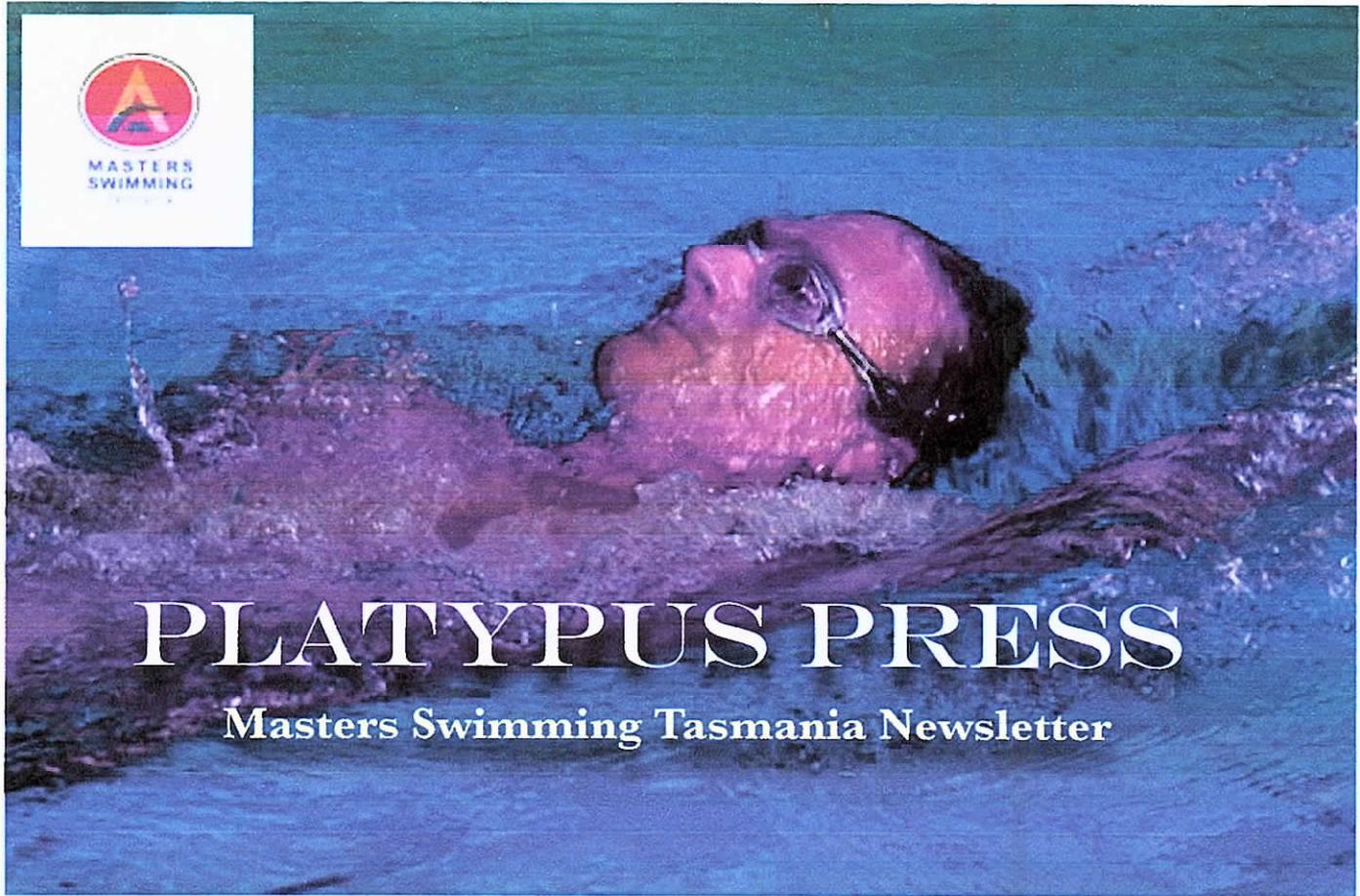




MASTERS SWIMMING TASMANIA



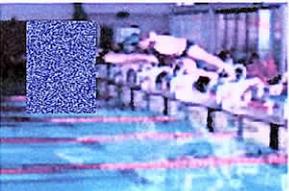
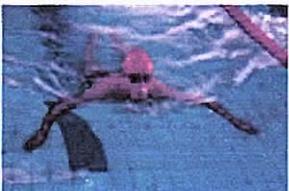
# PLATYPUS PRESS

## Masters Swimming Tasmania Newsletter



### **Photos from the 2012 Short Course Long Distance Championships** photos by Felix Staub & Phillipa Alexander

Held at Launceston Aquatic 26 May 2012 with 32 competitors. Some very good swims with some finishing off their preparation for the FINA Worlds including one competitor from Malvern Marlins in Melbourne. Only 4 competitors took advantage of the 400m event, with 28 in the 1500m and 3 in the 800m. The championships also provided an opportunity for the Officials training course to practice their new found skills.



### **2012 Coaching Workshops**

This year our guest coach will be Brenton Ford, who has been the coach of Powerpoints (Victoria) for the last 5 years, taking the club to two-time National Master's Champions. He is an active competitor having achieved multiple medals at Aussi Master's and was a National finalist as an age group swimmer. He founded Effortless Swimming in 2008; an online-based swimming improvement company. More details of the workshops will be available shortly.

### *What's On This Year*

**8 July 2012**  
*Officials training*  
*Launceston Aquatic*  
*Lemmings Splash*  
*Time trial - see pg 3*

**18 - 19 Aug**  
*2012 Coaching Clinics*  
*Launceston & Hobart*

**25-26th Aug**  
*Winter Short Course*  
*Championships*  
*Launceston Aquatic*

**17 Nov**  
*Officials training at Hobart*  
*Long Course Long*  
*Distance Hobart Aquatic*

### Technical Officials training session Launceston 26 May 2012



*Roo and the crew: All smiles after the course and lunch*

19 keen and eager Masters rocked up for the Technical Officials training course held prior to the SCLD swim meet. "Roo" Reynolds led the team through the techniques and skills to achieve a qualification as a timekeeper and also conducted the first two general modules for officials. The group then had the opportunity to practice their new found skills at the swim meet. Thank you to all the attendees.

There will be a training session prior to the LCLD in November in Hobart ( details later this year), **BUT**, there is an opportunity to attend a session for Inspectors of Turns on Saturday 8 JUL at Launceston Aquatic (12.00 start) prior to the Launceston Lemmings Splash Time Trial meet. If you wish to attend, please email Roo asap at [aussiroom@dodo.com.au](mailto:aussiroom@dodo.com.au)



*Squad 'organization' during the last hour relays*

### MS Mega swim Launceston 16/17 July 2012

A great effort over the weekend - The Lemming Lapstars clocked up a total of 76.5 K for the 24 hours and \$1,746. Tahnee Hodgetts led the way winning the highest individual fund raiser award and also the most distance by a Lemming at 8.4K.

There were 24 Lemmings + the team mascot in the Lemmings team and three club members involved with other teams.

The group ticked away the laps at a steady rate but picked up the pace for the last hour completing 4.5k in 100, 50 and 25m relays. The Lemmings lived up to their name by blindly following the person in-front for the relays, so 100 IMs, 50 Fly and underwater lengths became the order of the day (for some). The swim provided an excellent opportunity to achieve Endurance 1000 points with the group achieving just over 1700 points. Thanks to everyone who took part - it was fitting that the last lap was swum by Suzie Dowling after all her work organising the team.



*Club president Chris Davey relaxing before returning in the very dark hours to complete his swims*

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**Tasmanians @ Riccione 2012**

5 Hobart Aquatic and 2 Van Diemens club members ventured to sunny Italy to compete in the 14th FINA World Masters Championships. A fantastic effort with a number of podium finishes. The results are:

**Maceij Slugocki:** *Silver 800m Fr*, 5/400 IM, 8/200 IM, 6/200 Fl, 6/400 Fr, 8/3K open water.

**Philip Wells:** 28/200 Bk, 82/100 FR, 53/50 Fr, 29/ 100 Bk, 26/50 Bk.

**Di Perndt:** 11/800 Fr, 12/200 Bk, 8/50 Fl, *Silver 100 Fl*, 7/200 Fl.

**Amanda Duggan:** *Bronze 800 Fr*, 8/400 IM, 6/200 Fr, 6/200 IM, *Bronze 400 Fr*

**Anne Steel:** 9/800 Fr, 13/400 IM, 10/100 Fl, *Bronze 200 Fl*, 11/400 Fr, 6/ 3K Open water.

**Costan Magnussen:** 24/800 Fr, 24/400 IM, 26/100 Fl, 13/200 Fl, 22/400 Fr

**Don Marsh:** 6/ 3K Open water

Never before in the history of open water swimming have so many competitors entered an event than at the FINA World Masters Championships in Riccione. About 1349 men and 594 women took to the clear water of the Adriatic Sea. Air temperature was about 30 degrees Celsius and water temperature 23. The organising committee had prepared the triangle course for a great final of the championships. Due to the great number of entries, it was decided in advance, that the race would be split in two days. The younger age groups (40-44 and younger) competed at the same time. No less than eight water crafts, 15 rescue boats, four boats for the organising committee, another four with coast guards and divers managed the swimmers throughout the race.

**2011 Aerobic swim results.**

The results for the last Aerobic swim program have been released and are available from the National web site. A total of 91 people completed all 61 swims, with 67 achieving maximum points. The Australian Champion club was Talays with 8720 points, with Launceston 12th (3010 points), Hobart Aquatic 32nd (147), Hobart Dolphins 59th (27) and Devonport (15). Talays came in second for participation with 97.3% of the club taking part.

**LEMMINGS "SPLASH" MEET**

Launceston Club will be holding a time trial event on Saturday 8th Jul at Launceston Aquatic. 5 events - 25m Free, 50m choice of stroke, 100m choice, 200m choice and 25m form then a handicap 4 x 25m relay with times based on event 1 results. A fun event where you try and swim as close to your nominated time. Prizes for closest to time, closest for all five events and bragging rights for the relay. \$10 entry Email Club secretary for more details [emb\\_ers@live.com.au](mailto:emb_ers@live.com.au)