



Gladstone Gropers Masters Swimming Club Inc.

NEWSLETTER

3/09

December 2009

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Training Venue: John Dahl Pool Cost: \$4.00 normal , \$3.00 Healthcard holder

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

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Gladstone Gropers 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		

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The above officers were elected at the AGM on 27 September.

Absent for photo were Elaine Harper, John Feddersen, Russell Ogden , Rod Porteous, Sandra Pugh and Dale Atherinos.

Many thanks to the people accepting these positions and also members sincere thanks to the outgoing officers.

Important!!

There are a few positions which were not filled at the AGM on 27 September.

Social Co-ordinator **Reg and Sandra Pugh have volunteered for this important position.**

Social Committee **Please see Sandra or Reg**

Publicity Officer

Charity Swim Co-ordinator

Swim Meet Director

Five year plan group (Col Chapman will Chair)

It is important that we have an active social committee so please consider doing your bit in this integral part of the club activities.

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 Elaine Feddersen who remains in Brisbane receiving extended treatment.

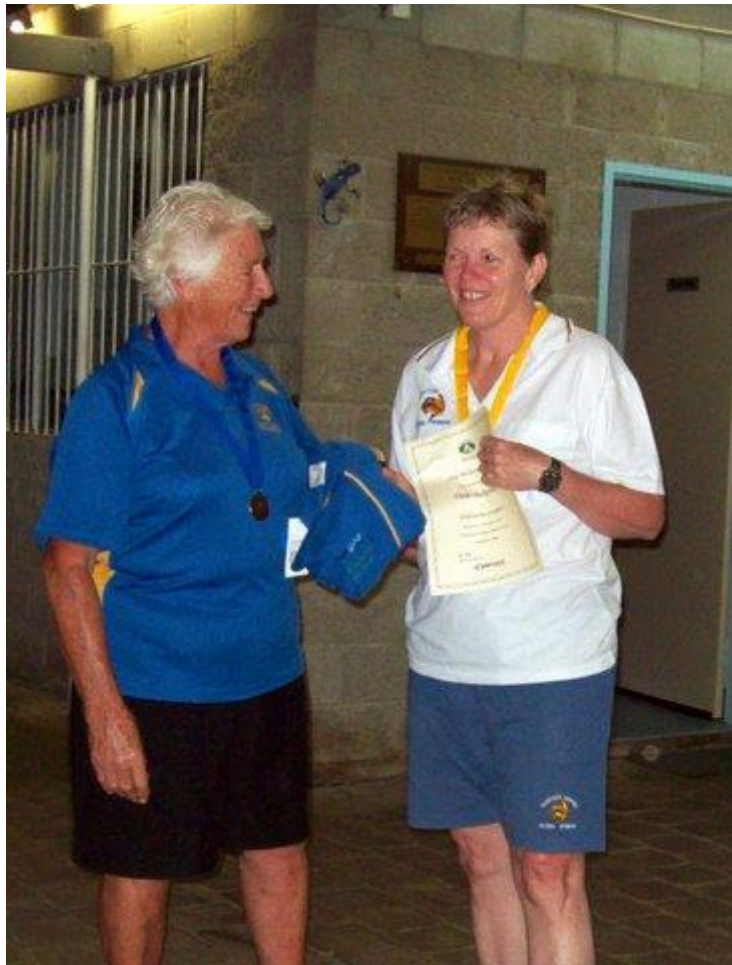
If all goes well Elaine and John will be home in mid December for Xmas.

Presidents Xmas message

Sincere thanks to all for a job well done in 2009.

I'd like to wish you all a happy Xmas and a healthy and prosperous new year.

Joan Green - President



One Million Metres.

The 1 million metre Vorgee Award was presented by Gropers' President Joan Green to Dale together with a certificate and a shirt.

To qualify for the million metre awards a record of all swims needs to be kept on a spreadsheet which is available for this purpose. It includes ALL swims not just the aerobic swims.

Aerobic Swimming

There is ample documentation that as you age Aerobic exercise of all sorts not just swimming will benefit you immensely.

It is not necessary to do all of the swims on the annual programme to benefit both personally and for the club points score. The Gropers have on occasions been up there with the best in Australia in overall points.

To familiarise yourself with the Aerobics programme please see Alan , Dale or any of the coaches or club executive.

Why not set yourself a challenge to complete all or part of the program in 2010!!

Sign-on Day Sunday 6 December at the John Dahl pool

Breakfast will be served @ \$4.00 per person at about 9.15 a.m. after swimming. All Members should have received the 2010 registration form. If you haven't please see Adrian. Also please put your name on the list for breakfast catering.

2010 Membership fees

In line with fees charged by both the National and Queensland Branches of Masters swimming the following membership fees have been struck for 2010 and are due **NO LATER** than the end of December to retain insurance.

Normal membership \$90.00

Healthcare card/Pension card holders \$75.00

Your membership fee includes coaching, news-letters, insurance, Sunday morning teas and other expenses. Club fundraising is not normally required.

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

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

Gropers Swim Meet - Saturday 31 October



Participants and some of the helpers at the Swim Meet



Elaine and Joan with the Nev Spencer Shield for highest aggregate points



Don Jones with a truck load of spoils including World Masters medals

Skins results

EVENT	SPONSOR/s	PLACE	SWIMMER	MASTER'S CLUB
Back	Betta Electrical	1st	Michelle Krome	Maryborough
		2nd	Dean Gibson	Rockhampton
		3rd	Rod Porteous	Gladstone
Fly	Bill Robertson Toyota	1st	Rod Porteous	Gladstone
		2nd	Shane King	Hervey Bay
		3rd	Col Chapman	Gladstone
Breast	Prizeman Electrical & Refrigeration	1st	Janet Cochrane	Hervey Bay
		2nd	Des McNee	Gladstone
		3rd	Col Chapman	Gladstone
Free	Independent Home Loans & QH ₂ O Gladstone	1st	Sue Higgins	Hervey Bay
		2nd	Dean Gibson	Rockhampton
		3rd	Alison Davenport	Gladstone

Points gained by our swimmers were:

Alan Atherinos	39	Leanne Hayne	47	Rod Porteous	50
Dale Atherinos	45	Marilyn Irwin	39	Pauline Walters	49
		Doug Hogan	50	Anna Weisskamp	40
Greg Baldock	25	Don Jones	50	Trudy Zussino	44
Sam Carey	50	Cheryl Liddell	39		
Col Chapman	48	Des McNee	32		
Alison Davenport	48	Brian Norris	47		
Deanna Dick	48	Ross Paroz	33		
Joan Green	50				
Elaine Harper	47				

Congratulations to all and especially to Cheryl in her first swim. It wasn't all that bad was it Cheryl!!

Again we sincerely thank our valuable sponsors in particular Elders the main sponsor.

Xmas function

Thirty odd members enjoyed great food and hospitality at Trudy and Tony Zussinos on Saturday evening 28 November.

The major awards for this time of the year were presented as follows:

Frank Griffiths trophy

Marilyn Irwin



Don Jones receiving his State record certificates from Joan



Groper award

Greg Baldock (absent)

Gropess award

Elaine Feddersen (absent)

Reg Pugh was awarded the Aerobic trophy for 2008.



All coaches present were presented with an annual token of appreciation by the club. It may be of interest for the newer members to note that in some clubs a hefty coaching fee is charged as well as the other mandatory charges. At the Gropers coaching has always been provided at no extra cost to members.

The usual 'SOGGIS' were distributed with Doug Hogan thinking he was missing out this time but it wasn't to be. Surely Doug must have the most SOGGIS awarded to a club member. Who knows what this means!!