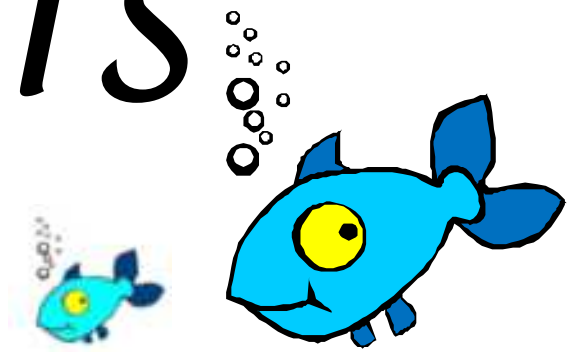


SNAPPETS

mini



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

January 2025



WELCOME to the mini format this month.

This month is a quick wrap-up of what has been happening around the club since our last newsletter way back in November last year.

Natasha Kedgley has just recently sent an email to everyone about what is coming up over the next weeks and months so I urge you to take note of dates and events outlined in that email and diarise without further ado!



DON'T FORGET THIS SATURDAY 1ST FEB AT BOLD PARK AQUATIC

CLUB SWIM - 1PM WARM UP FOR 1.30 START FOLLOWED BY

CLUB AGM AND PRESENTATIONS

OUR SOCIALS:



EVENT WRAP UP – CHRISTMAS FUNCTION AT THE WEMBLEY HOTEL –

Fri 6th Dec 2024

Thanks to Margaret Smithson for once again organising a terrific evening Christmas function in the courtyard of the Wembley Hotel. Everyone dressed in their Christmas finery and celebrated the season. Thanks to Pamela for taking the time to prepare her witty awards, it was a great vibe, everyone mingling and eagerly awaiting the piping hot pizzas



Enjoy the photos below taken by Sue Woodward:

Stadium Masters Swimming Club 2024 Christmas Party













In keeping with the Xmas theme we also had some great Xmas programs put together by our coaches – 12 days of Xmas and Snakes and Ladders to keep us on our toes. No slacking off just because was the end of the year!



LANE ETIQUETTE and OTHER RULES FOR 2025

Here's a refresher of our swim session rules:

1. Arrive 10 minutes before the session to be ready for the coach's briefing
2. Pay attention to the briefing and ask questions if unsure of instructions
3. Observe lane etiquette:
 - Swim to the left of the lane rope
 - On completing the length, move to the lane rope on the push-off side to allow incoming swimmers to finish in the centre
 - If passing, wait until there are no on-coming swimmers, move out and swim around; this may need a little acceleration
4. Maintain 10 second push-off time from swimmer ahead
5. Take a turn at leading my lane
6. Avoid drafting
7. Perform all starts and turns as if swimming in a refereed event
8. Focus on technique, especially streamlining and correct, quick turns.
9. Assist with putting away equipment and putting cage away



LANE ETIQUETTE DEMONSTRATION ^^

Photo above taken by Trish to demonstrate ***“on completing the length, move to the lane rope on the push-off side to allow incoming swimmers to finish in the centre”***

ENDURANCE SWIM CORNER – e1000

By Bill W

[e1000 Points recorder]

Here is the wrap up of the Endurance swims for 2024. Twenty two swimmers participated, contributing to a total of 5064 points. This is an increase over our 2023 total of 4447 points so well done. Let's see if we can beat 5064 points in 2025.

| | |
|-----------|-----|
| Mark | 55 |
| Helen A | 3 |
| Cas | 849 |
| Audrey | 503 |
| Sara | 34 |
| Christina | 3 |
| Anne | 570 |
| Barry | 61 |
| Tania G | 11 |
| Mike | 40 |
| Brett | 96 |
| Natasha | 3 |
| Helen L | 435 |
| Philip L | 4 |
| Jil | 100 |
| Brigitte | 22 |
| Kim | 5 |
| Phyll | 450 |
| Debra | 50 |
| Pamela | 860 |
| Bill | 860 |
| Sue | 50 |

TOTAL 5064



Thanks to Bill for coordinating our endurance program; collaborating points and updating the portal throughout the year.

For those wishing to test their endurance swimming and add to our Stadium Masters points score this year, members are available for timing on **Thursday mornings between 9.30am and 10.30am** and **Saturday afternoon between 12.30pm and 1.30pm**

AWARD – SUPER SNAPPER AWARD JANUARY 2025 – Bill Woodhouse

Congratulations to Bill for taking out the January Super Snapper award. Bill was presented with the award last Wednesday for gaining six, (yes six!) number 1 National rankings in the 2024 Top Ten. Well done Bill!



FEBRUARY / MARCH BIRTHDAYS



FEBRUARY

| | |
|-----------------|--------|
| Heather R | 2 Feb |
| Brett Jago | 8 Feb |
| Natasha K | 22 Feb |
| Audrey Bullough | 25 Feb |
| Mike H | 27 Feb |

MARCH

| | |
|----------------|--------|
| Pamela Walter | 6 Mar |
| Anne Edmondson | 21 Mar |
| Helen Austin | 29 Mar |

RESULTS:

OPEN WATER SWIMS 2024



| Fremantle Port Swim Through – 14 th December 2024 | | | | |
|--|-----------|----------|--------------------|--------------|
| Name | Age group | Distance | Time | Pace |
| Pamela Walter | 70-79 | 3.2 km | 01:17:58.53 | 24:22 min/km |

| Christmas 10K Swim – 21 st December 2024 | | | | |
|---|-----------|----------|-----------------|--------------|
| Name | Age group | Distance | Time | Pace |
| Anne Edmondson | 65-74 | 3.4km | 01:11:18 | 21:23 min/km |

OUR WEBSITE

Check out our new website if you haven't already. It contains a wealth of information. Deb has done a great job updating our old website and now we have a fresh new, modern look that is easy to navigate.

You will find all links to the carnivals, enduro forms, important dates and calendar items, results of club swims, club records and more.

Check it out:

www.stadiummasters.org.au



ACKNOWLEDGEMENTS AND DEADLINE

Next issue will be out end MARCH 2025. I look forward to receiving any items you would like to forward tania_gregg@hotmail.com

