

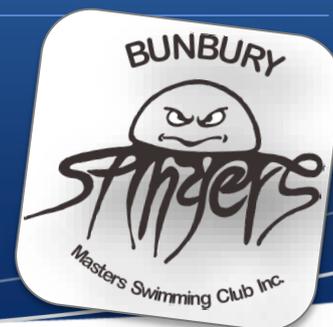
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for the last couple of months, introduce our new club president, congratulate Barry on 1 million metres swimming and up coming comps.

Read on for the latest STINGERS news...



Introducing our President – Sally Murphy

Thanks for entrusting me with the role of President for 2021. I look forward to trying to lead the club through another swim-filled, fun year and look forward to hopefully translating my new role into a bit more time in the pool and a chance to get to know all of our members.



A bit about me – I have been swimming all my life, in swimming club (in Collie, where I grew up), at school and, most recently as a member of Masters Swimming. I joined the club five years ago when I realised I was never going to be fit enough to swim the Busselton Jetty if I didn't get in and do some training. I am incredibly grateful to the club for welcoming me and for helping me to build skills, regain lost fitness and, most importantly, have a lot of fun with new friends.

When I'm not swimming I work full time as an academic at Curtin University in Perth, though I am fortunate to be able to work from home in Bunbury a lot of the time. I am also a children's book author. These two jobs do keep me out of the pool more than I'd like, but luckily I love what I do.

UPCOMING EVENTS

Next meeting 4:30pm Monday 10th May.
Bunbury Swimming Club
Rooms SWSC



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I am also an avid reader and a new convert to the pleasures of snorkeling, as well as a mother of six adult children and grandmother to four. Life is full but I'm never bored.

See you in the pool!

Sally

Bunbury Mail 12th April 2021

BUNBURY author makes the shortlist for the 2021 Children's Book of the Year Awards

Perhaps it can be said that no matter what challenges we're going through in our lives, the worst thing, isn't always the worst.

*Dalyellup-based author Sally Murphy hopes her latest children's novel *Worse Things*, says exactly that.*

*Published in 2020 by Walker Books Australia, *Worse Things* has just made the shortlist for the 2021 Children's Book Council of Australia, Book of the Year Awards.*

*Ms Murphy said how grateful she felt to be shortlisted, especially as *Worse Things* was written as part of a PhD she completed at Bunbury's Edith Cowan University in 2017.*

"It's not always guaranteed that the work you create in your PhD will be published. It's been nice to produce something to be published as well as shortlisted," Ms Murphy said.



Originally from Collie, Ms Murphy frequented the Collie Library which sparked within her a lifetime love of children's books.

After studying, she went on to become a teacher, telling the Mail that being a teacher was the next best thing to being a famous author.

Ms Murphy now has a list of both chapter and picture books to her name and said this latest novel explored how we belong through playing sport.

*"*Worse Things* is a verse novel so there's still a narrative but it's told through free verse poetry. It follows three characters as they face certain challenges through playing football, hockey and soccer," she said.*

Ms Murphy said it was her sons playing local football that allowed her to see children playing sport in different ways. "I wrote the book with my kids in mind. I believe that when a kid picks up a book they should see themselves in it."

Coaching Corner – Julie O'Connor

Winter Pool Programs

During the Winter months, we generally encourage training in all the strokes that you like to do, and the programs tend to be more sprint-oriented. Swimming a mix of strokes means that you use a wider range of muscles which is better for your overall health. However, at Masters you are always encouraged to listen to your body and to swap any stroke that you do not wish to swim for one that you do – even if that means you only swim Freestyle! Also, our Winter programs tend to have a Sprint bias, but again, feel free to swap a series of sprints for an endurance set if that is what your body requires. Thanks go to Alicia who has put the calendar of programs together for April and May, and to Danielle for providing some of the programs. Note: Julie will be away most of June, so we will be encouraging people to put their hand up to be Lane Captains to assist their lane (you still swim, but check out the program prior and assist your lane to understand it where required).

3 x 400m Postal Swim and Endurance Training

Please see articles further down

Country Correspondence Carnival – July-to-September

Each year, Masters Swimming WA hosts a correspondence carnival for country clubs as these clubs generally find it hard to get to the Live Lighter Club Carnivals hosted by the metropolitan clubs. We will send details closer to the event, but you will all be encouraged to complete a minimum of 8 timed swims. There are 27 different swims to choose from, ranging from 50m sprints through to 1500m endurance swims. Even if you only swim Freestyle, there are 6 swims that you can complete. We also run a fun Relay night, at which we encourage as many swimmers as possible to participate to allow us to put together as many relay teams as possible. Whilst you can take these swims seriously, the emphasis is definitely on participation.

We need more coaches – Please consider!

It is looking quite likely that we will obtain a grant to allow us to qualify 3 new coaches this year. Getting qualified as a coach doesn't only help the club, it will also do great things for your own swimming as you will understand how to analyse your own stroke much better. When you first qualify, we encourage you to spend as long as you like as a Lane Captain (swimming, but assisting your lane with the Drills etc), before you tackle writing any programs or coaching from pool deck. You don't have to be a champion swimmer to coach... you just need to be observant and have a desire to help others. Please let Julie or Pam know if you are interested in this. The course comprises a mixture of on-line learning, plus some practical mentoring by our current coaches.

Albany Harbour Swim: Easter 2021

The end of the open water season saw the 4 of us heading south to take on the 4km Albany Harbour Swim across the Princess Royal Harbour. Pictured L>R Allan Taylor, Tanya Davy, Iain Hensby, John Davy.

The swim started from the Princess Royal Sailing Club at 7.30 am. The water temperature is normally between 16° to 18° and hyperthermia is a real consideration, but not this year. The water was 21.5° which was much warmer than the outside air temperature.



The event had been cancelled on the the previous 2 years, once from a rolling series of hail storms and last year due to Covid-19. So the 135 competitors were itching to complete the crossing to the Albany Peace Park adjacent to the Entertainment Centre. Awaiting them was a delicious hot soup, coffee and muffins. And how to navigate there? Simple, just head towards the light.



Bunbury Stingers 25th Annual 3 x 400m Winter Postal Swim

Every year our own Bunbury club (Richard Morris primarily) runs the Winter Postal Swim for clubs from all around Australia. This year marks our 25th year of hosting this event. It is one of our main fund raising events for the year, and helps to go to the cost of lane hire at the pool.

If you are a regular pool swimmer who cannot complete the 3 x 400m swims, then you are encouraged to swim what you can and donate the \$12 entry fee if you can afford it. We encourage as many members as possible to complete these swims at our Friday or Sunday Endurance sessions, although we will time what we can during Monday and Wednesday training. Feel free to come and help time if you are not swimming due to injury.

About the Swim:

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. Each 400m swim can be Freestyle, Backstroke, Breaststroke, Butterfly or an Individual Medley. Come and join in so you can improve your personal best times.

Entry to the competition is just \$12.

All results, certificates and medals will be forwarded to you within 8 weeks of the completion of the Postal Swim.

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.

You can complete the swims during our Friday or Sunday endurance sessions, or at some of our training sessions.

Age groups as per Masters Swimming Australia (age as at 31st December each year).



sponsored by



Bunbury Stingers club are regular participants in the Endurance 1000 program run by Masters Australia.

The is run throughout the year and last year we were once again the top WA Country Club in the Endurance 1000 Trophy.

The Vorgee Endurance 1000 program was launched as a national event over 20 years ago as the Aerobics program. The program is designed to encourage people to compete in distances from 400 metres to 60 minutes duration in a variety of strokes. Each year the program has enjoyed an increase in the number of swimmers competing, endorsing its popularity with the members.

Gaining Points

The program is optional, but all competition results for eligible swims in the Results Portal are automatically included in the program. To achieve the required goals (which relate to gender and age groupings) the swims are done over an extended part of the calendar year. As a result, a certain level of aerobic fitness needs to be maintained in order to complete the individual event requirements.

The total number of swims (gaining points) that can be completed is 62 – broken down into:

- 25 individual 400m swims
- 25 individual 800m swims
- 3 x 1500m swims
- 3 x 30 minute swims
- 3 x 45 minute swims
- 3 x 60 minute swims

**Fancy some endurance?
Beach getting too chilly?
Come down to the pool
9 Fridays, or 9.30 Sundays
choose your distance and swim
swim swim!**

Results are entered into the Masters portal and can be viewed online. Previous years times can also be viewed to see how you are progressing.

Web site: [Masters Swimming Endurance-1000-program](https://www.mastersswimming.com.au/Endurance-1000-program)

Whilst some members of our club are happy to brave the elements and swim in the open water all year, the majority of us are not. If you are doing other activities during Winter, then fine, but otherwise we encourage you to come and give our Endurance sessions a go. We hold these each Friday (9:00-10:00am) and Sunday (9:30-11:00am) during the Winter months. The pool is generally quiet during these times (especially Sunday), so it is a great time to swim. Even if you don't wish to do a timed swim, it is a really good time to come and practice some drills, or just swim. If you want a program, Julie can provide one. Remember, during a timed swim, you can rest at the end for as long as you wish... but the clock keeps going, so every Stinger is capable of swimming at least the 400m Freestyle.

Barrett Swim Through

February 27th saw a large group of our regular swimmers compete in the Barrett's Swim Through. Well done to everyone that competed.

There were 18 Stingers in a field of 107. However BlueChip timing had some glitches, and results and numbers were a little suspect but it was a fun event and everyone enjoyed themselves.



Masters Stingers Swim Clinic



Barbara Pellick

Triple Crown of Marathon Swimming

English Channel
Manhattan Island
Catalina Channel

Rottnest Channel Swim

27 Solo Crossings
1st Female Non-Stop Double Crossing
Inaugral Inductee to the RSCA Hall of Fame

Renowned champion marathon swimmer, Mandurah Masters member and long time Stinger has answered the call to hold a clinic here in Bunbury. Details are yet to be finalised but it is intended to hold the clinic at the South West Sports Centre in either May or June on a Sunday. The clinic will be orientated towards improving open water skills. The format will be 1.5 hours of theory followed by 2 hours of stroke correction/drills/training.

Barbara will also follow up with a Rottnest specific session later on in the year for anyone who is contemplating a Rotto Crossing in the future or just wants to extend their goals in open water events.

This is a rare opportunity to acquire insights and skills from an acclaimed endurance specialist. Costs are still to be established but for anyone who enjoys open water swimming or purely would like to improve their stroke it will be an invaluable experience.

If you are keen to hear more as details unveil and would like to be kept in the loop, please approach me Allan Taylor (0427258259), or your pool coach.



The Vorgee Million Metre Awards acknowledge progress from the “learn to swim” beginner to the distance swimmer. These awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia.

History

The Million Metre Awards were originally launched in the late 1970’s under the sponsorship of City Mutual and they have had some minor tweaking over the years.

The latest version of the Million Metre Awards were established in 2001 for one, three, and ten million metres. In 2004, they were expanded to include five and seven million metres. In 2007, the two million metre award was added. In 2008, the Vorgee Million Metres Award was expanded to recognise swimmers who attain fifteen million metres and above. In more recent times, they have added the Twenty Million Metres Award to provide ongoing recognition of those who continue to excel in long distance swimming.

Vorgee became a sponsor of Masters Swimming Australia in 2007 and were thrilled to become the naming rights sponsor of the Million Metre Awards, as one of the many programs that they support across the masters swimming organisations. They have provided certificates, prizes, trophies and the clothing awards since then and allows them to reward the members who clock up an incredible number of metres in the water.

**Congratulations to Barry Bastow for achieving
1,000,000 metres.
A great achievement.**

Masters Swimming Western Australia Short Course State Meet

On the weekend of the 27th/28th of March, 7 Bunbury Stingers travelled to Mandurah to compete in the Masters Swimming Western Australia Short Course State Meet.

The Stingers included, Alicia Stiffle, Brendan Bunning, Danielle Pesci, Fiona Florance, Gordon Taylor, Julie O'Connor and Megan McDonald.

Danielle Pesci was the overall champion points winner in her age group. Well done to Danielle.

Overall it was an enjoyable weekend, the sun was shining and it was a lovely outdoor pool to race in. We hope to have more swimmers participate in future years as it is a very enjoyable competition.



Pre Easter Swim coffee and bickies under the trees

Great morning tea enjoyed by the AM crew today.

Andy was proud of his baking efforts and Nat celebrated her birthday!



Upcoming Birthdays

There is a very special birthday coming up in May – Brian Hall turns 80

We thought that we could include a list of birthdays that are coming up in the next three months so that we can celebrate with them. I haven't included the actual date so that they can either let us know, or let it pass quietly!

May

Brian Hall
Daniel Penny
Geoff Mazzucchelli
Jennie Freeman
Julie Best
Kristy Prowse
Lauren Cutler
Lisa Morrison
Michelle Cunningham
Wendy Thornhill

June

Alice Stubber
Andrea Gilmour
Brooke Bishop
Darren Spouse
Edwin Kordt
Jackie Larsen
Karen Clarke
Victoria Redgment

July

Janine Buck
Martin Gadd

How to Swim in Wavy Open Water Conditions

by Sara McLarty (US Masters)

When water conditions change, slight adjustments to your freestyle are needed

Swimming in a pool allows you to maintain the same stroke technique from the start of your swim to the finish because pools provide good, consistent conditions designed for fast swimming. Deep gutters absorb waves, lines on the bottom help you swim straight, and lane lines limit other swimmers' wake. It's a controlled environment.

But the open water presents ever-changing conditions that the open water swimmer's motto "No Lanes, No Lines, No Walls" only begins to describe.

There are no lane lines to keep swimmers separated, so bumping, pushing, and drafting are all regular occurrences. An important skill is being able to regain your stroke rhythm and forward momentum after contacting another swimmer.

With no lines to follow on the bottom, open water swimmers use sighting, a method of lifting their eyes out of the water to look for the course buoys or landmarks. Frequent sighting is necessary to maintain a straight line on the course, so you'll need to adjust your technique to keep your legs from sinking.

And with no walls to hang on, how do open water swimmers catch their breath? Switching back and forth from freestyle to backstroke or breaststroke is the easiest way to get some rest while continuing to stay afloat and move forward.

Open water swimmers must be flexible enough to adjust to any of the different conditions that might be present on the course. Successful open water swimmers purposefully change their technique multiple times during a race to maximize their movement through the water based on the conditions they encounter.

Here's how you can adapt to the different conditions in your open water location.

Choppy Water

The biggest variable for open water swimming is the wind. The direction and speed of the wind will determine whether you'll face choppy water and have to adapt your stroke.

The most important stroke adaptation in choppy conditions is raising how far your hand and arm come out of the water during your recovery, much like a straight-arm recovery. If your hand is close to the surface, small, choppy waves can easily smack the back of your hand and stop your forward momentum. If you swim with an exaggerated high-elbow recovery in the pool, practice straightening your arm when it's out of the water to elevate your hand and forearm above the small waves.

Choppy conditions will pummel your body from multiple angles, and cause the water to move in different directions. Alter your technique to take shorter strokes and swim at a faster tempo to make corrections for the imbalances caused by the chop. A higher tempo also allows you to quickly make up for a bad stroke or a weak underwater pull caused by the fluctuating conditions. Olympic triathletes and open water swimmers take an average of 10–15 more strokes per minute than Olympians who swim the 1500.

Try altering your head and breathing position when swimming directly into the wind and waves. Keep your head slightly buried, so you drive a straight line through the waves, rather than bounce up and down. When you turn to take a breath, look slightly backward into your armpit to create a protected cove of air. The back of your head will break oncoming waves and prevent you from getting a mouthful of water. You should also be proficient at bilateral breathing, so you can breathe on the opposite side of the chop.

Rolling Waves

Rolling waves are cyclical swells in an ocean, and are larger and more predictable than chop. But these conditions aren't independent of each other. You can have chop on the surface of the rolling ocean for a particularly challenging race day. If that's the case, perform the stroke alterations for choppy water and then address the rolling waves.

As you swim away from the beach, allow yourself to flow up and over each rolling wave. Make small adjustments with your body to maintain full contact with the water. Arch your back and shorten your strokes as you sweep up the front of the wave, and then try to keep your head and arms in contact with the water by bending at your waist and lengthening your strokes as you slide down the back of the wave.

When you turn parallel to shore, continue to adjust your body and arms as each wave lifts and rolls under you. Use a high recovery on the side waves are approaching from to keep yourself from hitting the wave and hurting your forward momentum. If you can see or feel a wave approaching, breathe on the side away from the wave. Breathing into the wave as you float up its face will require more rotation to raise your face out of the water and breath above it.

Sighting in rolling waves is all about timing. Plan the lifting of your head and forward glance to look for buoys or other landmarks for when you're cresting on top of a wave. The waves will block your view of the course the remainder of the time. You can also use the shoreline as a reference to reduce the need for sighting ahead of you, as long as you maintain a constant distance from it as you swim parallel to it.

Breaking Waves

Swimming through breaking waves is a fun challenge for an experienced open water swimmer but can be a scary task for a beginner. The water is literally working against you by pushing you into shore. The timing of each action described below is critical to efficiently swimming out past the breakers.

While your feet are still in contact with the bottom, you can jump up and over small waves or forward and under larger waves. When you get to deeper water, start swimming with your head up, looking forward for the next breaking wave. Pay attention to how fast the wave is rolling toward you and prepare to go underwater. Just before the wave reaches you, take a big breath and use one last stroke to dive under the wave.

Keep one or both of your arms extended forward to protect your head from hitting anything under the water (such as another swimmer, the bottom, or rocks), and kick hard as the wave rolls over you. Use your arms to pull yourself back to the surface, immediately take a breath, and then look forward for the next wave. Depending on the wavelength and frequency, you might have time for one breath and one stroke or time to swim for a bit before diving under the next wave.

Be Safe

The more times you can train in the open water, the more comfortable and confident you'll become at adapting to the water conditions. Always swim with at least one partner, always wear a bright cap (and consider using a bright tow float), and never swim in a situation in which you feel uncomfortable. And before trying any of these adaptations in open water, practice them in the pool during your next workout.



About The Author

Sara McLarty

Sara McLarty is the head coach of the Swim Like A Pro Masters club and Triathlon Team in central Florida. A two-time USA Swimming world championship medalist, McLarty won a Collegiate Triathlon National Championship while at the University of Florida and qualified for the U.S. Olympic Team Trials in 2004. After graduating, she began a 16-year career as a professional triathlete.

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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.