



# Gladstone Groopers Masters Swimming Club Inc.

## NEWSLETTER

# 1/2010  
Feb. 2010

**Training Venue: John Dahl Pool Cost: \$4.00 normal , \$3.00 Health card holder**

**Times:** Tuesday 6.30pm – 7.30pm  
(Summer) Thursday 6.30pm – 7.30pm  
Sunday 7.30am – 9.00am followed by morning tea

### **Gladstone Groopers Executive:**

President:	Joan Green	Club Captain:	Elaine Harper
Vice President:	John Feddersen	Registrar:	Adrian Draney
Secretary:	Trudy Zussino	Head Coach:	Don Jones
Treasurer:	Richard Dick		

### **Wishing you well!!**

Very best wishes from the Groper family to all of our members both past and present who are currently undergoing treatment or convalescing.

In particular our thoughts go out to Ken Onions who is undergoing extensive treatment in Brisbane. Our thoughts and support are with the extended Pugh and Onions family which in our club include Val Onions, Dell & Brian Norris, Sandra & Reg Pugh, Gary Scanlan, and Leslie King.

Elaine Feddersen has now been home for a few weeks and is enjoying walks in the pool on Sunday mornings and is also down at the heated pool at other times.

### **Condolences**

The Club offers sincere condolences to Club member Anne Blain and family whose husband Milton passed away on 4 January 2010 aged 85 years.

Milton was a prominent Gladstone citizen who contributed significantly to the City's development. A very large number of people bid their farewells to Milton on 8 January and many tributes were paid to this fine gentleman.

Anne has received comforting support from her many friends as well as family during this time of grief.

### **Club Merchandise**

We now have the new Club Embroidered Shirts available. They come in Mens and Ladies sizes. The Men's shirts have a pocket and are priced at \$34. The Ladies have no pocket and are priced at \$32. We also have 3 shirts left from older stock. These are in Mens sizing and are available for \$24.50

We also have available plenty of caps, goggles, embroidered hats and shorts, nose clips, paddles, ear plugs, ear band, strap kits for goggles, zoggs shoes, men's cannibal togs and a kickboard. Anyone wishing to have a look at what is available in the Club's Merchandise, please see Pauline Walters or Bev Baldock.

# COMING EVENTS

## Major Swim meets 2010 & 2011

2010		
Date	Event	Location
13 February	Rocky Crocs	Rocky Southside pool
27 February	Hervey Bay	Hervey Bay Aquatic Centre
12-14 March	Queensland Championships	Cairns
7 – 10 April (not Easter)	2010 AUSSI Masters National Swimming Championships Entries must be received by Monday 22nd February 2010 either by post or email.	Launceston, Tasmania
27 July - 7 Aug	XIII World Masters Championships	Gothenberg, Sweden
23 October	Gropers short course meet	John Dahl Pool
6 to 14 November	Pan Pacific Masters Games (Pan Pacs) www.mastersgames.com.au	Gold Coast

2011		
Date	Event	Location
26 - 30 April	2011 AUSSI Masters National Swimming Championships	Perth, Western Australia
20 - 28 Aug	Mildura Masters Games	Mildura, Victoria

### Social activity

For many years the club has been quite active socially. This enables members to meet and talk away from the pool environment where "50 metres walk and talk" may be the longest yarn they get to have usually in their own lane. It is the ideal way for members in different lanes and in particular new members to meet others and find out more about "the Gropers".

Activity has slowed down recently partly due to our Social Convenors Sandra and Reg Pugh being away. However Ken White and Ian Gudgeon have arranged a home cooked pizza night at the Gudgeons at Beecher on Saturday 6 February. Ian has a special wood fired pizza oven which does an excellent job.

As at 30 January some thirty people have indicated that they will be attending. Please add your name to the list on the notice board if you would like to go and have a low cost good night out.

The rest of February is looking a bit busy to hold any other social activities with two swim meets scheduled during the month.

The Hervey Bay swim meet on 27 February is one of the highlights on the years social calendar. The swim will be held on Saturday afternoon 27 February this year followed by the usual enjoyable night out for dinner, presentations and entertainment. Often before returning home on Sunday morning breakfast is "done" at the boat club at Urangan.

March is looking good for an outing or two – any suggestions? One is a barefoot bowls afternoon/evening probably at Gladstone Bowls Club.

Let's know if you have other suggestions. Hopefully Sandra and Reg will be back on deck by that time.

# Gladstone Australia Day Awards 2010

Nominees for the 2010 Gladstone Regional Council Australia Day awards for 2010 were

- Richard Dick           Sports official
- Russell Ogden       Sports official
- Don Jones           Senior sports person

Previous club member Cheryl Ogden (Russell's wife) was also nominated for a senior sports person award.

**Cheryl ,Russell ,  
Don and Richard at  
the awards evening**



**Russell and Don with  
their respective Sports  
Official and Senior  
Sports person awards**

**HEARTY CONGRATULATIONS from the Groper family!!**

# *Coaches Comment*

## *By Russell Ogden*

With summer upon us it is a timely reminder about keeping well hydrated. But why is it important to keep hydrated and how should we accomplish this?

To appreciate the importance of these actions it is necessary to understand the basics of this physiology. In simplified terms the human body is made up of minerals, trace elements and water, in fact 80% water. This is a difficult concept to accept for the majority of people, as how can water form muscle, skeleton and organs of the body. Water in itself is an interesting substance although a liquid it is made up entirely of gases. Water is formed when two parts hydrogen (a colourless, tasteless but odour emitting gas) and one part oxygen (a colourless, tasteless, odourless gas) come in contact with one another. Once formed these gases are difficult to separate. Water can under certain conditions and by coming in contact with various elements often beyond our comprehension change it's physical state.

Simple state changes are when heated it becomes steam (a wet gas) condensing back to a liquid on cooling. Crystallizing and becoming ice when cooled to a very low temperature. Alcohol when having yeasts added and allowed to ferment. Of course the miracles of nature give the greatest and most profound changes to the state of water. When it comes in contact with fungi spores it transforms into mushrooms and other fungi. Mushrooms are 98% water as are grapes and berries, the other 2% being minerals and trace elements taken up from the ground during the growing period. Watermelons and in fact all melons are 90-95% water. All fruit and vegetables are water based to varying degrees and in fact all plant and animal life is water based.

Now if our bodies are 80% water as science has deduced it stands to reason that if this balance is altered for some reason it has a detrimental effect on the functioning of our bodies. The biggest and most common effect is a loss of water. (Dehydration) Too much water (over hydration) besides making us feel uncomfortable causes us to urinate more frequently which in itself is not a problem as it relieves the uncomfortable feelings. But over hydration can cause hyponatremia which is the stripping of essential minerals and electrolytes from the body. This can cause weakness, disorientation, seizures and coma if the condition is not reversed. It is unlikely to occur in athletes of our level of training. Dehydration is the state which affects us the most and in fact affects everyone in life at some stages. Scientists tell us if we lose 2% water from our bodies we are dehydrated. Water loss occurs by Evaporation from the skin. (Sweating) Evaporation from the respiratory tract. (The faster you breathe the more you lose, elimination of waste gases) Excretion from the kidneys. (Flushing waste products) Excretion from the large intestine. The effects of dehydration are decreased blood volume and blood pressure, decreased sub maximal and maximal cardiac output, decreased blood flow to and through the kidneys and impaired thermoregulation. There are also other detrimental effects on all of the bodies organs but the above mentioned is what concerns us the most from a training perspective.

During training our biggest concern is water loss through evaporation (sweating and respiration) Respiration is self explanatory the harder you breathe the more water you expel. Sweating is a bit more complicated, it's our inbuilt refrigeration unit if you like. As we exercise or do anything in life for that matter our muscles contract and relax. The faster and more powerful they contract the more energy they expend, the more energy expended the more heat generated. As this heat is generated it raises our core temperature. Our body's response is to excrete water through our pores of the skin where it evaporates causing a cooling effect on our blood stream and lowering our core temperature. As explained above as we sweat and lose water our blood volume decreases and our thermoregulation decreases. This means we decrease our training benefits.

Now training in water presents another problem. Because we are in water the sweat can not evaporate and we lose our evaporative cooling or refrigerator. But we are then benefited by being in water as in most cases the water temperature is below body temperature and we then get a convection cooling effect. This equates to about an equal cooling of the body. The other concern is people now do not feel or see themselves sweating therefore falsely believing they are not sweating when in fact they are still sweating the same amount as their core temperature is still raising in proportion to the amount of work being done.

### Coaches comment (continued)

It is therefore imperative to replace the water being lost by consuming more water. Sounds simple but as in most things in life it is far from it. Sweat is not just water we also lose waste products which we want to keep lost and we lose electrolytes which we need to replace, remember the hyponatremia. The answer is we preferably drink a mixture of water and a good isotonic sports drink. This has a two fold effect as it replaces almost identically what we have lost and it does it quickly and provides a source of carbohydrate. The reason I say quickly is in our stomachs we have food receptors which recognize when food is present and then processes it. Water in its purest form is colourless, odourless and tasteless and there fore is not recognized by these receptors. It therefore sits in the stomach going for a free ride and not contributing to your welfare very much at all. It will eventually be absorbed but by then it is too late. If we add the sport drink (preferable) or a pinch of salt, spoonful of sugar, squeeze of lemon, the receptors recognize food and immediately start absorbing it. If we are exercising for one hour or less a day we do not need the sports drink, flavoured water will suffice as we can replace the electrolytes from our normal diets.

If anyone has any queries please see me and I will try and answer them more fully or talk to your doctor as you would be surprised at how many people are dehydrated all of the time.

### Thanks

I would like to take this opportunity to sincerely thank the executive and members of the Gladstone Gropers for nominating me for Sports Official of the Year at the recent Gladstone Regional Council Australia Day Awards. Also thanks to the many Gropers who supported me along with Don Jones and Richard Dick on the night at the awards ceremony. Thanks also to Councillor and Groper Col Chapman for his regaling of our Grope, Grope, Grope to the public in his capacity of MC. Great job Col. The public certainly knows who the Gropers are now.

Thanks for all the kind words and I hope I can do the club proud. I would like to congratulate Don on his successful nomination of Senior Sports star of the Year Award, well done Don. Congratulations to Richard on his nomination for Sports Official of the Year.

Sincere Thanks  
Russell.

### 25 Year celebrations

Next year 2011 marks 25 years of the club's existence. To date the ten year and twenty year milestones have been very well recognised and attended.

The Onions and Pugh families have been **continuous** members for the whole of this time and have contributed significantly to the clubs success over these years. The Norris family commenced the next year together with Rod Porteous soon after.

The year 2010 marks the twenty-first birthday year of **continuous** membership for Doug Hogan and twenty years for John and Elaine Feddersen and Marilyn Irwin.

Feedback on what might be appropriate for the silver anniversary of the Gropers would be most welcome. Some thoughts are a catered dinner and also commemorative shirts perhaps in a "silvery" colour with a suitable blue and yellow motif. Also **see notes from Executive meeting on 31 January**.

## Notes from club Executive meeting on 31 January 2010

- **Medical problem/disability** Coaches are in the process of developing a system to give coaches instant access to Members' health record when medical help is needed. It is Members' responsibility to give as much information on the enrolment forms to the coaches of any medical condition and what symptoms coaches have to be aware of should a possible attack occur while they are exercising. Medical information given on the enrolment form will remain confidential.
- Col Chapman is at present obtaining strategic plans from State & National Masters Swimming and affiliated bodies such as Swimming Queensland to help develop our own strategic Plan. Input from our own Members will be sought.
- John Feddersen volunteered to become the Public Relations Officer
- **25 Anniversary (Gropers' Silver Jubilee)**
  - It was suggested that
    - a commemorative dinner be held
    - to hold a Charity Swim – (half an hour swim for \$25 (note the 25 to coincide with the 25 anniversary date). The \$25 could be raised by individuals through sponsorship or individual donations.
  - Note: the Charity is to be nominated. Input from Members would be appreciated
  - If Members have any comments and/or additional ideas on how we should celebrate this ***milestone*** please let us know
- **A short survey will be developed to gauge Members' wishes for the dates for the 2011 SWIM Meet**
- **Aerobic Policy** – it was recommended that the Aerobic Program remains as is. Anyone can participate in the program and regular aerobic sessions are held throughout the Week. These will be announced by the coaches. Members can, of course, organise their own aerobic sessions whenever it suits them and lanes are available at the Pools.