

CHALLENGERS' CHATTER

JANUARY 2012



'Mining a rich lode!'

River City Carnival – Sunday, 22 Jan. 2012

Here's a puzzle. There's a Global Financial Crisis still hanging around ... right? And Somerville House College is run by those notoriously tight-fisted Scots ... right? And River City Masters are based at the Somerville pool ... right? So how come River City is the only club in the state to award medals to every placegetter in every event in every age group at their carnival?

Whatever the confounding reason, the prospect of this rich vein of precious metal was enough to lure thirteen Noosa swimmers – like bees to the honey pot – to the River City Carnival on Sunday 22nd January.

This carnival is a great way to shake off 'festive season indolence' and get back to some serious swimming. And, as expected, it produced the usual set of lame excuses from the team about bung knees, severe head colds and stratospheric shortness of breath. But all thirteen managed to struggle, slither or storm up and down the (mercifully short) 25m pool and, indeed, post some remarkable results. The medal tally ended up in the dozens (too many results to detail here). More

importantly, so many members reported personal satisfaction with the times they swam. Some credit must go to Ian Robbo for the time-shaving advice on racing starts that he gave at the NAC on the day before the carnival. Many thanks Ian.



Year of the (Water) Dragon

According to the [Chinese Zodiac](#), the Year of 2012 is the **Year of the Dragon**, which begins on January 23, 2012 and ends on February 9, 2013.

The Dragon is the fifth sign of the [Chinese Zodiac](#), which consists of 12 Animal signs.

The Dragon is a creature of myth and legend. In ancient China, the celestial Dragon represents an emperor and power. Today, it is the ultimate auspicious symbol signifying success and happiness.

May the celestial Dragon bring great good luck to everyone!



River City Carnival cont'd



The carnival ran like a runaway clock – so much so that timekeepers had no time to scratch themselves between heats. (Many thanks to Lorna and Kenny for spending time on the watches.) At day's end, the Noosa team agreed it had been a terrific day's outing.

In overall aggregate points, we placed fifth (but only a few points behind the third and fourth teams). Well done to all - Dyanna Benny, Gillian Bensted, Brian Hoeppe, Wendy Ivanusec, Sally Johnson, Stephanie Jones, Marcia Kimm, Geoff Lander, Ian Robinson, Robyn Selby, Jacky Shields, Kerryn Spinks and Jessica Watt Hine. And commiserations to Carolyn Hay who had to withdraw with a strained muscle on the day before.

Short course carnivals are so enticing. Roll on Miami!

... Brian Hoeppe

Tip of the Month ... "pacing"

There is no real secret here, you just need to learn to "put in" a little bit more than normal and have a "crack" at trying to go faster. It will be harder than what you are used to but the body is an *amazing thing* in which it will learn to adapt and allow you to come out the other end after a few sessions feeling stronger, fitter and faster.

What you do need to focus on though, is not rushing your stroke when going faster. You still need to focus on length of stroke with more power. Still stay as efficient as possible, it will be hard but the benefits are amazing.

Make sure you give the two 500m time trials a real good go.

My nutrition tip for the week is to make sure you eat every couple of hours to keep your energy levels up and your metabolism ticking over. I like to have a handful of nuts, fruit or some vegetables, but its up to you as long as you eat throughout the day.

... Ky Hurst

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MSQ CALENDAR OF EVENTS 2012

MONTH	DATE	CLUB	COURSE	#	VENUE
January	(Sun) - 22	River City	Short	01/12	Somerville House, South Brisbane
February	4 (Cancelled)	Caribee Rocky Crocs	Long	02/12	Southside S P, Rockhampton
	18 (Change)	Mareeba	Long	03/12	Mareeba Memorial Pool
	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	STATE CHAMPS	LONG	07/12	Hervey Bay Aquatic Centre
	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	NATIONAL CHAMPS	Long		Adelaide
	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	WORLD MASTERS C	Long		Riccione, Italy
	(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
	25	Rum City	Short	18/12	Bundaberg Swim Academy
September	1 - 31 Oct	Aqua Jets	Postal	19/12	
	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	PAN PACIFIC M G	Long	25/12	Southport Pool
	11	OWS		26/12	Lake Hugh Muntz
	24	North Mackay Sinkers	Short	27/12	North Mackay State High School
December	1	Aqualicious	Long	28/12	Centenary Pool, Spring Hill, Brisbane

MSX WINNER . . .

Congratulations, Heather McDonald, on winning the MSX prize of a trip to Riccione, Italy!

Heather is from QSM - Brisbane Southside.

STAY SUN SAFE ...

NANO-PRODUCTS POSE NEW HEALTH RISKS

Use a nano-free zinc-based SPF 30+ broad spectrum sunscreen in conjunction with protective clothing, a broad-brimmed hat, sunglasses and shade to stay sun safe.

NANOPARTICLES IN YOUR SUNSCREEN, MOISTURISER OR MINERAL FOUNDATION

Zinc oxide and titanium dioxide are common sunscreen ingredients that reflect UV light.

Most larger particles of zinc oxide and titanium dioxide are white and opaque, meaning that products they are used in can leave a white film on the skin (although some companies have developed a method to make these larger particles transparent). Particles can also be ground down to an extremely small 'nano' size, where they become clear or transparent. In 2006 the Therapeutic Goods Administration said that 70% of titanium dioxide sunscreens and 30% of zinc sunscreens sold in Australia contained manufactured nanoparticles!

If nanoparticles are accidentally inhaled, eaten or absorbed through our skin they could pose health problems. Scientific studies² have shown that nanoparticles can produce free radicals and damage DNA, especially when exposed to UV light. These studies suggest that rather than offering us sun protection, if nano-sunscreens are absorbed into our skin, they could result in serious damage.

EARLY RESEARCH SUGGESTS SUNSCREEN INGREDIENTS MAY BE ABSORBED INTO OUR SKIN

Research by Macquarie University's Professor Brian Gulson, CSIRO and others indicates that zinc from sunscreens can penetrate intact adult skin. Further research is needed to find out whether zinc is absorbed as nanoparticles. We still don't understand whether children are at a higher risk of skin absorption than adults because they have thinner skin. People who suffer from skin conditions such as eczema may also be at a higher risk.

1 Australian TGA. 2006. Safety of sunscreens containing nanoparticles of zinc oxide or titanium dioxide.

2A detailed background paper with references to the scientific studies mentioned here can be found at: www.nano.foe.org.au

INHALATION OR INGESTION OF SUNSCREENS & COSMETICS IS ALSO A CONCERN

Nanoparticles used in sunscreens, moisturisers and mineral foundations could also be dangerous if accidentally inhaled or ingested. Studies have found that nanoparticles of titanium dioxide caused inflammation of mice lungs. Studies have also shown that once in the blood stream of pregnant mice, titanium dioxide nanoparticles can cross the placenta of pregnant mice and cause behavioural changes in baby mice.

INTERNATIONAL ACTION TO MANAGE NANO RISKS

New European Union laws will require most nanoparticles in sunscreens and cosmetics to go through nano-specific safety testing before being sold. These products will also face mandatory labelling.

WHAT IS THE AUSTRALIAN GOVERNMENT DOING TO KEEP SUNSCREENS SAFE?

The Australian government does not require sunscreen or cosmetics companies to test the safety of nano-ingredients nor to label them. The TGA has refused to release publicly the names of sunscreen brands that contain manufactured nanoparticles.

CHEMICAL UV ABSORBERS IN YOUR SUNSCREEN, MOISTURISER OR MINERAL FOUNDATION

Some UV-absorbing chemicals used in sunscreens introduce their own risks. Some chemicals cause skin sensitivity. Others produce free radicals when exposed to UV light, promote the skin absorption of other chemicals, or act as endocrine disruptors. Many people with sensitive skin prefer to avoid these chemicals; this guide helps you make an informed choice.

YOUR PART TO PLAY

send your own email or letter.

email: Nicola.Roxon.MP@aph.gov.au
and cc
Catherine.King.MP@aph.gov.au

Postal: PO Box 6022, House of Representatives, Parliament House, Canberra ACT 2600

Forthcoming Carnivals

Feb 26 - Miami
entries + entry fee
to Dyanna Benny
or Brian Hoeppe
by Feb 1

9-11 Mar - State LC
Champs - Hervey Bay

entries + entry fee
to Dyanna Benny
or Brian Hoeppe
by Feb 17

Diary Dates 2012

25/3 Mooloolaba Tri Festival

22/4 - Gold.Coast. Tri

14-17 Apr - Australian
Masters - Marion, S.A.

5-6 May - Noosa Winter
Festival (Noosa Blue)

June - Cairns Airport
Challenge

10-17 June - FINA World
Masters - Riccione, Italy

3-11 Nov - Pan Pacs,
Gold Coast

4/11/2012 - 30th Anniv.
Noosa Tri

STAY SUN SAFE ...

SAFE SUNSCREEN GUIDE SUMMER 2011/2012

SUNSCREENS

STAY SUN SAFE!

We recommend you use a nano-free SPF 30+ broad spectrum sunscreen in conjunction with protective clothing, a broad brimmed hat, sunglasses and shade to stay sun safe.

'PRIMARY' SUNSCREENS - PRODUCTS DESIGNED PRIMARILY TO GIVE SUN PROTECTION

Nanotechnology is already being used in Australian sunscreens without labelling or effective regulation, despite evidence that some nanoparticles can be toxic. Rather than offering us sun protection, if nanoparticles are absorbed into our skin, they could actually result in serious skin damage.

NANO AND CHEMICAL-FREE*

(Brands who claim they actively avoid using nanoparticles for SPF protection. Additionally, all of brands' products are free of the UV-absorbing chemicals and fragrances listed below)

Graham's Sunclear* haf mineral makeup	Invisible Zinc* Natalia Nourish	Natural Instinct* Soleo Organics	WotNot*
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NANO-FREE (Brands who claim they actively avoid using nanoparticles for SPF protection)

Amcal House brand	Guardian	Milk Skincare	Sun Zapper*
Ask Huey	Island Tribe Sunscreen	Natio	Sunsational
Auscreen*	Jurlique	Pharmacy Choice*	Superfade
Cancer Council	Key Sun Zinke	Priceline Own Brand	Terry White Chemists*
ChemMart*	KiNeSYS Performance Sunscreen	Pro Bloc	Woolworths Select
Coco Island*	Le Tan	Protecta Sunblock	
Coles own brands*	Marine Blue	SolrX	

MAY USE NANO (Brands who failed to respond to our questionnaire)

Amway	Dermalogica	Neutrogena	Skinceuticals
Aquasun	Dr LeWinn	Nivea	Skinstitut
Avado Organics	Ecotanicals	Nutrimetics	Sunblock Australia
Avon	Elizabeth Arden	Origins	Sunsense
Banana Boat	Ella Baché	Palmers	Target
Bilstex	Éminence Organic Skin Care	Paula's Choice	Tropicare
BronZInc	Hamilton	Reef	True Solutions Suncare
Chanel	Johnson & Johnson	Sea & Ski	UV Natural Sunscreen
Clinique	klt cosmetics	Sheer Cover	UV Triple Guard
David Jones Beauty Brand	Nature's Care	Simplicité	Zinke Stick

USE NANO (Brands who use nanoparticles for SPF protection)

Ambre Solaire®	Avène	Garnier®	Helena Rubinstein®
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* Company provided documentation to substantiate nano-free claims

† L'Oréal, parent company of Ambre Solaire, Helena Rubinstein, Garnier, Lancôme, L'Oréal Paris, Maybelline New York, the owners and Yves Saint Laurent, has told us they use titanium dioxide in some of their sunscreen products. L'Oréal says that this ingredient is mainly present as aggregates/agglomerates of size larger than 100nm. According to the European Union's Cosmetics Directive these agglomerates and aggregates would be classified as nano.

STAY SUN SAFE ...

MANY COMPANIES NOW AVOID USING NANOPARTICLES IN THEIR SUNSCREENS AND COSMETICS. BY CHOOSING THESE BRANDS YOU ARE CHOOSING TO AVOID THE NANO EXPERIMENT.

COSMETICS THAT CONTAIN SUNSCREENS

'SECONDARY' SUNSCREENS - MOISTURISERS, ANTI-AGEING CREAMS, MINERAL FOUNDATIONS OR LIP BALMS THAT ALSO OFFER SUN PROTECTION AND HAVE SPF RATINGS

If you are concerned that your sunscreen may contain nano, let the company know. Send your purchase back and ask for a refund or ask them to go nano-free. Stop industry making choices for us – demand the right to say no to nano.

NANO AND CHEMICAL-FREE*

(Brands who claim they actively avoid using nanoparticles for SPF protection. Additionally, all of brands' products are free of the UV-absorbing chemicals and fragrances listed below)

Allizé	Invisible Zinc*	Mukti Botanicals*	Natural Instinct*
ECO Minerals	Livinia Natural Skincare	Musq	
haf mineral makeup	MiEssence Organics*	MV Organics	

NANO-FREE (Brands who claim they actively avoid using nanoparticles for SPF protection)

Ask Huey	Coles own brands*	John Plunkett Essentials	Natio
Bushman	Eventone	Jurlique	Rid
Cancer Council	Face of Australia*	Le Tan	Thalgo
Coco Island*	Innoxa*	Milk Skincare	Vani-T Minerals

MAY USE NANO (Brands who failed to respond to our questionnaire)

Aesop	Dior	Johnson & Johnson	Nutrimetics
Almay	Dove	La Mer	Olay
ASAP	Dream Skin	La Prairie	QV
Aveda	ELES Mineral Makeup	Lanolips	Revlon
Blistex	Givenchy	L'Occitane	RoC Skincare
Bobbi Brown	Guerlain	M.A.C. Cosmetics	Sheer Cover
Chanel	HissyFit	Mary Kay	Shiseido
Chapstick	InClinic Cosmetics	Max Factor	Sisley
Clarins	Issada Cosmetics	Mei Mei	SK-II
Cover Girl	Jan Marini Skin Research	Mineral Makeup	Ultraceuticals
Da Vinci Cosmetics	Jane Iredale	Napoleon Perdis	

USE NANO (Brands who use nanoparticles for SPF protection)

Ambre Solaire®	Helena Rubinstein®	L'Oréal Paris®	The Body Shop
Avène	Kosmea	Maybelline New York®	Yves Saint Laurent®
Garnier®	Lancôme®	Shu Uemera®	

* All brand's products are nano-free. Additionally, all of the brand's products are free of the following chemicals: PABA (4-aminobenzonic acid), oxybenzone or dibenzoylone, benzophenone, benzophenone-2 or benzophenone-3, 4-methylbenzylidene camphor (4-MBC), octyl-methoxycinnamate (also called OMC or octinoxate), butyl methoxy dibenzoylmethane (avobenzone), padimate-O (octyl dimethyl PABA), homosalate, octinoxate, octyl salicylate (octisalate), parabens and fragrances.

WELCOME ... Carolyn Hay



Hi all ...

Most kids who grew up in Mount Isa spent a lot of the Christmas holidays at the pool - so hot and not a lot else to do. We were in the swimming club as kids and travelled to compete with other centres. So naturally, I have continued to come back to swimming when I feel the need to get fit. I joined Masters for this reason but also for the social aspect. I already knew a few members from other sports and interest groups.

I lived in Mount Isa most of my life, with short stints in Hervey Bay and Karumba. I taught in most of the schools there, teaching primary school and then special education for thirty five years. I married and brought up three children. We had a big family out at the Isa because Mum, one of seven children, grew up there too. So, when my husband Geoff died in 2000, I eventually decided to move to Noosa where most of my family lives now.

I'm loving my retirement here and I'm looking forward to increasing my fitness and enjoying the social life of Noosa masters club.

... Carolyn

Coach's Corner by Jan Croft



DPS = Distance per stroke. One single factor ahead of the rest to make maximum improvement to performance is DPS. Reduce the number of strokes per lap by applying more power per stroke rather than extending the stroke and just gliding - stroke count.

Warm up slowly ... don't fatigue before the main set begins.

Best freestyle tip ... Make sure the face is forward as each hand enters the water. Swimmers should see each hand as it enters, This is a stroke fundamental.

Results from Dicky Beach 2km Open Water Swim 2 January

Women 60-69 :	Jan Croft	(40.27)	1 st
	Bardie Gruber	(46.11)	2 nd

HOW TO RECEIVE YOUR 5% DISCOUNT FROM GWD

Call 1300 559 463 to place your order or go to www.getwinesdirect.com to see the complete range on offer. Do not log in. You need to shop for your items first then when you click to the checkout the following screen will come up:

Before you log in or create an account

Make sure you select the below option of: "Are you a member of a preapproved club or organisation?"

Select your club and enter in your code. It is case sensitive so just make sure you enter NMSC1211 exactly as it is. Hit submit and then it will ask if you are already a current member or not.

Once you reach your checkout, you should be able to see where your discount has been applied to your order.

Did I read that sign correctly?

TOILET OUT OF ORDER - PLEASE USE FLOOR BELOW

In a Laundromat ...

***AUTOMATIC WASHING MACHINES:
PLEASE REMOVE ALL YOUR CLOTHES
WHEN THE LIGHT GOES OUT***

Mastering Sports Nutrition ...



So you've been training hard and are feeling fit and strong..... most of the time.

Anyone participating in regular swim squad's will know that there are good days and 'not so good' days.

Did you know that there are a number of things you can do to minimise the 'not so good' days, enhance your body's ability to bounce back

from harder sessions, and improve your preparation for competition days? In addition to the things your coach will remind you of – adequate sleep, stretching, cross training etc., there are a number of dietary manipulations you can use to improve energy levels, reduce body fat, reduce the risk of injury and ultimately make you a happier swimmer!

Nutrition should be an integral part of any swimmer's training and performance regime.

Ensuring an adequate intake of carbohydrate will not only refuel muscle and liver glycogen stores, but will also improve immunity, reducing the risk of colds and infections, and may even improve your mood! The amount, timing and type of carbohydrate is also surprisingly important. For example, oats, oranges and wholegrain bread are good low glycaemic index carbohydrate sources to have several hours before training to maximize blood sugar levels, whereas watermelon, sports drinks and rice crackers are high glycaemic index foods and can be useful to have within 15 minutes – 2 hours after a workout, or between events, to maximize muscle glycogen recovery.

Eating protein rich foods soon after hard training sessions can also improve the muscles potential to repair and regenerate at a faster rate.

The amount and type of these nutrients that is required will depend on factors such as the frequency, duration and intensity of training sessions, body mass and competition goals.

To further reduce the risk of injury and illness, an adequate intake of antioxidants, and a healthy balance of fats is important. A colourful diet based on fresh fruit and vegetables with nuts and fish can help achieve this.

Rehydration is also a priority during training and competition, as adequate fluid intake can help reduce injury risk, delay muscle fatigue, improve concentration, reduce gastrointestinal upset, enhance muscle glycogen refuelling, and prevent the adverse effects of heat stress. Surprisingly, most active people need to plan their fluid intake to ensure they meet their increased needs.

Whether you are a recreational swimmer or a competitive athlete, an individually designed sports nutrition plan can help improve your energy levels, body fat levels, recovery time, risk of illness and injury, and make sure most days are 'good' days.

Kathy Benn, Sports Dietitian at Urbancalm, Noosaville designs individual training and competition nutrition programs suited to your level of training.

Please contact Kathy for more information or to make an appointment.

Kathy Benn APD AN
Dietitian-Nutritionist 0404 276 794
Kathy@benefit.com.au

WELCOME ... Ian Mitchell



I first began swimming competitively at the age of ten with the City of Perth Swimming Club and swam with them until I was 18 years old. During my time with Perth Swimming Club I competed in

* Short Course and Long distance Swimming in the Swan River at various clubs.

*I competed in the 'Swim Through Busselton'.

* I was a member of the 4x100m relay and our team won the State Championship.

At 18 I left swimming to become a surfer and surfed for 12 years.

Following this I joined the Melville City Hockey Club and competed until I was about 50.

Then I joined the Belmont AUSSI Swimming Club and swam with them until I relocated to Noosa in 2002.

On arriving in Noosa I joined Frank's gym, and several years ago took up golf which I play twice a week.

Leo Versteegen introduced me to Noosa Masters which I have recently joined. I am enjoying the opportunity to swim again.

“You cannot expect to take any more out of life than you put into it !”

During my life I have been an active member of many sporting clubs, including in chronological order starting at age 13 ...

Sandgate Swimming Club
Sandgate Yacht Club
Sandgate 16 ft Skiff Sailing Club
Sandgate Rugby League Football Club
Brisbane : GPS Old Boys Rugby Union
Burleigh Heads Surf Life Saving Club
University of Queensland Sports Union -
Boxing Division
Warwick Rugby League - Railway
Workers Club
Mackay Rugby League - Carlton Club
Burleigh Heads Rugby League Club
Brisbane - Southern Suburbs Rugby
Union Club
Toowoomba Harlequins Rugby Union
Club
Sydney - NSW Rugby Union Referees
Assoc.
Melbourne - Victorian Rugby Union
Referees Assoc.
Tewantin Noosa Golf Club.
Noosa Dolphins Rugby Union Club.
Sunshine Coast Rugby Union Referees
Association

... so I feel well qualified to make the following statement:

"I have never enjoyed myself more in any other sporting organization than I have with my participation in Masters Swimming over the last twenty years, the first eight of which were spent with Tewantin "Branch" of the Sunshine Coast Masters while waiting for the building of a fifty metre pool in Noosaland - the last twelve (well nearly) years with our own NOOSA MASTERS SWIMMING CLUB at the Noosa Aquatic Centre."

(The Noosa Masters should be eternally grateful to the Sunshine Coast Masters for their care of our members prior to our having a 50m pool we could call our own.)

The Masters' promise of FITNESS, FUN and FRIENDSHIP has always been fulfilled for me and the majority of Masters swimmers I have known.

This 'Promise' should always be highlighted to intending members and all future potential members.

For those people reading this article who are NOT Masters swimmers, they might ask the question, "What's the big deal about Masters.?" And if you look at photographs of the club, featuring our many members, they might conclude that we are a motley crew, Maybe we are. But there are a few things that set us apart from ordinary mortals and I'll try to address these. But first let me tell you what we are not. We are not a bunch of old people trying to pretend that we are teenagers in disguise.

While nowadays, the average age of our swimmers is somewhere between fifty-five and sixty, it hasn't always been that way. And even though wisdom swimmers may be a little 'chronologically challenged', their level of fitness is something else! Consequently, don't let the factor of age fool you. In any event, the Club's future direction is to attract more members in twenties and thirties to fill a vacuum which occurred some time ago and this policy is working.

Some of our swimmers have backgrounds which labelled them as swim champions long before they joined our ranks. Others came to us with only the skill and stamina to swim to the other end of a twenty-five metre pool. Yet all have been made welcome and all have found their niche in the options that our club offers.

The first thing that you find out about masters swimming is the challenge ... "swim into fitness, friendship and fun". The main thing is that you have to care about your own well-being. Chronologically, you have to be a minimum 18 years of age. For those who are worried about bits and pieces falling off as they try to swim along, it's a good idea to get a medical before attempting to join our training squad. After a certain age we think a medical check-up is essential before undertaking rigorous swimming.

We believe that regular swimming exercises will improve aerobic fitness, help resist coronary disease, help lower blood pressure, improve muscle tone, posture and general physical appearance. They will also relax the body, both mentally and physically, after the tensions of work or retirement.

Swimming is ideal for those whose age, or level of fitness stops them from participating in more vigorous sports. The medium of water, with its inherent buoyancy tends to distribute the stress of exercising, more evenly on the body.

We recommend that you swim at least three times a week if possible. There are different programs and coaches available. Some swimmers prefer not to compete, at least until they are happy both with their level of fitness and swimming competency and that might be several years, if ever. The main thing is to work towards a level of fitness and have some fun while doing it. Four strokes, freestyle, breast, back and butterfly are practised, as well as a variety of swimming drills, when training in a group or squad.

Finally, I have been asked, "What the heck do all you people think of when you are swimming back and forth doing your thing?"

Well, I don't know about the others, but what I'm supposed to be thinking about is - "Am I doing this stroke properly and going through little check-off lists in my mind to help me improve the stroke. But somehow or other my mind gets cluttered up with all sorts of things like - Is my coach watching? Am I going too fast? too slow? Are my goggles too tight, or fogging up? Am I going to get a cramp? Is that my shoulder hurting again? Am I kicking my feet too fast and draining energy? Am I exhaling spent air properly or just pushing out half of it and sucking back foul air? Why do my arms feel like lead weights? Am I gliding through the water like a dolphin, or slugging along like a sack of potatoes?"



'You cannot expect' continues ...

Now, I'm approaching the end again - which way will I turn, to the left or right? Can I sneak a look at the lovely blue sky and white cotton ball clouds some more, or shall I gaze under water. How many laps have I done - six or eight? Is that Elle Mac swimming in the next lane? ... No it's some fellow doing the backstroke reading a magazine and passing me ... Oh no, I think lactic acid is hitting me, maybe I can sneak out of the pool and pretend I've got to go to the loo. I really want - do want - to go to the loo. I can't keep up this pace ...

And then like the sun coming up over the horizon, it will gradually occur to me that I'm not going to drown and that I am relaxing enough and enjoying what I'm doing. So I'll tell myself to stop worrying about my arms and my legs and all the rest of it and just do it. This is great, I think. I feel wonderful. I'll let my thoughts wander in whatever direction they want. I'll just thank my body for feeling good."

If you can get the foregoing across to all the people in your friendship circle who are not Masters swimmers, you can just possibly help to grow our Noosa Masters Club and make it so much stronger in the future ... become a de facto recruitment officer for your Club.

Note: Some of the text of this article has been based on a book by Ken Bullock, long time member of Sunshine Coast Masters Swimming Club, a good friend and a champion swimmer to boot !

Listed below are only some of the activities offered to club members - there are many more!

FUN

Monthly Sunday breakfasts after swimming
Regular Tuesday movie and lunch - open to all
Feb : Valentines Day - Dinner at "Rosie's"
Mar : North Shore Frolic at the Tavern with live entertainment
Apr: Easter Bunny and Breakfast at the pool
May: Mad Hat Party at "The Warrens"
then, who knows what is in store until ...
Xmas : Santa Clause attends Breakfast at the pool

FITNESS

Regular squad sessions with coaches plus the National aerobic swimming programme each Tuesday and some Saturdays.

So far as FRIENDSHIP is concerned, enjoy the above activities offered by the Club and you will make many friends in so doing !

... Joe Gilbert

" A MOTLEY CREW " **Noosa Masters 2011 - pictured are 37 of a total membership of 76**



WELCOME ...

Karen Martin (40)



I come from Manchester UK, emigrated to Australia in February 2005. Started off in Canberra and moved to Noosa in April 2007, I had an ambition to live near the beach and wanted to experience a hot, tropical climate. After all, I grew up in the rain so it was time for a change.

I learnt to swim around the age of 7, learnt to do breaststroke with head out of the water and did my 25m Certificate age 11. Vaguely remember having swimming lessons, failed a badge when the task was to pick up the block from the bottom of the pool, I had no idea how to swim under water. After that failure I never bothered swimming again until age 18 when I started going once a week with my Mum, we still only swam breaststroke with our heads out of the water. My cousin joined us and she showed me how to bob under the water, that was my introduction to goggles.

In 2003 I joined a gym with a pool, I watched others swimming freestyle and thought that looks really cool, I wish I could do that. So I had lessons, I practised every week and it took 6 months to get it and swim 25m. I was getting over my fear of head in the water.

January 2011, I started swimming on Sunday mornings, I was one of those swimmers who do a length, have a rest, do a length, have a chat and I used to watch the Aussie Masters training and again I thought that looks really cool. This time I had a desire to really better myself and - come on Karen, get over that fear of face in the water.

In July 2011, with the help of Bob Morse, I joined the group.

Now I love swimming! Every week I learn something new, feel more confident, feel fitter, stronger and get a buzz when I get something right. I can even duck dive and swim a little under the water now, learning to dive, tumble-turn and touch -urns.

I couldn't have achieved any of this without the support from the group, everyone has been encouraging. I feel motivated and inspired by everyone and am thankful to those who spend that extra 10 mins at the end of training to help me.

I don't compare my abilities to anyone else, I go with my dreams and believe anything is possible with determination, have fun while trying and don't be afraid to ask for help.

My goal this year is to dive in, swim, tumble turn, swim back and swim for Australia in the London 2012 Olympics. Now that would be a dream.

... Karen

Message from Jane & Mark



Shouldn't you see 'Red Dog' or something else aussie on a day like today?!? Have fun - sorry I can't join you! Heat wave here in the west ... we're watching Qld weather reports with dismay.

Love Jane (no I can't take credit for this photo!)

NEW YEAR BBQ AT LILLY PILLY PLACE

So, it rained a bit ... so what ?? We managed to stay dry - spirits were high, and we had a great afternoon - thanks everybody for turning up ... see you all again next year !!
... Wendy Ivanusec

Barry, Ivan & Marc



Gillian & Robyn



Jacky & Dee



Lance & Kaye



Mark, Geoff & Viv



Marcia, Jeff, Brian & Kathleen



Bardie, Jan & Steph



Jeff & Bob



Lyn, Sandy & Jan

AEROBIC ANTICS

JANUARY 2012

Thanks to Pat and all who took part last year to achieve points in excess of 5000. It was a great effort for all of the 40 swimmers who contributed.

This year we have a new program to get acquainted with called 'Endurance 1000'. The program of swims is the same, the changes made are in the number of swims required to gain points and the point allocations in each age group. The MSA article explains the changes as follows:

'What are the changes from the current aerobic program?

1. Reduction to the point scoring categories to three discrete categories, keeping the fastest category as it is, up to the age of 70; and combining categories 2 and 3 to make band 2 and combine categories 4-6 to make band 3.
2. In over 70's - combine categories 1 and 2 to make band 1, combine categories 3 and 4 to make band 2 and combine categories 5 and 6 to make band 3
3. Award points for each swim up to a maximum of five swims in each of the 400 and 800.
4. The maximum points add up to 1005.
5. There are no bonus points for completing all swims.
 - Every swim counts
 - No longer have to swim 5 of each stroke in 400m & 800m strokes'

Anyone interested can check out the MSA web site for more info.

There is now the opportunity for all swimmers to take part in the aerobic program – no excuses!!

There have been 19 individuals taking part so far (last year 29).

It is good to see newcomers having a go - in particular Karen who is making great progress with 400m swims in F/S, Br/S, and B/S, and 800 F/S. Not bad for someone who couldn't put her head under water six months ago!



Bob Mc has made a great start with impressive times, particularly in his backstroke 400m. Elaine is showing great enthusiasm and swimming well. Others to be progressing well include Barrie, Wendy (I), Dyanna, Sally, Rosemary, Mark and Leo. All have completed 3 or more swims

Bob and Olga, and I are generally at the pool on a Saturday afternoon at 4.30pm. Anyone wishing to do a timed swim at this time is welcome to do so. You should always contact either of us so that we know to expect you on a Saturday.

With next Tuesday being the last Tuesday for January, let's make it a big day to finish the month!!!

... Marcia

<http://www.whathappenedinmybirthyear.com>

February Birthdays

Peter Fidler	02/02
Janet Raub	12/02
Bardie Gruber	25/02
Howard Peters	26/02

**HAPPY BIRTHDAYS TO ALL
FROM ALL OF US**

SOCIAL EVENTS

VALENTINES DAY DINNER

6.30pm at Rosie's

BYO

Bookings essential

RSVP - Robyn Selby

5449 0517

Every Sat.. 8am - Main Beach
Ocean Swimming

VISIT OUR WEBSITE ...

www.noosaussichallengers.com

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