

# NEWSLETTER

**REDLANDS BAYSIDE**  
MASTERS SWIMMING CLUB



*January 2017*

## PRESIDENT'S REPORT

Hi All,

I would first of all like to welcome all new members to our club for 2017. I hope you are being made to feel welcome and are enjoying the swimming environment that our club provides.

It is also fantastic to see many members renewing their memberships which shows that you are enjoying your time in our club.

I would like to congratulate Linda Meredith and Rod Mackenzie on receiving their certificates for the completion of the coaching course which was held at the Cleveland pool last year. Sharon Devitt, Trevor Green and Tracey Mann have been doing a great job on pool deck and hopefully will receive their certificates soon.

Personally, I've taken on the Meet Director role for the Masters Nationals being held at the Southport Aquatic Centre in March and I'm also on the organising committee for this event. In addition, I've been nominated for a position on the Masters Swimming Queensland board as Vice President for the South Region which I will accept if voted for.

I love being involved in Masters Swimming and feel I have a lot to offer. With this being said I will not be standing for President of our



club at the next AGM. I have held this position for 4 years and it's time for someone else to keep moving the club forward. But rest assured that I will continue to work hard for our club until then.

I'm hoping to have a former Olympic swimmer attend a Sunday club day in the near future. More info will come to you all when I've finalised a few more things.

Unfortunately, I will not be in the water for the next few months due to shoulder issues which is a big disappointment to me. I am meeting with pool management once a month to discuss any issues or improvements that affect our club. Please let me know if there is anything you'd like brought up as I'm hoping this gives our members a better experience at the pool.

Yours in swimming,

*Shane Knight, Club President*

## MEMBERSHIP

Club membership for 2016 maintained a strength of 60, on a par with previous years. The club welcomes new members Helen Pickford and Trudi Margach who joined in November 2016 and Nikhil Mathur in January 2017.

Re-registration for 2017 is currently in progress. Subscriptions have increased to \$110, and \$85 for concession holders. Members are reminded of the requirement, for insurance purposes, to be a financial member in order to continue to attend training sessions on Wednesdays and Sundays and to enter any MSA swim meet. Any members who have not yet re-registered and need assistance please contact Registrar Vivien Carlsson.

## COACHING

During 2016 Rod Mackenzie, Linda Meredith, Tracey Mann, Trevor Green and Sharon Devitt completed the Masters Swimming Australia Club Coach course and undertook the required pool deck coaching hours under the guidance of Ann Gartshore, QRB's Club Coach. The dedication and commitment to swimmers of all levels by each of these Club members is very much appreciated. Rod and Linda have now received formal accreditation from Masters Swimming Australia.

## SWIM MEETS

### MEET ENTRY OPTIONS

#### Online Entry

During 2016 meet entrants were introduced to the option of entering a swim meet online via Meet Entry. This can be accessed through the Members Forum portal on the Masters Swimming Queensland website. The Forum page displays a video by MSQ's David Findlay explaining the process of creating an account in order to facilitate online entry.

#### Within Club

Prior to the above option being established entrants responded to an email by the Club Captain which forwarded forms and gave deadlines. Payment could be made by cash/cheque at the pool to the Treasurer or by Paypal/Direct Deposit to QRB's bank account and forms could be returned by email or by hand to the Club Captain.

#### Nationals and Noosa Trial

**Please note** that entry and payment for the MSA Nationals is being facilitated through **MEET ENTRY only**. MSQ has advised of the current success of the Nationals online entry process and would like to roll this out to clubs.

Noosa Masters Swimming has agreed to **trial** the online Meet Entry system, including the payment, for Masters interclub events for their meet on 25 March. When swimmers enter online via Meet Entry, payment is to be made via Paypal or Credit/Debit Card.

MSQ has advised that you will still have the option of **entering manually and paying** your club the money (as per the above paragraph "Within Club").



**NATIONAL  
CHAMPIONSHIPS  
2017  
GOLD COAST**

The 42nd Masters Swimming  
Australia Championships  
(Long Course), Gold Coast  
Aquatic Centre, Southport  
from 8 - 11 March 2017



#### **NOTE: COMBINED NATIONALS/STATE**

**Queenslanders who compete at the 2017 National Championships are also competing at the State Championships. Medals will be awarded to MSQ members, regardless of where they place nationally. For example, if you place 4<sup>th</sup> in your event you may still be the first in Queensland, therefore winning 1<sup>st</sup> place for the State.**

#### **VOLUNTEERS REQUIRED FOR NATIONALS**

President Shane Knight is pleased to accept the position of Meet Director for this event and any QRB swimmer or spectator who is willing and able to volunteer time to assist with the program proceedings is invited to discuss with Shane.

<b>DAY 1 – Wednesday, 8 March</b>	<b>DAY 2 – Thursday, 9 March</b>	<b>DAY 3 – Friday, 10 March</b>	<b>DAY 4 – Saturday 11 March</b>
200m Butterfly	400m Individual Medley	100m Backstroke	200m Individual Medley
50m Breaststroke	100m Freestyle	50m Butterfly	50m Freestyle
4 x 50m Mixed Freestyle Relay	200m Backstroke	400m Freestyle	100m Breaststroke
50m Backstroke	100m Butterfly	200m Breaststroke	200m Freestyle
800m Freestyle	4 x 50m Mixed Medley Relay	4 x 50m Women's Medley Relay	4 x 50 Women's Freestyle Relay
		4 x 50m Men's Medley Relay	4 x 50 Men's Freestyle Relay

## ALBANY CREEK 28 JANUARY 2017

Emma Marshall and Clive Griffin represented QRB at this popular and competitive event. Emma once again showed her stamina and determination, continuing her run of personal bests (knocking .26 sec off her 25m breaststroke time and .74 sec from the 50m freestyle) and happily reported that she kept up the tradition of raffle and lane prize successes.

## SWIMMING UPHILLS NSW POSTAL

Congratulations to Peter Fitzgerald on completing the endurance swims in the NSW Hills Swimming Uphills postal. Another milestone for Peter after his effort in QRB's postal. Thanks to Rod Mackenzie for his behind the scenes attention to facilitate the Hills event.



Emma in Club shirt at Albany Creek



## 2017 MASTERS SWIMMING QLD EVENTS CALENDAR

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>FEBRUARY</b>						
25	LC	Mareeba	QMA	North	03/17	Mareeba Memorial Pool
<b>March</b>						
8 - 11	LC	<b>MSA National</b>			04/17	<b>Gold Coast Aquatic Centre Gold Coast</b>
25	LC	Noosa	QNA	Sunshine	05/17	Noosa Aquatic Centre
25	SC	North Mackay	QNS	Central	06/17	North Mackay SHS Pool
<b>April</b>						
1	LC	Atherton	QAT	North	07/17	Atherton Pool
22	SC	Whitsunday	QWY	North	08/17	Cannonvale Pool
29	SC	Yeronga	QYP	South	09/17	Yeronga Pool
<b>MAY</b>						
13	SC	River City	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	<b>Great Barrier</b>			12/17	<b>Tobruk Pool, Cairns</b>
<b>JUNE</b>						
10	SC	Rum City	QBB	Central	14/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	15/17	Yamba, NSW
<b>JULY</b>						
8	LC	Brisbane	QSM	South	16/17	Brisbane Aquatic Centre
22	SC	Genesis	QGA	Sunshine	17/17	Genesis College
<b>AUGUST</b>						
19	SC	Brisbane	QBN	Sunshine	18/17	The Valley Pool, Brisbane
<b>SEPTEMBER</b>						
23	SC	Maryborough	QMB	Central	19/17	Maryborough Centenary P
<b>OCTOBER</b>						
7	SC	University of	QUQ	Sunshine	20/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine	QSC	Sunshine	21/17	Kawana Waters Pool
21	LC	Long Tan	QLT	North	22/17	Long Tan Pool, Townsville
<b>NOVEMBER</b>						
25	LC	Aqualicious	QAL	Sunshine	23/17	Centenary Pool, Brisbane
25	OWS	North Mackay	QNS	Central	24/17	Pioneer River, Mackay

## TRIATHLONS AND OCEAN SWIMS

QRB's Secretary Rose Milnes regularly forwards details of ocean/open water swims available throughout the year. Within our ranks we have triathletes, such as Sue Robba and Linda Meredith, and those who compete in Open Water/Ocean Swims.

Training is available for those swimmers considering entering open water events. Heather Robinson who completed her first ocean swim last year attended an ocean water clinic at the Gold Coast.

Every fortnight Grimsey's Adult Swimfit conducts two Open Water training sessions at Suttons Beach, Redcliffe on a Sunday morning. These one hour sessions cover everything you'll need to know about open water swimming, from starts, pack swimming, turn buoys, sighting, drafting and finishes. The sessions are conducted in a safe and friendly

environment and are open to all competent swimmers over 12 years of age. Those attending sessions meet in front of the Redcliffe Surf Club 15 minutes before the start time of each session.

**Date:** Every second Sunday

**Times:**

First Session: Meet at 5.45am for a 6am start

Second Session: Meet at 6.45am for a 7am start

**Where:** Suttons Beach, Redcliffe

**Cost:** \$12.00

For further details see  
[grimseysadultswimfit.com](http://grimseysadultswimfit.com)

*Strength and stability in the knees are important for triathletes as well as swimmers. The following article gives some background information on the mechanics of knee structure as well as useful stretches and strengthening exercises. Ann Gartshore and Trevor Green are avid proponents of stretching before training sessions and it is worth noting (see para on stretching) that you should always be able to BREATHE and SMILE while stretching.*



## Fully Functioning Knees

*An article from US Masters Swimming Articles and Videos by Chris Ritter, September 7, 2015*

### Fix those cranky knees by exercising your hips and ankles

Knees can be a troublesome point of pain or irritation. Anatomically, the knee could be considered a “dumb joint” because, as a hinge joint, it can only flex and extend with minor rotation. Because the knee doesn't have a great deal of movement, if other joints above and below it in the kinetic chain are compromised, the knee will try to compensate.

This compensation—when the knee is required to move into ranges and motions it wasn't designed to in order to take up slack for other joints—is likely to result in pain. So if your knees are bugging you, the answer might be to look up and down the chain to fix the issue.



This investigation usually leads to the need for more mobility in the hip and ankle and more strength in the hip, particularly in controlling the femur to prevent it from collapsing towards your middle when you squat or hinge.

Although some of these exercises don't appear to directly target the knee, remember that strengthening and increasing flexibility in the ankle and hip will help the knee to the job it was intended to do.

Watch videos of all the [exercises and progressions online](#) to be sure you understand all the movements and variations before beginning this dryland training sequence.

Important: If you're experiencing acute or chronic pain in any joint, be sure you've sought appropriate medical attention to rule out more serious problems before beginning a dryland regimen.

## Stretching

Remember to move gently through the range of motion whenever you stretch and always be able to both breathe and smile while stretching. If you can't follow those two rules, the stretch is too intense for the body to accept the change you're trying to make.

These stretches will help to increase the stability of the knee joint so it can move through an optimal range of motion safely.

- **Quads + Foam Roller.** Place a foam roller underneath one of your quads while lying in the prone or push-up position. Roll back and forth from your knee to your hip and focus on the areas that have the most discomfort. Be sure to slightly rotate while on the roller to change the angle and cover all of the quad muscle.
- **Adductors + Foam Roller.** Place a foam roller between the ground and the inside of your thigh while in a side bridge position. Roll back and forth from your knee to your hip and focus on the areas that have the most discomfort. Be sure to slightly rotate while on the roller to change the angle and cover all of the inner thigh muscle.
- **Calf + Foam Roller.** Place a foam roller between the ground and your calf while in a seated position. Roll back and forth between your ankle and your knee and focus on the areas that have the most discomfort. Be sure to slightly rotate while on the roller to change the angle and cover all of the calf muscle.
- **Ankle Mobs 3D.** Stand close to a wall with feet shoulder-width apart. Move one foot forward until it's about 4 inches away from the wall and place both hands on the wall. The other foot should remain back, behind your hip. Slowly move the forward knee to touch the wall in three directions: straight forward, to the inside, and to the outside. Throughout the whole movement, keep the heel of the forward foot on the ground. This is best done without shoes so you can feel whether or not your heel is really coming off the ground, since most shoes have a slight heel elevation.

## Strengthening

These exercises will help to increase the stability of the knee joint so it can produce and correctly absorb force.

- **Hip Circuits.** Get on all fours and lift one leg up to the side like a dog on a fire hydrant and rotate it back underneath you. After you've completed a few repetitions, reverse the motion. Next, straighten that leg directly out to your side and lift it up and down a few times, keeping it off the ground for as long as possible during the movement. Lastly, move your leg in small circles both forward and backward in the same side position that you did while lifting it up and down. Perform 4 to 6 reps in each direction.
- **Hip Hinge Greasing.** With your hands folded across your chest, push your hips backward and lean forward as far as you can while maintaining an engaged back, with your knees slightly bent but staying at the same angle throughout the movement. At the end range you should feel a slight stretch in your hamstrings. Move back and forth in this range as you feel comfortable, slowly trying to increase your range over time. Perform at least 8 reps slowly. Adding weight is optional and can increase the stretch—if you do this, hold the weight to your chest.
- **Squat Facing Wall.** While standing as close to the wall as you can, perform a squat, keeping the back straight and pushing the hips back. Be able to wiggle your toes the whole time and don't touch the wall with any part of your body. Straighten up and repeat for at least 8 reps.
- **Split Squat.** Stand in a lunge position with one knee on the ground and the other foot behind you, also flat on the ground. Drive through the heel of the front foot to come up to standing. This will raise the back foot until you just have the toe on the ground. Go slowly up and down for at least 6 reps before switching legs.

Remember to watch the [videos of all of these exercises](#) before you begin to ensure that you're performing them correctly.

*Note: please follow the link to the online exercise videos referenced in the above article.*

## WORKPLACE HEALTH AND SAFETY

Members are reminded of the need to update their health records if changes occur, both online and on the paper copy held by the Club. Also any incident/near accident/accident during club training should be reported as follows (forms held in Masters folder at the Cleveland Aquatic Centre).

*In the event of an incident/near accident/accident occurring during club activities or a swim meet (including warm-up and swim down).*

- *An injury Report form must be completed and signed by a medical attendant or senior pool attendant, and forwarded to the Branch Safety Officer or Branch Secretary/Administration Executive Officer.*
- *An Incident Report form must be completed and signed by a medical or senior pool attendant, and forwarded to the Masters Swimming Australia National Office.*

See the MSA website for the National Safety Policy in its entirety.

## POOL ATTENDANCE

During the holiday December-January period, a regular core of 15+ (Sundays) and 8+ (Wednesdays) members attended our training days. Ann Gartshore has welcomed new

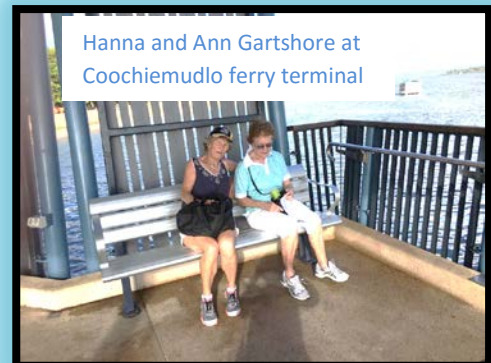
members and aspiring members in the 25m, and 50m swimmers have had the benefit of drills/set programs from our coaches in training.

## SOCIAL

### FROM FARMLANDS AND MOUNTAIN AIR TO MORETON BAY

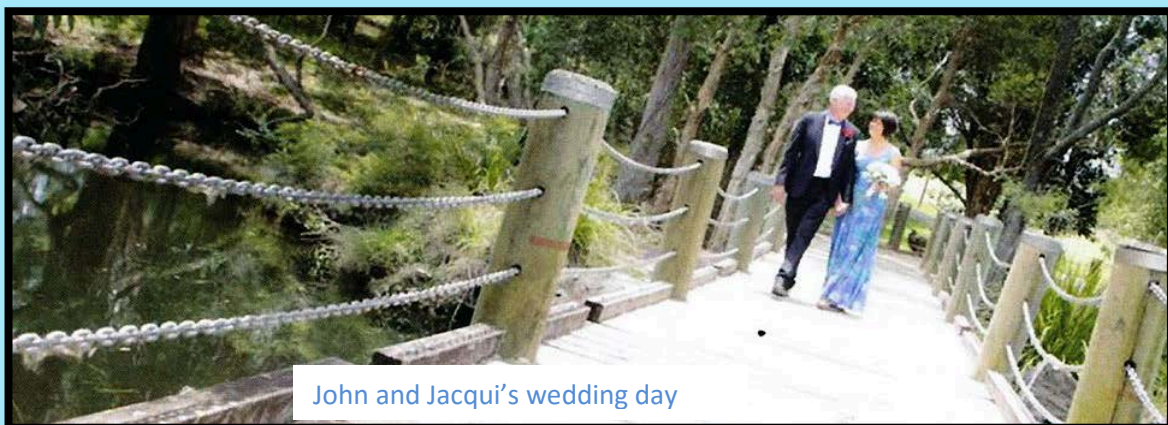
QRB was pleased to welcome to our Club training days a member of Toowoomba Tadpoles Hanna Wassenaar early this year. Hanna, who has family in the area, spent some time keeping her fitness in readiness for Masters competitions this year and also was shown some of the bayside attractions such as Coochiemudlo Island. She joined members for a morning tea at Cleveland.

We were pleased to make Hanna's acquaintance and should she decide to settle in the area, she would be assured of a warm welcome by Redlands Bayside Masters.



Hanna and Ann Gartshore at Coochiemudlo ferry terminal

### WEDDING VOWS FOR JOHN AND JACQUI



John and Jacqui's wedding day

John Reeves and Jacqui Fallon have busy lives sharing many activities –cycling, snorkelling, travel and Masters swimming – and balancing work commitments . John and Jacqui have been the most regular of all swimmers in attendance at training days, are enthusiastic and willing learners as well as being supportive of Club activities. We were delighted to learn of their wedding in November and we wish them all the very best for their future life together.



### WELCOME BACK CLIVE

Rod Mackenzie has advised that Clive Griffin, a long standing second claim member of QRB, who regularly competes under our banner (as QIP do not have any other competing members) has overcome injuries and illness which kept him away from latter 2016 competition . Clive is back on deck for 2017 swim meets (and will complete his full Endurance 1000 program for QIP).

### CLUB SHIRTS



A limited number available (sizes L and S only)

**\$15**



# QRB Christmas Party 2016

QRB's Christmas Party was held on 20 November at the Cleveland Aquatic Centre following Sunday's club day - a relaxed atmosphere celebrating a year of fun, friendship and milestones. Thanks to Vivien Carlsson for organising catering (including transport) with a great selection of wraps & Ann for organising cold drinks. Sharon trolleyed in chocolates and goodies and enhanced the atmosphere with Buble Christmas songs on her boombox. The boombox also came in handy for a game of musical chairs. Shane displayed the Club's perpetual trophies; gifts were awarded to most improved swimmers Emma, Tracey, Linda Meredith and Rod, Trevor and Nathan. Lucky door prizes were on offer and coaches were presented with chocolates. Many thanks to Club Secretary Rose for her behind the scenes organisation of gifts and compilation of stats.

The Christmas fare



John, Peter and Lloyd guarding the eats



Paula and Hayley joined the relaxed break-up function



Tina, Donna, Sandra and Ann



Rod, Gill and Kathy with some liquid refreshment

