

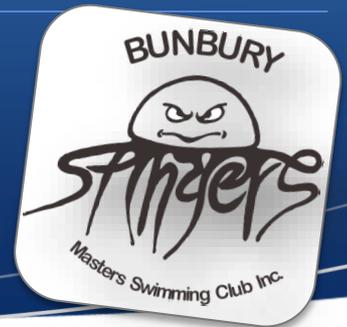
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for March to April, shine the spotlight on Pam Hall and find out what's happening over the coming year...

Read on for the latest STINGERS news...



Pam Hall – MSWA Coach of the Year

Congratulations to our great coach Pam for being awarded the 2018 Coach of the Year for Masters Swimming WA.

Pam is a Life Member of both Bunbury Masters and Bunbury Swimming Club, such has been her long-term dedication to giving back to the sport of swimming. Prior to 2018, Pam had provided programs for all lanes, but only attended the day sessions. In 2018 Pam was approached to take over an extra evening squad which she agreed to do provided that they all joined Masters... they did and they are having a ball!

Pam continues to provide separate programs for 9 lanes per week and is personally on deck for the vast majority of those. Pam takes a personal interest in helping each member of the club achieve their personal swimming goals. Nothing is too much trouble for Pam and she is ALWAYS bright and cheerful and full of encouragement.

Pam was unable to attend the recent MSWA AGM but Bunbury President, Julie O'Connor, accepted her award on Pam's behalf.



UPCOMING EVENTS

Next meeting Committee 8th May @ 11.15am
Bunbury Swimming Club Rooms SWSC

Next Meets Stadium Masters LLCC 5th May

MSWA Long Course State Meet, 25/26 May



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Julie accepting the award on Pam's behalf.



Pam with some of the morning crew.

Peppy Beach Swim – 17th February

A group of Bunbury Stingers swam at Peppy Beach in the Ronda Memorial Swim, and joined lots of others “stingers”.

The history of the Bunbury Stingers association with Ronda Brennan is outlined on the next page.



The Peppy Beach crew.



Ouch!

Ronda Brennan Memorial Swim – Peppy Beach

It was great to see so many support this swim. For those who did not know Ronda this is her story.

The swim is held in her memory.

Ronda was a member of the Bunbury Masters Swimming Club, also known as the Stingers. She loved her swimming in the pool and at Koombana Bay.

As my late husband and I met Ronda at the old outdoor pool, as we were training for the Busselton Jetty swim, she said she would also join in the jetty swim.

We swam the jetty but couldn't find Ronda. So we thought she'd changed her mind. When we were back at the outdoor pool about two weeks later, Ronda was there. We asked her whether she swam in the Jetty Swim and she said yes, but that she'd come in last, and all the people gave her a clap. She said she felt so bad about it that she started to cry.

We both said to her that she should be very proud of herself to do the swim solo, and of her husband Gary to paddle alongside of her.

At a club night training session, Ronda came in, but hadn't brought her bathers. David said to her "so you chicken out now".

"No" she said. "I have breast cancer".

We both felt so bad.

Ronda swam for a few more months down at Koombana Bay.

When Ronda passed away our club made a Guard of Honour at the funeral.

As she was a wonderful club member, Margaret Moylett, Thelma Sharp, Pam Hall, and members put together a Memorial Shield which was held for many years. This is now run by her wonderful family.

So it was a Great Memorial swim held on the 17th February 2019 at Peppy Beach. There were about 20 – 25 swimmers and also about 12 Stingers in support.

All donations now go to the McGraw Foundation, but I'm sure it is nice for the Brennan family to see club members support this swim.

Cheers

Thelma Sharp



Ronda

Vale Rhonda Brennan

Rhonda Brennan of Bunbury AUSSI, passed away on the 3rd June. Rhonda, even though not a member of Bunbury for this year due to her illness, still managed to swim regularly with club members on Sunday morning at either Koombana Bay or the Back Beach.

Rhonda requested that she be buried in her bathers, complete with cap and goggles. A number of members of Bunbury AUSSI formed a guard of honour for her funeral.

On the Sunday following her funeral a small band of swimmers met at Koombana Bay for a memorial service and honoured Brenda by swimming out and releasing a floral tribute. Two swimmers then went for a kilometre swim accompanied by a couple of dolphins.

Rhonda's family has offered to donate a perpetual trophy to the club in her remembrance.

RIP Brenda



Margaret and Thelma

Barrett Swim - 2nd March

Results of the Barrett Swim for our members are as follows. Well done and congratulations

John Drinkwater	21.28
Christopher Soulos	26.19
Julie O'Connor	26.36
Greg Clarke	26.40
Jackie Panizza	27.05
Lucinda Hanczakowski	27.08
Mark Panizza	27.09
Allan Taylor	27.55
Ron Edwards	31.27
Brendon Bunning	32.04
Bill Tapper	33.00
Brian Hall	38.15
Andy Males	38.19
Thelma Sharp	38.34
Bill McGuigan	38.45
Edwin Kordt	41.50



The unwritten rule of the Old Boys is when you stand that is when you finish. No running!

The look on Jackie's face as she beach sprints up the runway to the finish line to beat me and Lucinda is one that can only inspire the masses.

What was to be a pleasant little swim on Saturday was apparently a "winners are grinners" race.

Regards
Mark Panizza

Mandurah LLCC 2019

Congratulations to all the Stingers who attended the carnival.

We came 5th overall in the points tally from a total of 18 clubs, which is a great achievement considering that just 11 members competed.

Our leading point scorer was the evergreen Thelma Sharp with a grand total of 12 points closely followed by Danielle Pesci (a welcome addition to the Stingers from Collie) on 11 points, and Mark Panizza, Kathryn Knoll and Julie O'Connor all on 10 points.

It was a well run event that everyone enjoyed and I look forward to competing next year with an even bigger Stingers contingent.

Club Captain

Jackie Panizza



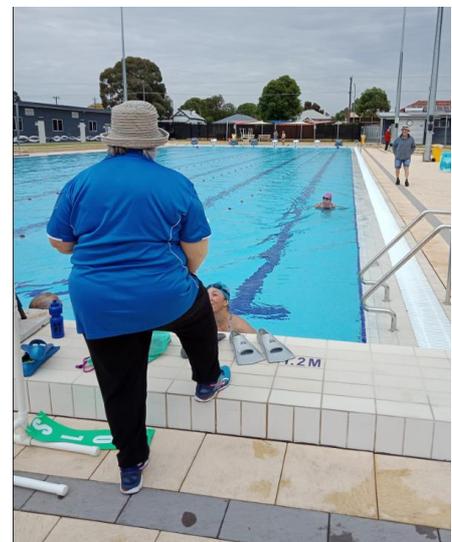
Collie pool training session 6th March

Wednesday 6th March was one of those days when we are unable to have our three lanes at the sports centre due to school carnivals. Steve Povee invited us all to have our training session in the Collie pool and to then enjoy a lunch at the local Colliefields Café.

The outside pool is a credit to the town and is heated to a very comfortable 27 degrees, although I didn't see any toddlers in the very much colder kids area. The pool was crystal clear and the lane lines going down into the deep end took a bit of getting used to.

Peter Pesci (the pool manager) made us all very welcome and encouraged us to come again in the near future. I'm sure that we will visit this pool again.

Thanks also to Steve for arranging this event.



Endurance program

Masters Australia run an endurance program every year. Competitors submit times for a number of lengths from 400m, 800, 1500m, and timed, in each of the strokes. Clubs gain points based on the results of these times for each swimmer against others in their age groups.

Bunbury Stingers have for many years been conducting the timed swims on Fridays pm, and lately at 9:00am. We would like to have as many of our members to come along and do as many of the time swims as they can so that over time they will have a record of how they are improving, as well as earn points for the Bunbury club in the Australia wide competition.

We realise that Friday mornings naturally does not suit everyone, so we will shortly be emailing out a link to a survey that will help us to ascertain how we can provide the best opportunity for our members to participate.

Please take a few minutes to complete the survey for us so that we can help you!

Bunbury Stingers Postal Swim

Each year the Bunbury Stingers hold an Australia wide competition. This year it is being held during May and June.

Last year saw a record number of swimmers take part again, so competition for most improved prize this year will be as strong as ever. If you are not a regular endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps!

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a two-month period, namely Freestyle, Backstroke, Breaststroke or Butterfly. These must be completed during May or June. These are usually completed during the endurance sessions, however can be at other times or at training sessions.

- Certificates are awarded to everyone who completes the swims.
- Medals (both females and male) to the most improved swimmers, the fastest overall swimmers and the fastest senior swimmers.
- Age groups as per Masters Swimming Australia (age as at 31st December each year)

Participation costs \$10 per competitor.

This is a significant fund yearly raiser for the Bunbury Stingers.

A big thanks to Richard who coordinates the competition on our behalf.



Ian Gould's Swim through, and Beef in a bun

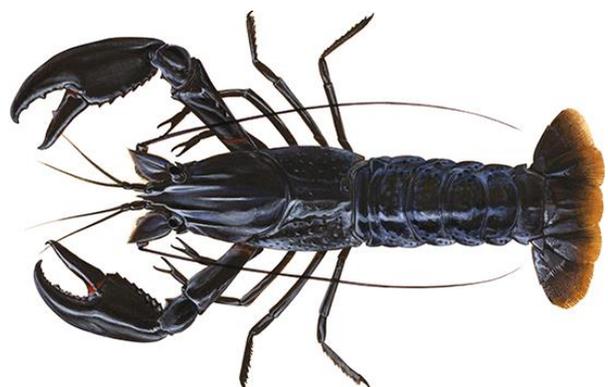
Saturday 30th March we were all invited to Ian Gould's marron farm at the back of Harvey.

What a beautiful setting with three large dams, and all stocked with marron.

A big thankyou to Ian for sharing some of his knowledge of marron farming, and letting us see him pull marron from the dam, even though we couldn't take any home!

And to cap off the swim in the dam, we all enjoyed nibbles, roast beef rolls and salad. Ian donned his chef cap and fed us superbly. Thanks a million Ian.

A great afternoon out.



Country Correspondence Carnival

Bunbury Masters were presented with the trophy as winners of the 2018 Country Correspondence Carnival.

Julie O'Connor was on hand to receive the award on behalf of the club.

Congratulations to all that participated. Well Done!





New 'Swimmer of the Year' Trophy – 2019

Introduction

Thelma Sharp has kindly donated a new perpetual trophy for the club. She has requested it be awarded to the top competitive swimmer, relative to their age category, across a range of disciplines in each calendar year. However, because of the way that the points scoring will be done, it will also be a useful measure for all members to track their improvement year to year, regardless of their current ability.

Three Swim Disciplines

The point system used to award the trophy will consider performances in **Open Water Events** and well as **Endurance** and **LLCC events** in the pool. As this is the first year, the criteria detailed below will be used to create a short-list of contenders and then a sub-committee will choose the winner. If any adjustments to the scoring system are recommended, they will apply the following calendar year. Once we have full confidence in the scoring system, it alone will be used to determine the winner.

Open Water Events

All events that are electronically timed with results published on the internet, and that have a minimum of 100 overall competitors will be eligible. This includes all WOW Swims (Masters), Swimming WA and Surf Life Saving events held in 2019, as well as the Busselton Jetty Swim, Rottnest Channel Swim, Port to Pub, Albany Harbour Swim, plus the Rottnest Swim Thru. The local Barrett Swim Thru will qualify even if it has fewer than 100 competitors as so many of our members enter.

Each swim will be scored relative to the winner of the swimmer's age category and multiplied by a factor according to the distance swum. Where swims offer team entries the distance will be divided equally among the swimmers. As an example, winning your category in a 500m swim would score 55 points, whereas winning a 5k swim would score 100 points, and winning your category in the Rottnest Channel Swim solo event would score 247 points. The top 4 scores achieved by each member in each calendar year will count towards the trophy.

Endurance

The Vorgee Endurance 1000 program is a great challenge for all members, and a great way to keep your endurance fitness up during Winter. Check out this [website](#) for full details of the program. For 2019 we will be including the points gained in the member's top scoring stroke. The maximum Endurance points that can be gained is therefore 285. We are aware that not all members are available to attend the current Friday Endurance sessions so we are about to send out a survey to see how best to address this. A couple of options are to swap one of our monthly training sessions for an Endurance session (for all or some of the swimmers); and/or to offer a second Endurance session on some Sundays in Winter (depending on demand this may be all or 2 Sundays per month from April – October). Please answer the survey and tell us what works best for you.

LiveLighter Club Carnival Events

There is a Fina scoring system that compares every swim at any Worlds, Nationals, States or LLCC meet to the current World Record in the relevant age category. We will count the top performance score for each swimmer for the year, easily obtained from the National results portal. Our top swimmers will generally score between 400 and 500 points. Unfortunately, the Country Correspondence Carnival does not qualify for this as it is not uploaded to the National portal. Our SKINS carnival qualified but we are not running this in 2019. We therefore encourage members to attend at least one LLCC sprint or distance carnival, such as the recent Mandurah meet, during the year.

Need a club Tee or Jacket

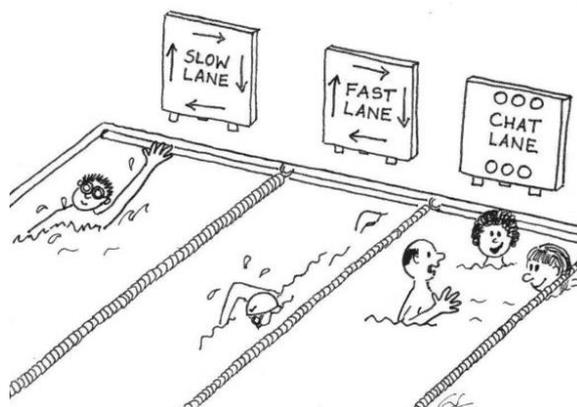
We have the following available for sale:-

- 1 x Men's Tee Size Medium \$25
- 1 x Men's Tee Size 2XL \$25
- 1 x Men's Polo Jacket Size Medium \$25



- 1 x Ladies Polo Jacket Size 10 \$25
- 2 x Ladies Polo Jacket Size 12 \$25

If you would like to purchase one of these then please contact
Kathryn Knoll on
knollcando@westnet.com.au
or mobile 0427427705



Need some new Goggles?

Designed by a passionate Aussie ocean swimmer with 4 ocean loving kids, FISKI goggles are crystal clear, comfortable and cool. What started as a business to produce funky affordable goggles, has now become the choice of goggle for some awesome athletes that have worn their FISKI's on some pretty amazing adventures like crossing the English Channel, the Rottneest Channel and Lake Argyle. FISKI's are fun and a practical option for kids, teens and adults. FISKI's are available in 2 super comfortable styles - the Hunter and the Flyer, all suiting kids to adults, due to the soft cushioning fit.

We all know how goggles can get left behind or lost in the endless pit of swimming bags, at the pool or the beach - this frustration led to the birth of FISKI... Great goggles that don't cost the earth! So whether you're young or young at heart you'll love rocking' your pair of FISKI's. They are leak free and fog free and perfectly priced for everyone at \$22.

Jump onto www.fiski.com.au to check out the range. FISKI has offered a Stingers Masters special - only \$20 per pair with free shipping for 3 or more pairs (otherwise only \$7 shipping).

Julie has a sample pair of Fiski Hunters and Fiski Flyers for people to try if they wish.

We are going to do a bulk order for the club at the end of April so email us (secretary@bunburymasters.asn.au) ASAP if you want a pair.



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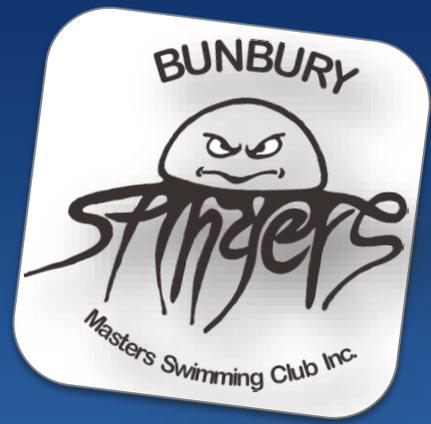
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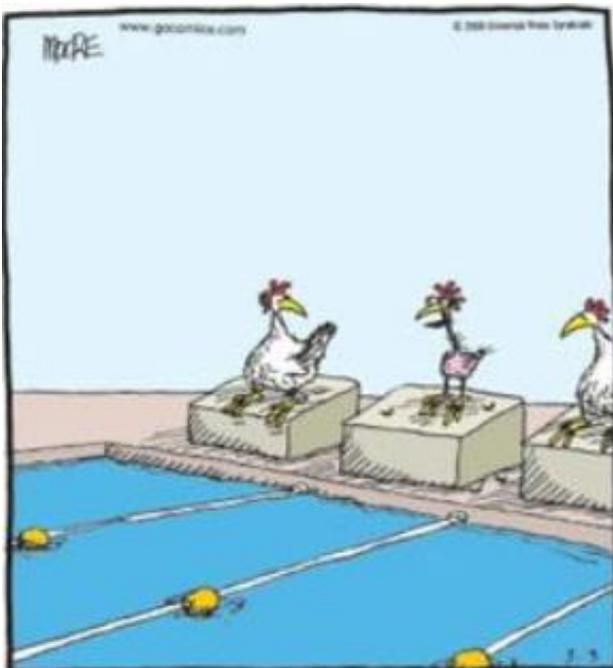
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Thanks to all contributors

As always, many thanks to all contributors to our newsletter. 😊

Til next time
See you in the water!
Ben – the Ed.



"I plucked myself. It reduces drag in the water."

MSWA Calendar

Please visit www.mswa.asn.au for details about upcoming pool and OWS events.

Keen for more swimming news?

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter at www.mswa.asn.au

Swimming WA Calendar

Please visit www.openwaterswimming.com.au for details about upcoming events and to register.