

# The STINGERS NEWS

## Bunbury Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this issue we provide an analysis of the Busselton Jetty swim results, and sponsorship advertising panels, while Julie and Brendon inspire us with their northwest trip.

Read on for the latest STINGERS news...



### Hello Everyone

Thanks Coach Chris

While numbers at weekday training sessions have had their annual drop off since the Busselton Jetty Swim and other Open Water events have wound down, those of us who are still turning up have really benefitted from the time and expertise of Chris Gibbs, and the effort he put in to designing training programs.

Thank you Chris for keeping us challenged and improving. A special highlight has been seeing the drills explained in the videos uploaded to the Zwimr App.

While Chris is taking a break from writing programs, we would like to thank him for the work he has put in, and his ongoing willingness to share his knowledge, especially with the AM Swimmers. All members are encouraged to continue to log swims and learn from the Zwimr app, which Chris has established to keep swimmers motivated and connected.

Sally Murphy



Next week's drill from Chris

### UPCOMING EVENTS

**Next meeting** 8<sup>th</sup> June 11:15am  
Bunbury Swimming Club  
Rooms SWSC



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## Busselton Jetty 2022 Results

Below are the results of the Jetty swim. Many thanks to Julie for collating previous years times into the results list so that competitors can see how they are going, or what the weather was like for the swim.

<b>Solos</b>										
Current Members	Recent PB 1st Solo	2022	2021	2020	2019	2018	2017	2016	2015	Best Recent Time
Neil-Jerome Cartagen		0:53:25.4	0:50:47.8	0:54:10.1						0:50:47.8
Megan MacDonald		0:54:05.4	0:52:44.0	0:54:17.9	0:57:40.2					0:52:44.0
Julie O'Connor		0:56:42.5	0:57:04.6	0:56:21.0	1:00:45.4	1:02:23.0	1:13:45.2	1:11:03.6	1:09:09.8	0:56:21.0
Daniel Penny	00:25	0:56:57.4	0:58:39.6		0:57:22.9					0:56:57.4
Michael Saunders	01:02	0:57:23.6	1:01:09.2	0:58:26.1	0:59:18.4	1:01:56.7	1:11:33.9			0:57:23.6
Andrew Taylor		1:01:19.0		1:00:21.8	0:59:20.3	1:00:07.6	1:09:13.4	1:02:26.8	1:06:14.8	0:59:20.3
Jacqueline Panizza	01:23	1:01:51.1	1:05:17.5	1:05:20.3	1:03:13.9	1:05:34.1				1:01:51.1
Greg Clarke		1:02:39.8		1:00:42.2			1:15:39.5	1:01:53.3		1:00:42.2
Julie Best	1st Solo	1:04:40.9								1:04:40.9
Keia Hadden	03:14	1:04:43.4	1:07:57.4	1:12:11.3		1:11:52.4	1:18:04.8	1:11:58.2		1:04:43.4
Allan Loffler		1:05:08.8			1:03:26.6			1:02:20.7	1:02:40.8	1:02:20.7
Damon Sprigg		1:05:12.4	1:10:54.2	1:03:43.8	1:02:01.8	1:07:45.9	1:08:50.2	1:05:16.4	1:04:22.0	1:02:01.8
Brendon Bunning		1:07:48.4	1:07:20.9	1:04:08.2	1:12:52.8	1:08:11.2	1:25:10.4	1:11:03.1	1:12:08.7	1:04:08.2
Jeff Berndt	02:39	1:07:52.3	1:10:31.8	1:18:44.3		1:31:01.4	1:41:14.9			1:07:52.3
Kylie Hunt	1st Solo	1:08:34.6								1:08:34.6
Allan Taylor		1:08:45.1	1:11:02.4	1:09:03.1	1:06:54.6	1:07:51.4	1:14:00.9	1:05:03.1		1:05:03.1
Dharam Apanah		1:09:53.9	1:10:17.7	1:04:53.0	1:10:33.5			1:10:23.8		1:04:53.0
Sally Murphy		1:10:02.5	1:07:43.8	1:09:49.8	1:12:15.6	1:09:38.5	1:17:12.6			1:07:43.8
Geoff Mazzucchelli		1:10:28.9		1:09:14.5	1:06:21.8	1:12:04.5		1:11:38.3		1:06:21.8
Diane Kelly	1st Solo	1:10:41.3								1:10:41.3
Mark Ritchie		1:12:08.2	1:13:39.3	1:09:02.7	1:14:34.7	1:14:07.8				1:09:02.7
Tommy McKitterick	1st Solo	1:12:48.2								1:12:48.2
Heather Freeman	1st Solo	1:13:17.9								1:13:17.9
Brooke McKitterick	1st Solo	1:13:26.4								1:13:26.4
Brooke Bishop	09:43	1:14:16.9	1:23:59.9							1:14:16.9
Natsuno Sasaki	01:46	1:16:15.6	1:18:01.4	1:19:34.5	1:18:11.8	1:27:01.6				1:16:15.6
Iain Hensby		1:17:13.3	1:14:35.4	1:16:19.0						1:14:35.4
Michelle Cunningham	1st Solo	1:19:49.8								1:19:49.8
Ron Edwards		1:21:50.9	1:17:54.1	1:18:30.3		1:18:07.9	1:25:39.7	1:15:38.2	1:13:59.4	1:13:59.4
Leanne Stacey	04:23	1:22:21.0		1:26:44.4	1:27:01.4					1:22:21.0
Karen Clarke	1st Solo	1:33:30.3								1:33:30.3
Leslie Fabre		1:34:49.3	1:29:48.5							1:29:48.5
Liz Common		1:45:02.3	1:43:18.4							1:43:18.4
Brian Hall		1:48:19.6	1:43:19.4	1:39:26.8	1:39:57.9	1:40:52.2	1:56:02.5	1:30:33.9	1:34:12.6	1:30:33.9
Nola Rogers	1st Solo	1:53:22.5								1:53:22.5

Recent Members	PB [mm:ss] 1st Solo	2022	2021	2020	2019	2018	2017	2016	2015	Best Recent Time
Courtney Lee		0:49:55.5	0:52:06.2	0:53:24.3	0:48:42.2	0:47:18.5	0:50:51.5	0:48:55.9	0:50:56.7	0:47:18.5
Kylie English		0:51:13.9	0:50:50.4		0:49:13.2			0:51:21.3	0:52:07.4	0:49:13.2
Colin Lee		1:00:23.1	0:58:21.7	0:55:58.4	0:58:48.6					0:55:58.4
Maryanne Pemberton		1:06:54.0	1:05:25.9	1:09:26.8	1:06:06.5	1:06:17.9	1:17:40.4	1:09:06.3	1:06:27.6	1:05:25.9
Janine Buck		1:28:36.5	1:23:41.2					DNS		1:23:41.2
Liz Frost	1st Solo	1:30:28.1								1:30:28.1

### 1-Mile & Teams

Event	Team Name	Swimmers	2022 Time
1-Mile		Jan RIGDEN	35:05.8
1-Mile		Chris GIBBS	36:11.9
1-Mile		Linda HARRIS	37:41.0
1-Mile		Leith KOHLER	47:35.5
Duo	Letdothis	Jennie Barton	1:22:26.6
Duo	The Loggerheads	Linda Evans	1:22:58.3
Duo	Here we go again!	Nicole Hearn (& Lara Lee)	1:20:19.1
Duo	Stinger Duo	Alice Stubber	1:08:05.9
<b>Summary</b>	<b>35 solo, 4 x 1-mile, 4 x Duo</b>		

## Koombana Bay winter swimming groups

Sanctioned swimming sessions at Koombana Bay will cease from June until temperatures rise back again over 18°C. For those who would like to challenge themselves in the colder waters over winter there are still 2 groups of Masters swimmers who invite you to join them. There are more than 20 swimmers who swim throughout the year, from all ages and abilities and at different times, so you are sure to easily fit in.

The Koombana Bay Sailing Club offers subsidised memberships that allow you to use their facilities and importantly, hot showers after each swim. For further details of swim times and upcoming events contact Allan Taylor (0427258259).

Pictured on the right are a group of open water Stingers who participated in an open water training session with Masters Coach Kareena Preston at Koombana Beach recently.

Kareena will be back in July (in her wetsuit) for a non-official social swim but I am sure there will be more valuable tips to be learnt. More information will be posted closer to the date.



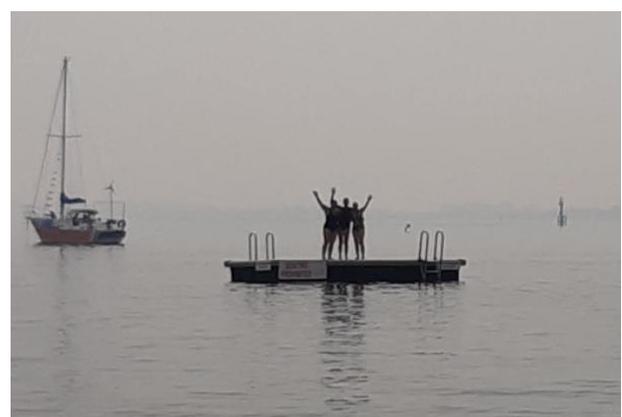
The afternoon group of Stingers that swim at Koombana Bay call themselves the “Chinstrap Penguins” after the thermal caps that are definitely needed when the water temperatures starts to drop down below 20.

A group of us started swimming in the mornings, and took the name “Penguinettes”, although there are now some more males in the regular group.

If you feel like an Ocean swim in the morning to kick start your day come and join us 9am Mon/Wed/Fri.



That’s Tanya and Pam in the front.



## Albany 4km and Denmark 1mile swims

A group of Stingers completed in the Albany 4km and Denmark 1mile swims over the Easter break.

The conditions were perfect with almost no breeze and only a little chop in the channel halfway across the bay. Even the sun came out eventually.

Well done everyone



## 3 x 400m Winter Postal Swim

Welcome to the 26<sup>th</sup> annual Bunbury Stingers Postal Swim.

For many years the Bunbury Stingers ( actually primarily Richard Morris) invite clubs around Australia to participate in a postal swim during May and June. This is one of our fund raising activities to help towards lane hire fees.

The cost of entry is \$12 and members can pay directly into the club account, or just donate \$12 as many prefer to do each year.

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. We encourage you to join in improving your personal best times.

Competitors can complete their timed swims on Friday's Endurance sessions or on training nights if there is a spare lane and two people to time each other. Stop watches are available in the club locker.

We look forward to hearing from you and happy swimming!

All results, certificates and medals will be forwarded to the nominated club address on the entry form 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.
- Every competitor must sign the accompanying waiver form to show they accept the conditions of the postal swim.
- Age groups as per Masters Swimming Australia (age as at 31<sup>st</sup> December each year).

## Congratulations

Congratulations Danielle Pesci equal state champion 35/39 age group at the Masters State Championships in April.



## Club Logo and Sponsor Signage at SWSC

The South West Sports Club have allocated an area behind the stands for aquatic clubs to advertise their respective clubs and attract sponsors. This is a great opportunity to attract new members and to secure finances for the day to day running expenses of the clubs, hopefully resulting in a reduction of fees.

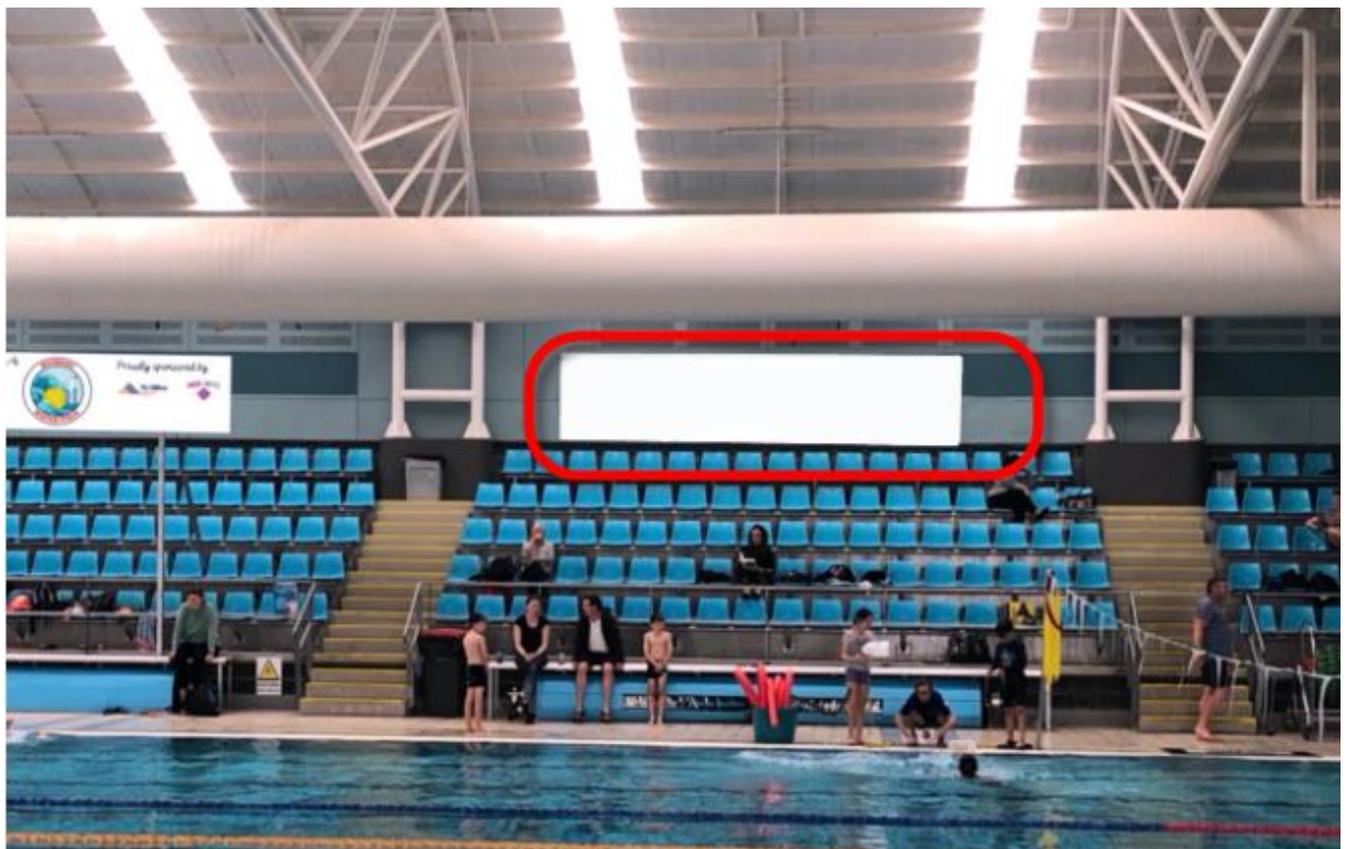
Our club is the first to take up this great initiative. A grant has already been approved which will allow for the installation and graphic design to be created.

At this stage we have one generous sponsor on board but there is room for many more. If any members know of a business that would like a great space to advertise and be noticed and to be a club sponsor then please reach out to our Vice President -Allan Taylor 0427258259 for details.

With the large ongoing number of users the aquatic centre has, the club is certain that this would be a great opportunity for many businesses.

The club is seeking input from members of two potential signage designs currently in draft.

For further information please contact a committee member or myself, Allan Taylor directly on 0427 258 259.



Two suggested designs for the posters



## First Aid at Koombana Bay

A couple of basic things you can do to improve your safety and those of your swimming buddies. Firstly, download the St. John FIRST RESPONDER APP, it could be a lifesaver, not only at the beach but wherever you go. It contains the location of your nearest defibrillator and first aid instructions in case of an event. And secondly learn to recognise and look for a BEN location sign in case of an emergency where ambulance services are called.

Koombana has a BEN sign at the Dolphin Centre as well as one at the groyne near the sailing club. The Council is currently negotiating with St. John's to install a number of defibrillators at strategic points throughout the city. Our club has arranged for a unit to be included in this programme, to be located at Koombana Summer Beach Kiosk .

Koombana currently has 2 defibrillators, a portable unit kept at reception at the Dolphin Centre and a St. John's unit housed at the Koombana Bay Sailing Club. The latter is accessible at all hours outside the change rooms. First you must ring 000 and request the code to unlock the box. Having done that maintain contact with Emergency Services and they will talk you through the procedure. Note that once a defibrillator is turned on voice prompts will also guide you through the procedure.

The club has also purchased a comprehensive First Response First Aid Kit which, for want of a better location, will be kept in the male change rooms of the Koombana Bay Sailing Club.

To gain familiarity with all first aid procedures it is highly recommended that you enroll in a St. John's First Aid Course. It will be an asset to the club and you could save a life one day, your swimming buddy's.



Allan Taylor

## Julie & Brendon's Northern Adventure – Part 1

### Osprey Bay, Cape Range National Park (Ningaloo Reef)

Brendon and I love to snorkel as well as swim, so Ningaloo Reef has long been a favourite of ours. Whilst we were owner-building our house we seldom got to go, so this year we decided to take a big trip. We set off on April 21, with a couple of nights on the road to get to our favourite camping spot at Osprey Bay in Cape Range National Park out of Exmouth.

At Osprey Bay, there is a reef straight off the beach, with heaps of turtles, the odd reef shark, cuttlefish, and we were lucky to have a couple of dolphins come and play with us for several minutes. About 1k diagonally offshore (still inside the fringing reef) there is a kayak mooring buoy that provides fabulous snorkeling. The campsite has only bush toilets... you have to provide all your own food and water. We spent a fabulous 2 weeks there.



## Broome

Next stop was Broome for a week. Our campsite was right on Roebuck Bay, and we were there for the full moon so there was a 10m tide variation one day! Unfortunately, the best night for the “Staircase to the Moon” had cloud around the horizon, so we missed that, although we saw it on the third night.



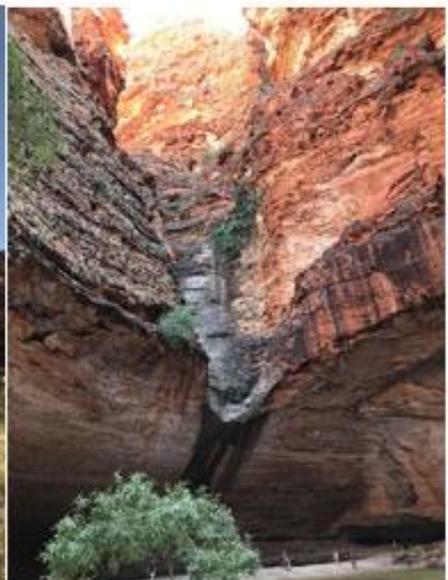
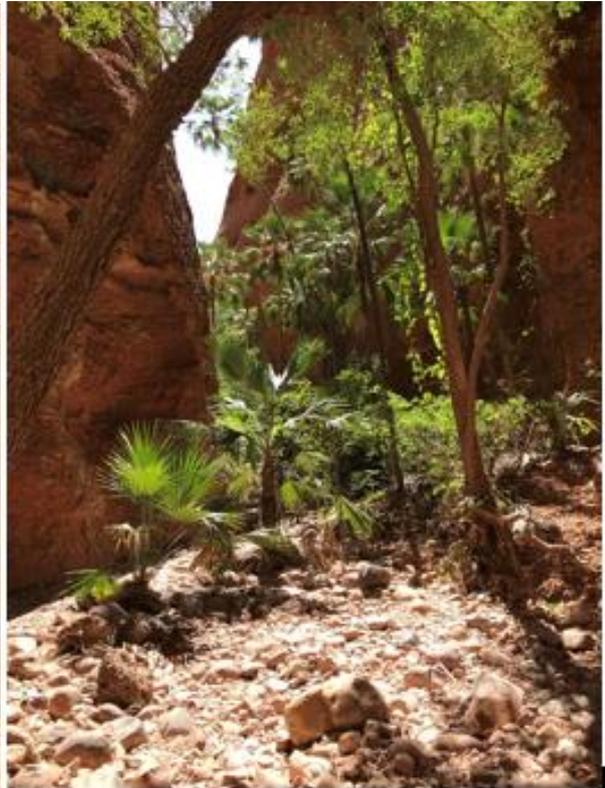
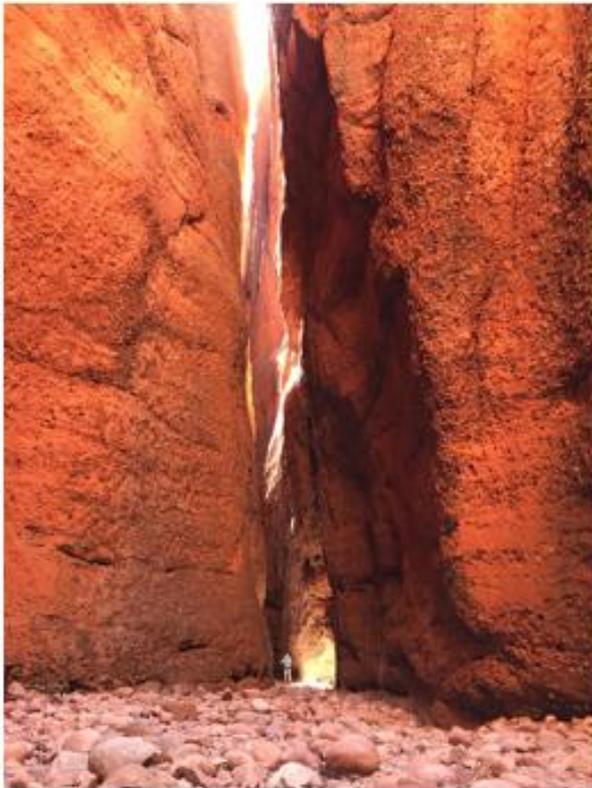
## Windjana Gorge/Danggu Geikie Gorge

We then took 5 nights to travel from Broome to Kununurra, visiting Windjana Gorge & Tunnel Creek (no photo of Tunnel Creek sorry), then Danggu Geikie Gorge, then into the Bungle Bungles. Lots of freshwater crocodiles at Windjana, and then we joined a wonderful scenic cruise through the gorge on the Fitzroy River. From 1987 to 1994, I worked at Argyle Diamond Mine – 2 weeks on / 2 weeks off. Around April or May, I would drive to Kununurra in my time off (always stopping at Fitzroy Crossing for this river cruise along the way)... and drive south again in October or November.



### **Bungle Bungle Range in Purnululu National Park**

I have visited the Bungle Bungles 3 times previously (25-30 years ago). It is magnificent, but the road used to be an absolute nightmare 2 hour / 53km drive. Whether the road has improved a lot, or whether it was because the road had just been graded, this year was a much more pleasant drive (still 1.5 hours though). If you don't mind a hike, you will love the Bungle Bungles. On the 1st day, we visited the northern end of the range... Echidna Chasm (2k return hike) and then Mini Palms (4.4k return). On day 2 we went to the southern end, visiting Whip Snake Gorge and Cathedral Gorge (around 11k for the day).



## Kununurra and beyond

We arrived in Kununurra yesterday... staying a week. Having spent 7 winters here, I feel a real affinity for this place. Some parts have changed a lot... some not at all. We took a drive and found 2 of the 3 places that I lived... still working on the 3rd. Today we will take a cruise up the Ord River between the lower Diversion Dam at Kununurra and the top dam at Lake Argyle. The water between the 2 dams is known as Lake Kununurra, and this is where all the water for the Ord Irrigation Scheme comes from. Tomorrow we will fly over the area from Kununurra to Purnululu (including over my old workplace at Argyle Diamonds). From here we are heading to Lake Argyle for a few days, and then into the Northern Territory for a couple of weeks, before returning to Broome to fly to the Mitchell Falls and cruise back. After that we will assess the weather down south before deciding how long to take on our south-bound journey. Hopefully I will put another update together for the next newsletter.

Just keep swimming!



## The Three Ways to Swim Faster

### **Maximizing propulsion, minimize resistance, and swimming with great timing are key to swimming fast.**

For swimmers of any age to improve, they need to know exactly what to work on to improve their technique. This series will distill swimming down to its critical components, focusing on what really matters. Although it doesn't seem like it, swimming fast is quite simple, if you're able to accomplish these three things:

1. Maximize propulsion
2. Minimize resistance
3. Swim with great timing

Although not easy to achieve all at once, these three components can be broken into digestible parts and then reassembled. The concepts apply to all the strokes, which will be explored in detail in subsequent articles. This introduction includes the common solutions for achieving each of these objectives.

#### **Maximize Propulsion**

To improve speed through the water, strive to create as much propulsion as possible. This means using your limbs to move water backward so that you can move forward. To move as much water backward as possible, here are three things to work on.

#### **Maximize surface area of the arms and legs**

Use as much of your limbs to move water backward as possible. When using your legs, use as much of the foot to push backward as possible. When using your arms, use hands, forearms, and even upper arms to move water backward. Whenever you're swimming, think about how you can better position your arms or legs so that your limbs are best positioned to move more water backward by using more of the limb. Pay attention to the limb paths that allow you to feel pressure on as much of your arm or leg as possible. Can you feel it on your forearm? Can you feel it on your whole foot and shin during breaststroke? If you can, you're using a lot of surface area.

#### **Maximize pressure on the arms and legs**

Feel as much pressure as possible when you're pulling and kicking. Focus less on where you're feeling pressure and more on how much pressure you feel. Increase the pressure you feel by accelerating your limbs as you pull or kick. Make it more of a gradual build versus an instant application of pressure. When you're swimming, pay attention to limb paths where you feel the most pressure on your arms or legs. In addition, pay attention to how the amount of pressure changes depending on how you accelerate your limbs underwater.

### Maximize surface area and pressure for as long as possible

Once you get a feel for using as much of your limb as possible, and you can feel high levels of pressure, work to increase the duration you can achieve those sensations. Remember, more pressure equals more water being moved. The longer you can move a lot of water, the faster you'll be swimming. When you're swimming, ask yourself the following questions: How long can you feel high pressure on the whole limb? Can you extend that duration? Do you ever lose pressure on the water during your stroke? How can fix that? Are you able to start feeling high levels of pressure earlier in the stroke cycle? Can you feel more pressure later in the stroke cycle?

### Minimize Resistance

The term streamline is often used in reference to the position achieved after the start or pushing off the wall. But streamlining is occurring during every aspect of the stroke cycle because your body becomes more and less streamlined at every instant. You must move out of this streamline to some extent to create propulsion with your arms and legs. However, faster swimmers can do so in ways that minimize the impact on whole-body streamline. Here's how to minimize the amount of resistance you experience as you move through the water.

### Move the spine straight through the water

To swim fast, you need keep the spine as straight as possible, just like the smooth hull of a ship. If you're moving through the water with a crooked hull, you're limiting your speed. Although rotations and undulations are good, avoid bending sideways or having too much up and down motion when moving through the water. Pay attention to how much your spine is out of alignment when you swim. Are you arching too much in either direction? Are you bobbing up and down? Are you swaying side to side? Can you find a way to reduce that movement?

### Minimize the impact of breathing on body line

Poor breathing is a killer of spine alignment. Most swimmers breathe too high, causing their hips to sink, or they pull their head way out to the side, causing the body to bend to the side. Can you find a way to "hide" your breath? Can you find a way to breathe without moving side to side? Can you find a way to not move up and down so much? If you can accomplish any of these tasks, you'll find yourself moving through the water more efficiently.

### Minimize the impact of your arm recoveries on the body line

Another major challenge to keeping your body in line is the recovery of your arms. If you're swinging your arms way out to the side, you'll wiggle through the water. If you're swinging them high out of the water, you'll be pressed down under the water. If you're arm recoveries are asymmetrical, your body will twist. Pay attention to how your arm recoveries are affecting your swimming. Can you feel it? Can you change it, even slightly?

### Swim With Great Timing

Fast swimming looks effortless. This effortless speed arises from exceptional stroke timing, rhythm, and coordination. Fast swimmers do the right thing at the right time. Basic principles inform how to do the right thing at the right time. Each stroke has its own requirements for effective timing, but here's an overview.

### Rotational timing

This applies primarily to the long-axis strokes, backstroke and freestyle. When it comes to rotation, it's not about how much rotation you create, but how well you time the rotation. The main goal is to ensure your rotation is timed with your hand entry. As your hand drives into the water, your shoulders should be reaching the end point of their rotation. Your hips should be following along with your shoulders, although they tend not to rotate quite as much. Are your rotations too early or too late?

### Undulation timing

In the short-axis strokes, breaststroke and butterfly, there isn't side-to-side movement. Rather, there are undulations, which are up and down. As with rotation, there should be enough undulation, although more is not always better. The top of the undulation should occur when you breathe in both breaststroke and butterfly. The bottom of the undulation should occur after breathing, when your chest presses down, at the same time your arms get fully extended in the front. That's the key timing moment: Press your chest when your arms are extended. Are you timing the front of the stroke correctly?

### Kick timing

Timing your arms and legs is critical in breaststroke and butterfly, moderately important in freestyle, and minimally important in backstroke. Do you feel your arms and legs working together, or are they working against each other? If it's the latter, there's a timing issue at hand.

### Breath timing

A timing issue with breathing can cause a loss of body position and slow your stroke rate. It's hard to breathe early as it will be difficult to get your head out of the water in time to take a breath. In most cases, breathing late is the issue. Are you able to get your head back into the water well before the completion of the arm recovery? Are you breathing late or is your breath taking too much time?

### Put it All Together

Regardless of the stroke, swimming fast consists of maximizing propulsion, minimizing resistance, and optimizing coordination. In all strokes, you maximize propulsion by moving large surface areas for as long as possible with the strongest muscles of the upper body, minimize resistance by reducing the amount of movement away from streamlined positions, and appropriately time the arms and the legs to make movement rhythmic and efficient. These general principles can be used to improve all your strokes.



About The Author

Andrew Sheaff

Andrew Sheaff is an assistant coach at the University of Virginia and an unattached member within the Virginia LMSC.



## Club Contacts

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President	Sally Murphy
Vice President	Allan Taylor
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Treasurer	Jodi Dyson
Coaching Coordinator	vacant
Coaching Committee	Julie O'Connor, Pam Hall, Danielle Pesci, Chris Gibbs
Club Captain - Open Water	Allan Taylor
Club Captain - Pool	Alicia Stiffle
Endurance	Liz Common
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Safety	Steve Povee
Newsletter	Ben van de Ruit editor@bunburymasters.asn.au
Social	Tanya Price



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## Thanks to all contributors

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

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