

# Newsletter

Volume 6 No. 2  
April, 1994

## MASTERS GAMES

Tasmanian Masters Games swimming races were held at Devonport Pool on Saturday afternoon 16 April last. There were six members of Talays club taking part, which was pretty good effort considering that this was not an AUSSI event. Maureen Pepper was also there offering moral support and Val Innes spent most of the afternoon with stopwatch in hand.

All six participants scored medals:-

Betty Ross	Bronze	45-49
Mal Innes	Gold	50-54
Mary Reynolds	Gold	60-64
Dorothy Armstrong	Bronze	60-64
Nan Lewis	Gold	70-74
Joy Bradley	Silver	70-74

They should be congratulated for a really splendid effort.

The whole show was very well organised. Nine events were run between 1.30 and 4.30 in the afternoon and awards were being presented at the Devonport Club by 6pm, despite the fact that the computer was once again unplugged during the tallying up operation. (It happened also at the AUSSI Long Course Championships there a few weeks ago)

## Talays Inter Club Swim

Talays has organised an Inter Club Swim at the Collegiate Pool on Saturday, 22 May, 1994 from 11 am till 1pm. We will then adjourn for lunch downstairs at Mures Fish Restaurant at Victoria Dock

## 6 O'Clock Rock

Katrina Sargison phone 341307 and Robyn Turner phone 448131 have organised this fun night at the Hotel Carlyle on Saturday 7 May at 6 o'clock. We can have a 3 course meal for \$20 and it runs through till midnight.

This is a social event - *not* a fundraiser

You will need to book by 30 April.

## Wednesday Social Night

On the third Wednesday in the month we meet for a drink and supper at the Cornish Mount Tavern. It's on the corner of Barrack and Collins Streets, just up from the Village Cinema. We have been made very welcome since moving there a couple of months back. The chips and goodies are very good (and a little cheaper) and the staff is friendly.

Parking is not a problem. We arrive when Village theatre patrons are leaving

## New Bathers Catalogue

Judy Hyndes has just received the 1994/95 catalogue from Nova (*Australian Owned and Made*). They represent a considerable saving when bought through the Club. You'd do well to check out the new styles and colours.

## VIDEO SWIMMING

Robert Bonney is planning another video filming night at Collegiate Pool. Its a great way to discover how you are *really* going in the water.

Let Robert know if you want to be seen on screen

## Summer Titles

We had seventeen competitors in the Devonport Swim on 26-27 February.

Pauline Samson was Turn Judge, Val Innes and Carol Bonney did timekeeping and Lynda Peacock lent moral support to Stewart. She did well - Stewart scored a bronze.

Perri Brereton acted as captain for our little group which was right amongst the medals:-

Ros Dillon	Bronze	40-44
Jose Tillema	Silver	45-49
Judy Hyndes	Bronze	50-54
Mary Reynolds	Gold	60-64
Dorothy Armstrong	Silver	60-64
Mary O'Brien	Gold	70-74
Joy Bradley	Silver	70-74
Mendelt Tillema	Silver	45-49
Stewart Peacock	Bronze	45-49
Mal Innes	Gold	50-54

**CENSORED**

Pictured above are a couple of our female swimmers at Devonport. They chose not to use the change rooms, preferring the convenience of a handy tree. (*The negative can be bought from our photographer for a quite reasonable figure - tee hee hee!!!*)

## Ivan Wingate Visit

National Executive Director of AUSSI, Ivan Wingate met members of Talays at the Collegiate Pool on Wednesday 13 April - he also got to swim with us. The truth of the matter is that he needed the training for the Tasmanian Masters Games. The word I have is that he was hot after a medal at our Games after his success at the Nationals, where he won gold. Ivan threw down the gauntlet to Launceston's John Pugh, who was just as keen for that same medal. Ivan has been content this time, with silver.

## Winter Titles

Its time to start planning for the Winter Short Course Championships in Launceston. They are to be held on Saturday afternoon 13th and Sunday morning 14th August, 1994. This has traditionally been a good fun weekend. We will keep you posted as detailed arrangements come to hand.

# CLUB CAPS

Just a reminder that Judy Hyndes has stock of Talays Club caps for only \$3. You need them for all inter-club swims and you must have a cap at all times in the Collegiate Pool. Don't leave it till the eve of our next big meet to ask for a cap - Judy just might be sold out!

## National Top Ten

Our State Recorder, Pauline Samson advises that some of our members got mentions in the recently released National Top 10:-

### Short Course

Perri Brereton 45-49 1 Hour Free (8),  
1 Hour Back (4), 1 Hour Breast (10)

Brigitta Jensen 55-59 400 Breast (5)

Maureen Pepper 65-69 400 Back (8),  
400 Breast (7)

Nan Lewis 70-74 400 Free(5)

Mendelt Tillema 45-49 400 Back (10)

Mal Innes 50-54 200 Free (8), 400 Free (10),  
800 Free (7), 1 Hour Free (1), 100 Back (5)  
200 Back (4), 400 Back (3), 800 Back (1),  
1500 Back (1), 1 Hour Back (1), 800 Breast (5),  
1 Hour Breast (2), 100 Fly (2), 400 Fly (2),  
400 I/M (1), 800 I/M (1).

### Long Course

Perri Brereton 45-49 800 Back (10),  
1500 Back (7), 1500 Breast (9)

Brigitta Jensen 55-59 800 Breast (10)

Mary O'Brien 70-74 100 Back (9)

Darren Gosnell 25-29 100 Breast (5),  
200 Breast (6), 400 Breast (2)

Mendelt Tillema 45-49 400 Back (10)

Mal Innes 50-54 200 Free (6), 800 Free (5),  
1500 Free (9), 200 Back (5), 400 Back (6),  
800 Back (4), 800 Breast (8), 1 Hour Breast (1),  
50 Fly (9), 200 Fly (2), 400 Fly (2), 800 Fly (2),  
200 I/M (9), 400 I/M (4), 800 I/M (1)

Ted Cross 70-74 200 Back (8)

# Summer Titles 1995

Your committee is already making plans for the Summer Championships to be held at the Glenorchy Pool on the weekend of 25-26 February, 1995.

If you can help, or if you have any bright ideas, we'd like to hear from you.

## New Blood

At the present moment, our committee of thirteen positions has three vacancies.


We have a lot of fun together and face some interesting challenges this year.

Your ideas would be very welcome and if you haven't been on a committee before, the experience would be yet another skill to quote in your personal resume.

## New Members

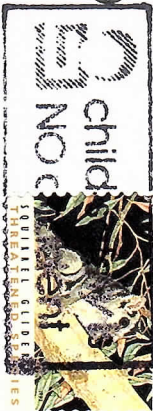
Amongst the new members during the last couple of months I would like to welcome Leo Foley, Wendy Smith, Roy Langman, Nigel Burgess, Sally Lynch, Bob Richards and Cherry Horne.

We hope you enjoy your 'fun and fitness' with Talays.



Gerald L. Breen  
Publicity Officer

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6-PM  
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1994  
TAS-701:0



Ron Bloomfield  
P O Box 395  
ROSNY PARK TAS 7018

# Newsletter

Volume 6 No. 3  
June, 1994

## Talays Inter Club Swim

Talays organised a highly successful Inter Club Swim at the Collegiate Pool on Sunday, 22 May. The whole affair went like clockwork, due to the splendid efforts of a number of our members and some from other clubs.

Meet Director was Maureen Pepper. She was ably assisted by her Grand daughters Maria and Michelle. Pauline Samson was Referee and Check Starter, Robert Bonney was Starter and Perri Brereton the stroke and turn judge. Robert Hewer acted as Medical Officer.

Judy Hyndes was Chief Timekeeper and timekeepers included Katharine Daft, Ron Bloomfield and Les Young from Hobart AUSSI, Lance Turner from New Norfolk, Pauline Anning and Geoffrey Neal from Sandy Bay and Robert Hewer, Val Innes, Iain Montgomery, Ruth Langman, Nigel Burgess and Robyn Turner from Talays. Pauline Samson's ever helpful daughter Rohani was another to spend the afternoon with stopwatch in hand. Some of the competitors also helped out with timekeeping.

There were 27 State and one National record broken at the meet.

Many participants enjoyed lunch afterwards at Mures Fish Restaurant at Victoria Dock

## 6 O'Clock Rock

Robyn Turner and Katrina Sargison organised this fun night at the Hotel Carlyle on Saturday 7 May last.

Talays did very well indeed in the contest for prizes at this event. Nick May was judged the most attractive male in sight and Rick Mills scored a prize for his necktie (He actually got it for his 'entertaining' dancing). The most appropriately dressed dancers on the night were Bronwen Bedelph and Audrey Mills. They appeared complete with bobby sox, flatties and flaired skirts. Actually, Bronwen's outfit was not entirely authentic - there was a lot of good beer spilt when she revealed to all and sundry that she was actually wearing Nike running shorts under that skirt.

Bronwen really deserved a prize for her fantastic dancing (inspired by St. Vitus himself no doubt).

Vincent Van de Vusse scored a bottle of champers for his back bending agility under the limbo bar and Karen "Megs" Ackroyd won another for 'Little Hiawatha'.

## Wednesday Social Night

We continue to meet for a drink and supper on the third Wednesday in the month at the Cornish Mount Tavern. It's on the corner of Barrack and Collins Streets, just up from the Village Cinema. We have been made very welcome since moving there a couple of months back. The chips and sauces are very good (and reasonably priced) and the staff is friendly. For those wanting something more substantial, pizzas can be organised - check with Judy Hyndes or Gerald Breen if this is what you want.

## New Bathers Catalogue

The new 1994/95 catalogue from Nova (*Australian Owned and Made*) is proving to be very popular. See Judy Hyndes if you want to be included in the next order.

## VIDEO SWIMMING

Seventeen people enjoyed the hospitality of Robyn Turner, at her Bellerive home recently where they first watched training videos showing the proper way to swim and then (by contrast) saw themselves in action.

Robyn, Katrina Sargison and Robert Bonney combined their talents for the very excellent supper.

## Winter Titles

Entries for the Winter Short Course Championships in Launceston on 13-14 August must be in the hands of the committee by Wednesday 29 June, 1994. *Late entries will not be accepted.*

Get yourself organised now, because it's, too good a weekend to miss.

The 800 metre swim for the winter titles will be held at the Collegiate on Saturday 6 August. *There will be no club swimming on that day.*

## CLUB CAPS

Just a reminder that Judy Hyndes has stock of Talays Club caps for only \$3. You need them for all inter-club swims and you must have a cap at all times in the Collegiate Pool. Don't leave it till the eve of our next big meet to ask for a cap - Judy just might be sold out!

## Summer Titles 1995

Your committee is already making plans for the Summer Championships to be held at the Glenorchy Pool on the weekend of 25-26 February, 1995.

If you can help, or if you have any bright ideas, we'd like to hear from you.



TEA & SCONE LANE



The spirit of AUSSI is exemplified in a social sense by the people of the 'Tea and Scone Lane' on Saturday mornings.

They were treated to Robert Bonney's very own home made muffins a couple of weeks ago. These folks haven't forgotten that AUSSI is about **fun** and fitness.

## WELCOME BACK MAUREEN PEPPER

I never cease to admire the 'never say die' approach to life that shines from our Maureen Pepper. Yes - she's back in the water again after a bout of bad health.

I am sure that granddaughters Maria and Michelle must be very proud.

Well done Maureen! So are we!

## New Blood

Our Committee has recently acquired new members, Annie Self and Roy Langman. They have kindly volunteered their services until the next Annual General Meeting.

This leaves just one temporary vacancy on the Committee.

## POOL SAFETY

I'll bet you are wondering who was the idiot who brought about the ban on pool entry at the deep end of Collegiate Pool during Club swims.

Well I have a confession. A few weeks ago, I watched as a swimmer approached the deep end of the pool where I was waiting to enter. Another two people in the lane were resting at the shallow end. Having first ensuring that the swimmer was aware of my intentions, I stepped into the pool.

Instead of moving off immediately, I chatted for a couple of moments and then, without checking whether the other people in the lane might have resumed swimming, pushed off vigorously - headfirst into one of them.

This moment of carelessness did draw attention to the danger that could arise should someone actually *dive* into a crowded lane. One cannot lose sight of the fact that insurance companies impose heavy premiums on policies that involve the slightest element of risk. Hence the new rule.

I personally feel that the committee could have shown more imagination in addressing this problem.

It would be a simple matter to decree that participants in our training sessions be required to wear bicycle helmets at all times. Not only would this practice protect heads, but should a person be rendered unconscious by any other means, his or her head would be held above water by the styrene that is the principal component of these helmets.

This scheme would involve no extra cost to our triathletes and I'm sure that the Club could arrange a bulk buy for remaining members.

Naturally, the helmets would need to be in Club colours.

## New Members


New members to be admitted at the last committee meeting were:-

John Nichols, 43 of Howrah

Martin Svenson, 39 of West Hobart

Simon Webb, 45 of Bonnet Hill.

We now have 89 members on our books. Let's hope they don't all turn up on Wednesday night!!



**Gerald L. Breen**  
Publicity Officer

# Newsletter

Volume 6 No. 4  
September, 1994

## Winter Titles

The spirit of AUSSI was alive and well in Launceston during the August winter Championships.

Joy Bradley won a lot of hearts during her heat of the 50 metre backstroke. I'm still not sure whether the beaming smile she gave referee Roger Wallace at the turn (she has some difficulties with turns) was meant to be a distraction, but she definitely was *not* disqualified.

And speaking of disqualifications, Terry Woodhouse was rubbed out in his breaststroke heat. With the men's relay medley in the offing, he asked to trade his breaststroke leg for Gerald Breen's backstroke fifty metres. "It's a deal" said Gerald, "- if I get past the referee in the next event, *my* 100m breaststroke!" As soon as the heat was finished, Gerald put the question to Roger who gave him the thumbs up - just. And so the swap went ahead.

And speaking of swaps. How about our Clyde Denton. The opposition could have been forgiven for sniggering when this sixty-five year old substituted for twenty-three year old Roy Langman in the 120+ mens medley relay - right up until

the old bugger hit the water and gave them a lesson in freestyle swimming!!!

Jane Fisher gave a lesson of another sort - how to swim a fifty metre freestyle leg whilst chewing your goggles, all on one breath. Sadly, this was her last swim under Talays colours. Jane is now working at Ulverstone and will no doubt be a very welcome addition to the Devonport Devils lineup

Our 80+ team of Stephanie Bowman, Clyde Denton, Jeanette Dickens and Stuart Wells managed a creditable third place, even though the ages actually totaled 157 years.

The 200+ Womens medley team of Joy Bradley, Jeanette Dickens, Ros Dillon and Judy Hyndes won their event with the vocal support of Terry Woodhouse and Perri Brereton. Their yells of encouragement, right into Judy Hyndes' ear as she tuned for the last lap literally lifted her out of the water.

The 160+ mixed medley team of Stephanie Bowman, Ros Dillon, Mal Innes and Martin Svenson took first place and the 160+ crew of Mary Reynolds, Terry Woodhouse, Stuart Wells and Maureen Shegog were fifth.

The 120+ mens freestyle combination of Martin Svenson, an off colour Robert



Hewer, Clyde Denton and Stuart Wells came in second.

Medal winners were:-

40-44	Ros Dillon	Gold
50-54	Mal Innes	Gold
50-54	Judy Hyndes	Bronze
60-64	Mary Reynolds	Gold
60-64	Margaret Dixon	Bronze
65-69	Clyde Denton	Gold
70-74	Joy Bradley	Silver

The Nan Lewis medal for female swimmer of the meet went to Katrina Clarke and the award for male swimmer of the meet to John Pugh, both of Launceston AUSSI and both thoroughly deserved.

Club points at the end of the meet were:-

Launceston	2952
Hobart	1410
Devonport	1089
Talays	821
Sandy Bay	99
New Norfolk	59

I could not let this report pass without paying tribute to the non-swimming Talays participants at the competition.

Perri Brereton did an excellent job as club captain, particularly in the way she shrewdly delegated some responsibilities.

Pauline Samson worked hard in her role as State Recorder and revealed yet another talent as announcer. Well done!

Judy Hyndes, Carol Bonney and Val Innes carried the burden of timekeeping for the meet. This made life much easier for the Club's swimmers.

Launceston AUSSI did a good job of the organising the Championships and made us all feel very welcome.

# CLUB CAPS and Bathers

Judy Hyndes has Talays Club caps for only \$3. You should have them for all inter-club swims and you *must* have a cap at all times in the Collegiate Pool.

Judy also has some Club bathers in stock and can order more as required.

The top club in Tasmania at the moment is Launceston AUSSI, and its no surprise to me to observe that most of them compete in their club uniform.

I realize that we had a number of new members at the Winter Titles (some of them have Talays gear on order), but there are others that could at least deign to wear the club cap in competition.

## Farewell Dorothy Armstrong

One of the stalwarts of our club, Dorothy Armstrong was farewelled at the Cornish Mount in August. She has moved to Palm Beach on the Gold Coast where some of her family now live.

Dorothy was club secretary for two years and served us very well in a number of other ways. Her ever present smile, her genuine friendliness and her 'give it a go' attitude will be missed by those who know her well.

We wish Dorothy good health and happiness for the future.

She hopes to join Miami Masters AUSSI.

Our loss will be their gain

## Christmas Dinner

The Black Buffalo, on the corner of Federal and Letitia Streets, North Hobart has been booked for our Christmas Dinner on Friday 9 December. We start at 7 for 7.30 pm and their very reasonably priced meals can be ordered from the full menu.

Make your booking *now* for only \$10 deposit per person.

## Third Wednesday Night at the Cornish Mount

If you want a substantial meal at the Cornish Mount on the third Wednesday of the month, why not phone them at 345054 on the Tuesday and ask what's offering. You might be pleasantly surprised.

For those that are just reasonably peckish, their chips and sauces are very good value.

## Royal Life Saving

Congratulations to John Nicol, Jeanette Dickens and Stacey Kirkby, who have been awarded the Bronze Medallion for Life Saving.

Well done.

## NORTHERN VISITOR

Keep your eye on Launceston AUSSI's Gerry Bonner over the coming weeks. He might give us the clue as to why his club currently has a mortgage over State titles.

Gerry is working down South at the moment and will be a very welcome visitor to our Wednesday night swims.

## 1995 Summer Titles

Your committee is already making plans for the Summer Championships to be held at the Glenorchy Pool on the weekend of 25-26 February, 1995.

If you can help, or if you have any bright ideas, we'd like to hear from you.

## WORLD MASTERS GAMES

Talays will have three representatives at the World Masters Games from 28 September till 3 October in Brisbane.

Judy Hyndes, Perri Brereton and Clyde Denton are on a training program which hopefully will have them at their peak for the Games.

We trust they are well rewarded for their efforts and enjoy the experience of a world event.

## GREATER ANKLE FLEXIBILITY

As Coach, I am constantly noticing poor kicking by masters swimmers, basically a combination of bad technique and poor ankle flexibility. Normally one can expect good swimmers to be good kickers, but I can see that an increase from 10% to 20% of swimming programs needs to be spent practicing kicking.

How can you improve your ankle flexibility? Well, the primary position of the foot during the traditional flutter kick is one of plantar flexion or pointing of the foot. Normal reported ranges of motion

for ankle plantar flexion are between 45 and 65 degrees. Increased flexibility involves stretching both the soft tissue/muscles and tendons around the joint itself (joint capsule ligaments)

Flexibility of the ankle in the direction of plantar flexion is probably most limited by joint structure and joint mechanics. Individual joint structure varies greatly and cannot be changed. Maximum stretch of the soft tissues into the direction of plantar flexion involves maximally pointing the foot. To further increase motion in this direction, the foot can be pointed and then inverted (turned in) and everted (turned out). Increasing the strength of the angle plantar flexions (the gastrocnemius, soleus tibialis posterior and the peroneal muscles) may also help to increase ankle flexibility for plantar flexion. This can be done by using theraband, a resistive sheet of rubber tubing. Both are usually available at rehabilitation facilities.

Exercises should include plantar flexion and inversion (turning the foot outward) against resistance. In addition, one can perform these same motions using resistive isometric exercise at the end range of ankle plantar flexion. Eversion and inversion with the help of a second person or performing high repetitions of single leg toe raises may increase the ankle plantar flexion range of motion

Mal Innes

## Annual General Meeting

The Annual General Meeting is to be held at the Education Department Swim Centre at 212 Collins Street at 10.30 am on Saturday 15 October 1994.

This meeting will set the direction of the Club for the next twelve months. We want *your* input.

Don't cry later about our decisions if you were not there to influence the vote.

## AEROBIC SWIMS

The opportunities for completing your 1993-94 Aerobic Program are fast fading. If you have just one swim to complete, see Pauline Samson before the final night, Wednesday 21 September. It will be a case of first in, best dressed.

Meantime, you should be setting your goals for 1994-95. We will commence our Sunday morning swims at Glenorchy Olympic Pool in October. Irrespective of the outside temperature, its a great place to be if there's not much wind about and the 50 metres is wonderful for aerobics.


## New Members

New members to be admitted recently were Michael McCartney and David Fox. They must be keen, as they will be up for further \$70 renewal in October.

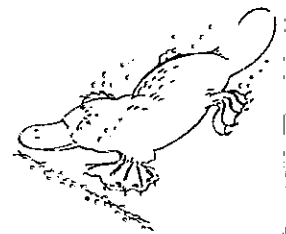
## Give it a Go

You know, you don't really have to enter the maximum number of events to enjoy a swim meet, nor is it necessary, in *any* event to make a diving start. Judy Hyndes, Joy Bradley and Leo Foley all started their relay legs in the water and I started most of my races the same way.

We all had lots of fun in Launceston






Gerald L. Breen Publicity Officer



**Fourth Wednesday News.**

**October 26th 1994**

Q. If a snake married an undertaker, what would be embroidered on their bath towels ?

<p><b>Annual General Meeting.</b> This was held on Saturday October 15th. A very successful meeting followed by a 'wake' for Betty Ross, one of our members who died on September 4th. A list of the Committee is attached.</p>	<p><b>Timekeepers Course.</b> An accreditation course is being held on Saturday November 5th at the Swim Centre. If you would take part, let Pauline know ASAP to collect your lecture notes. It is a fairly painless course to do.</p>	<p><b>Registrations.</b> These are due now. Please use the yellow form if renewing your membership. Money can't be accepted without a form.</p>
<p> <b>Sunday Swims.</b> Remember these are at the Glenorchy Pool starting at 8.45am. Cost \$2.00.</p>	<p><b>Relay Competition.</b> Teams are required for this competition. , November 26 (4 x 50m) &amp; November 27 (4x25m). See Mal if you want to take part. Anyway, timekeepers and cheer squad is always welcome. Just be part of the team !!!</p>	<p><b>Long Course Championships.</b> Would you like to sponsor an event for the swim meet. Several members have already agreed to pay \$20 to have their name on an event. Of course there is no guarantee that you will win that event.</p>
<p><b>Christmas Dinner - Dec 9th.</b> Black Buffalo - order off the board. Deposit of \$10 required. Katrina and Robyn (the Bobsy twins) are anxiously waiting to be harassed. (for tickets that is)!!! </p>	<p><b>Club Uniform.</b> As mentioned in the attached Club Information sheet, there is a Club uniform and it is expected that members look great as a group at a swim meet. See Judy if you need polo tops and windcheaters - \$25, bathers \$32 (L), \$19 (M). Club badges \$5 and caps. Jackets available from Talays.</p>	<p> <b>World Masters Games.</b> Three of our members swam at the World Masters Games in Brisbane. There were some PB's, alas no medals, however as far we know they had a great time.</p>

**Dates for the Calendar.**

- Nov 5th - Timekeepers Course, Hobart
- Nov 6th - 400 & 800m Long Course - Glenorchy
- Nov 26/27 - Relay Competition - Hobart
- Dec 2nd - Twilight Short Course - New Norfolk
- Jan 22nd - 1/2 Hour/1500m Long Course - Glenorchy
- Feb 5th - Open Water Swim - Trevallyn Dam
- Feb 25/26 - Long Course Summer Championships - Glenorchy
- Mar 12th - Open Water Swim - Carlton.
- Mar 26th - 3/4 Hour - Glenorchy