

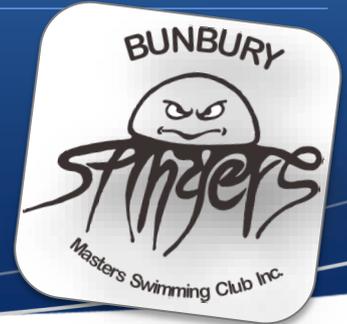
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for August to September, shine the spotlight on some of our swimmers in Fiji, and remind everyone interested in doing the Busselton Jetty swim to get up early on the 1st.

Read on for the latest STINGERS news...



Busselton Jetty Swim

Busselton Jetty Swim registrations open on Tuesday 1st October at 5:00am.

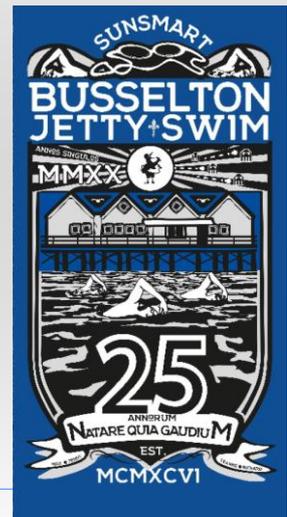
Anyone not wishing to be disappointed by missing out is advised to set their alarm and enter early.

4-person teams are likely to sell out by around 6:00am, and the rest are likely to sell out on day 1!



UPCOMING EVENTS

Next meeting Committee @ 11.15am
Wednesday October 9th
Bunbury Swimming Club
Rooms SWSC



Bunbury Masters Swimming Club Inc
PO Box 329 Bunbury WA 6231
secretary@bunburymasters.asn.au
www.bunburymasters.asn.au

Like us on Facebook: www.facebook.com/bunburymastersswimmingclub

Presidents Pen - Julie

Hi Stingers.... a few things to note:

Coaching Changes

As most of you will be aware, we are about to make a change to our coaching arrangements. Pam started coaching when the club was "in the doldrums" with only about 6 members. Almost single-handedly, Pam has been responsible for the tremendous membership growth in our club to 70+ members today. From preparing programs and supervising 2 lanes per week, Pam has recently been preparing and supervising programs for 10 lanes of swimmers per week. Not only is this not fair on Pam, but it also leaves us very vulnerable if Pam required any extended leave of absence. From the beginning of October, the programs will be prepared by the 3 less-experienced coaches (Julie, Kathryn and Danielle) to bring them up to speed. The day sessions will be supervised by 1, 2 or 3 of these coaches, with the night sessions being supervised by Pam whenever she is available, or one of the others when available otherwise. October sees us transition back to Freestyle dominant programs to prepare us for the upcoming Open Water season (see calendar of events attached to this newsletter).

Drills

If you want to improve your Freestyle, learn to love your drills as this is where your improvement will come from. Drills are designed to isolate one or more components of your stroke to allow you to concentrate solely on this. They are often swum with fins or other "toys" to allow you concentrate on a single aspect of your stroke whilst maintaining normal freestyle speed. At the very least it is worth owning fins and a pull-buoy. Unless you have severe shoulder issues, paddles are also good (I recommend Medium Finis Agility paddles). For those who like to kick with a kickboard, include one of these in your kit. A front snorkel is also often useful to get the most out of drills, but I recommend trying mine first before you buy as not everyone likes using these. To get anything from a drill, it is essential that you understand firstly what the drill is designed to improve, and secondly how to execute it properly. Please make sure you are ready to swim by the time we start the Drills briefing so that you can concentrate on the instructions. Where possible, it is desirable to have one person per lane fully briefed in the execution of the drills so that they can demonstrate. If you are interested in becoming a lane drills coach, please talk to Pam or Julie.

Bold & Beautiful swim tracking app

We now have access to a free swim tracking application that you can run on your PC, tablet or smartphone. It is written by a swimmer for swimmers. I encourage all Stingers to give it a go. It is simple to use... you simply choose the location of your swim and enter the distance swum (in meters). To get you started you can set yourself up, but it may be easier for us to set you up. Please talk to Julie if you are interested... I highly recommend it for regular swimmers.

OCEAN SWIM FIJI 2019

Ni sa bula vinaka (a warm hello) from sunny Fiji.

The Bunbury Masters Swim Club (Stingers) were represented by seven lucky members which included Julie O'Connor, Brendan Bunning, Steve Povee, Alan Taylor, Lynette Bird Tua and Mark and Jackie Panizza on a fabulous Swim/Cation which saw us test our prowess against other swimmers from several different countries. We all met up after flying in from Australia at the Official Welcoming where we were



greeted Fijian Style with a photo opportunity with some very authentic looking Warriors and given our event pack full of goodies, including a very nice sulu (skirt) which Alan became very adept at wearing. A Traditional Kava Ceremony (a ceremonial drink that some likened to tasting like dirty water) and a few songs later we had a wonderful meal and then listened to special guest speaker Shane Gould talk about her foundation aimed at helping improve safety and awareness of the oceans and rivers for the Fijian people.

Day One

We met the Bula Bus for a short trip to Port Denarau then popped on Captain Cook Cruises for the next hour. Steve and I did not travel as well as the others and were glad to disembark on Tivua Island which is a small coral cay located in the northern part of the Mamanuca Islands. It is fringed with white sand and surrounded by over 500 acres of reef. After a masterclass with Shane Gould and her husband Milt Nelms (one time coach of Ian Thorpe) we hit the water. A mass start of 1 and 3km swimmers meant that those competitive athletes charged to the first buoy whilst the more laid back took their time. Julie was lightning fast out of the blocks and tracked Steve all the way to the finish line in a very slick time of 59.21 whilst the rest of us were all happy with our swims. Steve and I opted for a massage after the event which was very relaxing but the ladies could not braid Steve's hair despite his request.



Day Two

After much deliberation by the organizers it was decided not to hold the swim at Natadola Beach (which some of last years swimmers tell me was amazing) due to the forecast of strong winds and a big swell. With safety of all competitors at the forefront of organizers minds the beach at the Sofitel Resort where we were staying was chosen. This meant an extra hour in bed which some appreciated. The water was more tidal and quite murky but very fast with the overall winner posting 38.46 for the 3km. Steve was lightning quick in 46.55 with the other standout being Brendon who came in front of Mark and Alan in 55.05. Lynette swam gamely to finish the 3km event despite feeling under the weather.



Day Three

Our group decided to walk the 1.2km to Port Denauru for the final swim. After boarding South Sea Cruises we travelled a short 25 mins to Malamala Beach Club which is reportedly the worlds first Island Beach Club and is owned by the above Cruise line. It certainly had the wow factor with pristine white beaches, Cabanas, Bars and an Infinity Edge Pool. Everyone was pumped for the final event and those in the medal hunt had worked out just what they had to do by that time with cumulative scores giving swimmers full knowledge of how far they

were behind the leaders and how hard they would have to go to keep or improve their spot. Those of us in the hunt were Julie, Steve, Brendon and myself and with only one buoy to go around and then literally a swim left handed around the island it was up to you how close or far from shore you went. Too far out and you added extra distance, too close and you ran the risk of getting cut by the coral. The highlight of this day was to see a smiling Julie and Brendon finish together and then watch the titanic battle between Mark and Alan when Alan stopped briefly near the buoy only to see his nemesis hot on his tail. Having been entrusted by Steve to video all the Stinger Swimmers (big mistake, lots of sand, legs and random things) finish the 3km It was suprising when both Mark and Alan just stayed in the water and congratulated themselves before wandering up to the finish . (Or perhaps Alan still had hold of Marks leg)



The final results for the three days were

Julie	2nd	50-59	3km
Steve	3rd	60-69	3km
Brendon	4th	60-69	3km
Alan	5th	60-69	3km
Mark	8th	50-59	3km
Jackie	1st	50-59	1km

After we arrived back at the Sofitel Resort it was a quick shower and spruce up for the awards dinner on the beach which was highlighted by some amazing fire dancing and a surprising addition of blow up Dinosaurs which didn't take long to work our was some of our fellow Perth swimmers who apparently just love to take dressing up that one step further. After speeches an incredible buffet and presentations we hit the dance floor and then retired late.

The final day was some fun relays and then optional trips to a Fijian Village and Mud Pools. Most of us were too tired and had a sleep in.

All of us made our way back to Australia the next morning except Julie and Brendon who went exploring the Mamanuca chain of Islands off Nadi .

I would heartily recommend this trip to any level of swimmer. All you need is enough training to get you through a minimum of 1km in choppy water and be relaxed and confident and you will have a ball. Although not a cheap holiday I do feel we got value for money (We certainly ate and drank our way through the vouchers) And having 20% of food and beverages at the Resort was great. The overall vibe was relaxed and welcoming and the flexibility to change your swim distance took the pressure off if you were feeling a bit average. Most swimmers were there to have fun!

Vinaka

Jackie Panizza CC (wishing I could be on Fiji Time again)

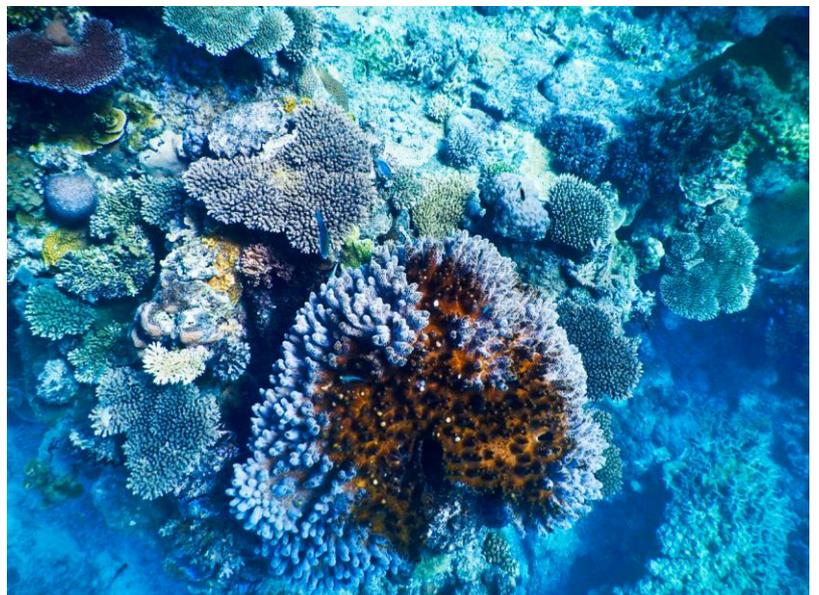


Fiji Snorkelling Adventure – Julie & Brendon

Following the Ocean Swim Fiji experience, Brendon & I stayed on in Fiji for another 6 days and caught a ferry up to the northern Yasawa Island group.

We stayed at a couple of resorts, but the highlight by far was the couple of days at Barefoot Manta Island. They have a Marine Science Lab with a resident Marine Biologist as well as visiting Masters and/or PhD students a couple of times per year (we were fortunate enough to meet 2 of these).

They have magnificent coral (which they are doing a lot to protect and help regenerate after cyclones etc). We were also lucky enough to hear Pilot whales calling and swim with Manta Rays twice. See <https://barefootmantafiji.com/> for more information.



Open Water Swim Calendar for this summer

We particularly encourage members to support the WOW Swims (run by Masters clubs). Note also there are Swimming WA swims in Busselton and Bunbury this season.

Date	Confirmed	Distance	Where / What	Organiser	Website
Sun 20-Oct-19	TBC	1600m	North Cottesloe - Cold Water Classic	North Cott SLSC	northcottcoldwaterclassic.com
Sat 26-Oct-19		500m, 1.25km, 2.5km, 5km	Coogee	Swimming WA #1	openwaterswimming.com.au
Sat 02-Nov-19		500m, 1.25km, 2.5km, 5km	Cottesloe	Swimming WA #2	openwaterswimming.com.au
Sun 03-Nov-19		Adventure Race	Augusta	Augusta Adventure Race	augusta.rapidascend.com.au
Sun 10-Nov-19		400m, 800m, 1600m, 3.2km	Lake Leschenaultia	VOV Swims (MSWA) #1	vovswims.com.au
Sat 16-Nov-19		500m, 1.25km, 2.5km, 5km	Busselton	Swimming WA #3	openwaterswimming.com.au
Sat 23-Nov-19		500m, 1.25k, 2.5k, 5k	Rockingham	Swimming WA #4	openwaterswimming.com.au
Sat 07-Dec-19		1600m	Rottnest Swim Thru	Cottesloe Crabs	swimthruotto.com
Sun 08-Dec-19		500m, 1.25km, 2.5km, 5km + team	Mandurah	Swimming WA #5	openwaterswimming.com.au
Sat 14-Dec-19		400m, 1600m, 3.2km	South Beach - Ports Swim Thru	VOV Swims (MSWA) #2	vovswims.com.au
Sat 21-Dec-19		3.4km, 6.7km (solo/duo), 10km	Coogee - "Christmas 10K"	VOV Swims (MSWA) #3	vovswims.com.au
Sat 28-Dec-19		500m, 1.25km, 2.5km, 5km, 10km	Mullaloo	Swimming WA #6	openwaterswimming.com.au
Tue 31-Dec-19	TBC	1km, 2km	Albany - Middleton Beach	Albany SLSC	albanysurfclub.com.au
Sun 05-Jan-20		500m, 1.25km, 2.5km, 5km, 7.5km	Koombana Bay, Bunbury	Swimming WA #7	openwaterswimming.com.au
Sat 11-Jan-20	TBC	400m, 1600m, 3km	Cottesloe Classic Mile	Cottesloe SLSC	www.cottsurf.com
Sun 19-Jan-20		250m, 800m, 1600m, 3.5km	Matilda Bay - Swim Thru Perth	VOV Swims (MSWA) #4	vovswims.com.au
Sun 26-Jan-20		250m, 1km, 2km	Mandurah - Australia Day Swim	VOV Swims (MSWA) #5	vovswims.com.au
Sun 26-Jan-20		500m, 1.25km, 2.5km, 5km, 10km	Sorrento - Australia Day Swim	Swimming WA #8	openwaterswimming.com.au
Sat 01-Feb-20	TBC	2km	Swanbourn - Swanny Ocean Classic	Swanbourn SLSC	swannyoceanclassic.com
Sun 02-Feb-20		500m, 1.25km, 2.5km, 5km	Shorehaven, Alkimos	Swimming WA #9	openwaterswimming.com.au
Sun 09-Feb-20		1600m, 3.2km (solo/duo/quad)	Busselton Jetty Swim	Busselton Jetty Swim	busseltonjettyswim.org.au
Sat 15-Feb-20	TBC	1600m, 3.2km	Leighton - Freo Ocean Classic	Fremantle SLSC	fremantlesurfclub.com.au
??? February 2020	TBC	1km	Peppermint Grove Beach	Rhonda Brennan Memorial Swim	Talk to Julie
Sat 22-Feb-20		19.7km	Rottnest Channel Swim	Rottnest Channel Swim Assoc.	rottnestchannelswim.com.au
Sat 29-Feb-20		400m, 800m, 1600m, 3.2km	Mullaloo (includes MSWA State Meet)	VOV Swims (MSWA) #6	vovswims.com.au
Sat 29-Feb-20	TBC	1600m	Leschenault Inlet - Barrett Swim Thru	Bunbury SLSC Old Boys	barrettfunerals.com.au/events
Mon 02-Mar-20		500m, 1.25km, 2.5km, 5km	Searborough	Swimming WA #10	openwaterswimming.com.au
Sun 08-Mar-20		250m, 750m, 1500m	Coogee - Jetty to Jetty	VOV Swims (MSWA) #7	vovswims.com.au
Sat 21-Mar-20		19.75km, 25km	Port-to-Pub	Hotel Rottnest	porttopub.com.au
Sat 11-Apr-20	TBC	4km (solo/duo/team)	Albany - Harbour Swim	Albany SLSC & Albany Masters	albanysurfclub.com.au
Sun 12-Apr-20	TBC	1600m	Denmark - Southern Ocean Classic Mile	Denmark SLSC	denmarksurf.com.au
Sat 02-May-20		10km, 20km (solo/duo/quad)	Lake Argyle Swim	Lake Argyle Swim Inc.	lakeargyleswim.com

A copy of this program is attached as a separate item on the email.

It's all about the turn!

There are specific rules for turns and finishes of each stroke. The full rules may be found at <https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-SW-Rules-MARCH-2019.pdf>

In summary, they are:

- **Freestyle:** Freestyle is what it says... anything goes. You may swim any style of stroke and all that has to happen at each turn and finish is that some part of your body must touch the wall.
- **Backstroke:** At the end of any backstroke race (or the backstroke segment of an IM) you must touch the wall whilst still on your back. There are 3 legal turns: firstly you may touch on your back and then turn and push off on your back; secondly you may turn to your front just before you touch the wall and then push off on your back; you may turn to your front and execute a single stroke on your front to initiate a tumble turn... and push off on your back.
- **Breaststroke & Butterfly:** 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... note that "separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

Hope that helps.



Novice Streamlining



Novice Streamlining After Expert Coaching



Social Stingers

Hollow Beach Bar and Grill

Developing friendships is an important part of what we do. Such a great dinner together with partners and spouses last week.

Fitness, fun and friendship (and food!) is what we're all about!



Put Sunday 15th December in your diary for the end of year Christmas lunch at the Dolphin Centre.

Blast from the past



Marie Harris , Ian Taylor & Sandra Swain



Club Contacts

President Julie O'Connor 0418 936 059
bluesky.jules@gmail.com

Secretary Richard Morris 0427 217 389
secretary@bunburymasters.asn.au

Treasurer Brian Hall 9721 6496

Coach Pam Hall 9721 6496

Club Captain Jackie Panizza

Endurance Liz Common
commonej@bigpond.com

Safety Wendy Thornhill

Newsletter Ben van de Ruit
editor@bunburymasters.asn.au

Social Jill van de Ruit
jill.vanderuit@gmail.com



Like us and share with
your friends on Facebook @
bunburymastersswimmingclub



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.