

# Brisbane Northside News

Newsletter of Brisbane Northside Masters Swimming Club

February 2012

## Thanks Liz!

Many thanks to Liz Little who has edited this newsletter for around 10 years. Liz's regular reports of club activities, sprinkled with wise words and humor, have kept members well informed and enthusiastic. As the new editor, I welcome any contributions. Please send them to [sdriml@optusnet.com.au](mailto:sdriml@optusnet.com.au). This is a bumper issue as we need to wrap up 2011 and look forward to 2012. Cheers, Sally Driml.

## Wrap Up of 2011

Our President Richard Sargent has prepared a summary of the year's achievements. Shelly's report on the social events for the year includes the Mt Tambourine trip in December. The pictures tell a story!. The end of year breakup and trophy awards was held on 8 January and a good time was had by all. Tracey has contributed a summary of Aerobics achievements. Other events worth mentioning were the Aqualicious twilight meet in December and the Christmas get together of 'old' club members, as pictured below.



Our social directors!

Christmas 2011



From Left: Joyce Wiils, Shirley Kerr, Mavis Rivers, Lorraine Petrov, John Kerr, Norma Daniels, Lyn Edgar, Wally Petrov, Lyn Rickards, Max Coops, Mary Sweeney. Photo by David Ryan.

## President's Report on 2011

It was again a very successful year for our club and our members. Membership has again topped 40, with a growing number supporting all our activities and getting involved with the running of the club.

Membership reached 45, with some members not renewing from 2010, but this was more than outweighed by new members signing up in response to our initiatives such as our well structured web-site, inviting flyers, and advertising at the Valley Pool.

Swim meets have again been well attended with members travelling far and wide to attend, including State and National Titles, and our congratulations to those members who achieved records, PB's or just competed and had fun. Sixteen of our members (11men and 5 women) competed at club swim meets, while 7 members (3 men and 4 women) went to the Sate titles at Twin Towns, where our club won the Small Clubs Trophy. Two of our men competed at the National Titles in Perth.

Our outstanding swimmer, Ben O'Connor, won the Jon Konrads Trophy for the best 200m swim at the Noosa swim meet, and at the end of the year was swimming close to Olympic qualifying times in breaststroke.

Our annual swim meet was a success, with nominations back up to 180 this year without some of the unforeseen problems we have had in recent years. The day was fine and warm, which makes for a pleasant day for officials and competitors. We kept to the same format as previous years, with early morning 800's and 1500's and the main sprint session starting at 10.30. All went extremely well on the day, with our members doing their well practised jobs in their usual efficient manner. A computer hitch at the very end of the meet meant we were unable to complete the trophy presentations, but this was followed up with participating clubs as soon as possible after the meet.

Sunday training this year turned out to be a great success, after Steve Booker offered his services at the beginning of the year to be our official coach. With an extensive background in swimming and coaching, Steve has fitted easily in the role left vacant by the departure of Alina Graham, and as a consequence, Sunday training sessions have become very popular, and have contributed greatly to our recruitment and retention of members. Everyone who comes on Sunday now, and the numbers are much greater than ever before, enjoy a great session, with a mixture of drills and training sessions to suit all abilities.

Due to the great success of Sunday training, Aerobic sessions have not been as well patronised this year. This is partly due to the increased level of Sunday training but also to the imminent changes to the aerobic program which has made the current schedule less attractive to many. That being said, there are still quite a few who have made great inroads to the program and some even finished their 62 swim program, which will be memorable as the last year of the current format.

Planning is under way to incorporate the new endurance swim program into the 2012 Sunday morning training sessions. The new structure is causing renewed interest in endurance swims, especially for those who were a little hesitant and perhaps overawed by the apparent or perceived difficulties associated with the old program.

Shelly and Bev were very active on the social front, organising some wonderful events for members to attend, including an end of year bus trip to the Eumundi Markets which was a great day out, and our regular Sunday morning post training coffee and breakfast at Vroom, which is always well attended.

Our Sunday morning club General Meetings have been very well attended this year, with Harry providing a wonderful breakfast as a temptation to take part.

Sally has been very busy during the year preparing and submitting a proposal to the Gambling Fund for money to build a stainless steel storage locker on the pool deck for our equipment.

I would like to thank all our members for their efforts and enthusiasm throughout the year, and we all look forward to another great year of social and competitive swimming.

Richard Sargent  
PRESIDENT

## **Social Events 2011**

This year the social club has arranged several different events. The time seems to get away from me and months can go by without us a get together, although quite a few of us manage to catch up over coffee and breakfast at Vroom in James Street most Sundays after training. They do a great coffee in a lovely setting.

In March a group of us gathered at South Bank for a city cat tour and meal. As we were sitting waiting for everyone to arrive, the delicious aromas coming from the eateries in Little Stanley Street made us decide to eat first so did not manage to get to the city cat trip. Maybe we can try again next year?, possibly starting earlier in the day or even at a lunch time.

In June a group of us were able to see the Jesus Christ Superstar show put on by the Harvest Rain Theatre Company and directed by Tim O'Connor held at QPac. Stirring stuff.

Then in July some of us girls celebrated Shirley's birthday over yummy lunch in the Valley.

Our last social event was last Saturday when we were driven by the ever capable Bob in his Budget bus up to Mount Tamborine. Our first stop was in Gallery Walk for a coffee, shortly followed by the wine tasting at Aussie Vineyards . Wines sampled were a variety of whites, rose and reds (label Au) helped down by bikkies and cheese. We then went on to the Botanic gardens – beautiful green gardens, lakes, trees and flowers with fresh crisp mountain air.

Lunch was at St Bernard's Hotel (you are greeted at the door by a live St Bernard's dog). We ate our meal on the balcony overlooking spectacular views of the mountains and valleys. Harry got a little overexcited and spilled his beer over himself.

After lunch we made a quick trip to the Tambourine Mountain Distillery (very popular and crowded), then browsed the shops in Gallery Walk or went for a short rainforest trek to Curtis Falls.

A special thank you to Bob for helping to organise the trip and thank you to all who supported the club socially – please if anyone has ideas or suggestions, please let me or Bev know.

Shelley





## **2011 Aerobic Program Awards Presentation – Valley Pool, 8 January 2012**

The 62 swim aerobic program is a club based national program which was put in place to provide a different kind of challenge to interested swimmers. A swimmer can choose to do the entire 62 swims or pick and choose, according to interest and ability, and gain points for the club at the same time. Some aspects of the program (a new stroke or distance, for example) can provide a new challenge or goal for the next year as well as providing some aerobic benefit to the individual.

This year has been fairly slow compared to last year. As people enjoyed the training on Sundays, but did not have enough energy for aerobic swims. Despite this lower participation, we have a number of individuals who need to be recognised for their achievements.

### **62 SWIMS achieved with TOP POINTS**

As well as achieving 390 points for the club, doing this requires a certain amount of talent, fitness and planning. Congratulations to the following:

**Tracy Clarkson, Jon Rysdon**

## Swimmers who achieved points in the program:

<b>Women: (Total Points – 450pts)</b>	<b>Men: (Total Points – 531pts)</b>
Tracy Clarkson 390pts	Jon Rysdon 390pts
Bev Stubbings 1 swim 15pts	Richard Sargent 1 swim 15 pts
Liz Little 1 swim 15 pts	Steve Booker 1 swim 15 pts
Shelley Parish 2 swims 30pts*	Harry Bahrend 105pts
	David Turner 1 swim 6 pts

## Men vs Women Award (Jan Greer Challenge):

This year, it has been close, but with John racing off and almost completing all the swims early and Harry putting in a solid, consistent effort, the men have been in the lead all year. Even a late rush by Tracy did not put a dent in the results. In the end, the point score is as follows:

**1st : Men 531 pts (5), Runner up : Women 450 pts (4)**

### Percentage Trophy –

**1<sup>st</sup>: Women (112.5 points per swimmer), Runner up: Men (106.2 points per swimmer)**

### Individual Awards

#### 1. Most Consistent Swimmer

**Harry Bahrend:** 400 Br (times for 3 swims: 8:35.51, 8:36.44, 8:37.09)

#### 2. Goal – Setting Award

**Harry Bahrend** decided early on exactly which swims he was going to do for the year: the 400s in Freestyle, Backstroke and Breaststroke, the 3 1500s and the 3 30min swims. He worked consistently all year to achieve his goals and despite not quite making the 30 min free, has to be rewarded for his effort.

#### 3. SUPERFISH AWARD

Winning the Superfish award implies a large commitment to swimming. This years winner, while not always motivated, can generally get the job done

when required. As the aerobics programme in its present format will be changing this year, acknowledgement can be made of an achievement no one else has done. Due to a late run of swims this year, this person has completed all 62 swims at top points every year since 1999 (Through a silly oversight, one swim was not entered on the national database last year; however, it had been completed and is counted here!) This makes it 13 years in a row. This person also swims in carnivals and fulfils other roles in the club. This year's award goes to: **Tracy Clarkson**

**Harry puts on another great meal on breakup and trophy day**





**Breakup and Trophy Day**

# Hello 2012

## River City Meet Sunday the 22<sup>nd</sup> of January

We had 14 members nominate for the meet; however only 12 showed up – still a very good roll-up.

Our swimmers performed very well and only just missed getting third overall in points by one point. One swimmer missed an event by weak marshalling and another got DQed in an event, so we were close. Below are pictures of our swimmers. Only Mark Colgate was missed, as he and his partner were keeping twin boy babies entertained in another area!



**Sean Flanagan, Tony Baker and Julie Mansbridge**



**Julie, Shelley Parrish, Mike Taylor**



**Harry, Andrew and Ben O'Connor**



**Bev Stubbings and Kim Herlaar**



**Mike, Tracy Clarkson and Harry**

The Relay at the end of the meet was an “all in” team from Clubs. No age groups were involved. Our team performed admirably coming in fourth, despite our ages adding up to over 300 +.

It was a great way to kick off the new year.

## MSQ CALENDAR OF EVENTS 2012

for updates see <http://www.mastersswimmingqld.org.au/>

MONTH	DATE	CLUB	COURSE	#	VENUE
January	(Sun) - 22	River City	Short	01/12	Somerville House, South Brisbane
February	4	<b>Caribee Rocky</b>	Long	02/12	Southside S P, Rockhampton
		<b>(Cancelled)</b>			
		<b>(Change)</b> Mareeba	Long	03/12	Mareeba Memorial Pool
	18				
	18	Gladstone Gropers	Short	04/12	John Dahl Swimming Pool
	26	Miami	Short	05/12	Nerang Pool
March	1 - 30	Cairns Mudcrabs	Postal	06/12	
	9 - 11	<b>STATE CHAMPS</b>	<b>LONG</b>	07/12	<b>Hervey Bay Aquatic Centre</b>
	24	Cairns Sea Eagles	Short	08/12	TAS Aquatic Centre
April	(Sun) - 1	Nudgee Brothers	Long	09/12	St Joseph's Nudgee College
	14 - 17	<b>NATIONAL CHAMPS</b>	<b>Long</b>		<b>Adelaide</b>
	28	Whitsunday Warriors	Long	10/12	Proserpine Pool
	28	Albany Creek	Short	11/12	Albany Creek Leisure Centre
May	19	Noosa Challengers	Long	12/12	Noosa Aquatic Centre
June	3 - 17	<b>WORLD MASTERS C</b>	<b>Long</b>		<b>Riccione, Italy</b>
	(Sun) - 3	Ipswich Masters	Long	13/12	Ipswich Grammar School
	17	Caboolture Crays	Short	14/12	Burpengary Aquatic Centre
July	14	Brisbane Southside	Short	15/12	Brisbane Aquatic Centre
	28	South Burnett	Short	16/12	South Burnett Aquatic Centre
August	18	Brisbane Northside	Short	17/12	The Valley Pool

September	25	Rum City	Short	18/12 Bundaberg Swim Academy
	1 – 31	Aqua Jets	Postal	19/12
Oct	15	Toowoomba Tadpoles	Short	20/12 Glennie Pool
	15	Atherton Mountaineers	Long	21/12 Atherton Pool
October	7	Maryborough Masters	Short	22/12 Maryborough Aquatic Centre
	20	Redlands Bayside	Long	23/12 Cleveland Aquatic Centre
November	3	Cairns Mudcrabs	Short	24/12 Gordonvale Aquatic Centre
	8 – 10	<b>PAN PACIFIC M G</b>	<b>Long</b>	25/12 <b>Southport Pool</b>
	11	<b>OWS</b>		26/12 <b>Lake Hugh Muntz</b>
	24	North Mackay Sinkers	Short	27/12 North Mackay State High School
December	1	Aqualicious	Long	28/12 Centenary Pool, Spring Hill, Brisbane

### Upcoming meets

Just a reminder to people that the next local meet will be the **Miami** meet which will be held in a 10 lane short course pool at Nerang on the 26th of February.


The **State Titles** will be at Hervey Bay on the 9th to 11th of March.

The **Nationals** will be in Adelaide from the 14th to 17th of April.

Tracy will be sending out information closer to nomination dates.

For those wanting to book accommodation in Hervey Bay, Bev Stubbings has recommended the **Hervey Bay Colonial Lodge**, 94 Cytress St, Torquay. It has large rooms and for 2 nights the cost is \$160 for a single and \$190 for a double. Contact them on 07 4125 1073 and tell them that you are in the same club as Bev.

### Newsclips

 Shirley Kerr is recovering from illness over Christmas. Flowers were sent from QBN to let Shirley know that members wish her well.



Masters Swimming Queensland is now on Facebook at:

<http://www.facebook.com/pages/MSQ-Masters-Swimming-Queensland/225666840838792>



**Renewing your Masters swimming membership is now open online.**

Please go to : [www.mastersswimmingqld.org.au](http://www.mastersswimmingqld.org.au) to re-register. Payment of membership fees can only be done online now as well. If you have any problems with login username and password please let Shelly Parrish know.

[shellparrish@yahoo.com](mailto:shellparrish@yahoo.com)



Shelly and Bev are planning a combined birthday dinner out for the April babies – Steve, Harry, Sally and Bev (big one for Bev!). Possible dates are 31st March or 7th April.

Date and venue to be fixed and advised.