



Gladstone Gropers Masters Swimming Club

NEWSLETTER

No. 3/2010

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Winter swimming – Gladstone Aquatic Centre – Heated 25m indoor pool

Pool entry is paid direct to pool attendant on entry. Discount multiple pool entry passes are available.

Times: Tuesday 6.00pm – 7.00pm
(Winter) Thursday 6.00pm – 7.00pm
Sunday 7.30am – 9.00am followed by free morning tea

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		

COMING EVENTS

SUNDAY, 1st AUGUST 2010 - A RELAXING AFTERNOON AND EVENING

AT CEDAR GALLERIES (5kms north of the Gladstone/Beneraby turnoff)

Music by local bands that play from 3.00pm to around 8.30pm

Cost \$12.00 per adult (includes dinner)

...oOo...

Hello Members

We are now swimming at our Winter Venue – The Gladstone Aquatic Centre. The numbers on Sundays are fine, would like a few more, but our week nights are low on numbers. It would be good to get a few more swimmers to participate to make our coaches' time as well as the time and cost of staff at The Pool (our training time is outside normal opening hours) worthwhile.

On the 30th of May we held our Mid Year Presentation at Spinnaker Park. Rod Porteous was the MC. There were presentations for Most Outstanding Swimming Achievement (Don Jones); most improved male and female swimmers (Greg Baldock and Carola Henderson); Groper and Gropess Awards (Doug Hogan and Trudy Zussino). Presentations were also made to swimmers who participated in the aerobic program and to those who swam in the Regional, State and National Swims. Various SOGGI's were presented by Cheryl Liddell who had everyone in stitches with the added gadgets! The food was delicious, friendship was great and the weather was lovely as well - all-in-all a successful function. Our thanks to the social director, Sandra Pugh.

On the 12th of June approximately 22 swimmers and family members descended on Sandra and Reg Pugh's home in Agnes Water for a social long week-end. Some camped next to the house, some stayed in the house and some stayed in accommodation nearby. The pastimes for the week-end were:- Yoga sessions, eating, walking, eating, Television, eating, board games, eating, reading, eating plus a bon fire and a few bottles of wine thrown in. The food provided by all was great, the use of the Pugh's house was just lovely. Sandra and Reg, we all thank you from the bottom of our hearts for such a great week-end .

While we are thanking Reg and Sandra, I would like to express our sincere sympathy following the recent passing of Sandra's Dad , Ken Onions who was a long time swimmer with the Groper.

Val , Sandra's Mother is now in Hibiscus and would welcome visitors. Val is a Life Member of the Club.

Joan Green
President

...oOo...

Vale Ken Onions

A large contingent of Groper Club members formed a guard of honour at the funeral service on 1 July of long time member Ken Onions.



Club members extend their condolences to Dale and Alan Atherinos on the passing of Dale's father recently. Our thoughts are with you both.

Wishing you well!!

Very best wishes to Alan Atherinos who is currently having extended treatment in Brisbane.

2010 MID YEAR AWARDS

About 40 members, family and friends attended the mid year awards held at Spinnaker Park, Gladstone on 30 May. It was a very relaxing afternoon.

MOST OUTSTANDING SWIMMER
George Busk Shield
Awarded to: DON JONES

The George Busk Shield is awarded to a member who has the highest achievement at firstly a National Swim Meet, then at a State Swim Meet. President Joan Green congratulates Don on his achievements.



Other awardees were:

**WOMENS MOST IMPROVED
SWIMMER**

Awarded to: CAROLA HENDERSON

**MENS MOST IMPROVED
SWIMMER**

**Awarded to: GREG BALDOCK
(absent on the day)**



The **Groper & Gropess Awards** are for service to the Club to male & female members respectively. The previous person who was previously awarded the trophy chooses the recipient for the award. It is to recognize a deserving member over the last six months for their involvement and behind the scene efforts in the Club. It is not for swimming achievements as other awards recognize these successes.



THE GROPER TROPHY
was awarded to
DOUG HOGAN by President Joan on behalf of previous recipient Greg Baldock



THE GROPESS TROPHY
was awarded to
TRUDY ZUSSINO by previous recipient Elaine Feddersen

Aerobic trophies are awarded to the male and female who has achieved the highest bonus points. The points are calculated at the rate of 1 point per second and 1 point per metre better than that required for maximum points in each swim.

THE FEMALE AEROBIC TROPHY

Awarded to: DEANNA DICK

THE MALE AEROBIC TROPHY

Awarded to: DON JONES



The following members completed all 62 aerobic swims during 2009:-

Male – Don Jones and Alan Atherinos

Female – Deanna Dick, Trudy Zussino, Dale Atherinos, Pauline Walters, and Beverley Baldock

Those members present on the day are seen below receiving a memento of their achievements.



Gladstone Gropers Masters Swimming Club Inc.

Nominations received to date for Office Bearers 2010/2011

POSITION	2010/2011	2009/2010
		<u>Positions held</u>
Patron	Simon Hooton	Simon Hooton
President	Joan Green	Joan Green
V/P & Grants Officer		John Feddersen
Secretary	Trudy Zussino	Trudy Zussino
Treasurer		Richard Dick
Assistant Treasurer (New)	Bev Baldock	
Club Captain		Elaine Harper
Registrar	Adrian Draney	Adrian Draney
Assistant Registrar (New)	Ken White	
Head Coach/Coach Dir.	Don Jones	Don Jones
Coach Committee		Sandra Pugh; Russell Ogden; Rod Porteous; Dough Hogan; John Feddersen
Aerobic Officer/s		Alan & Dale Atherinos
Safety Director		Greg Baldock
Safety Committee		Geoff Graham; David Taylor; Ken White; John Feddersen; Roy Kinslow
Welcome Desk	A'Dell Norris + rostered	A'Dell Norris + rostered
Social Director/s		Sandra Pugh
Social Committee		
Newsletter		Doug Hogan
Librarian Historian		Elaine Feddersen
Merchandise Officers		Bev Baldock & Pauline Walters
Publicity Officer		Pauline Walters
Charity Swim		
Swim Carnival Director		Greg Baldock

Job descriptions are available for all positions. Please consider nominating – The Club needs a strong Committee for the changes ahead

Note 1: Members of the Executive Committee are: The President, Vice President, Secretary, Treasurer, Head Coach, Club Captain & Registrar. Other Office Bearers are at times invited to the Executive Meetings.

Note 2: **Executive Meetings are held monthly**

Note 3: **Four Quarterly Meetings are held per year during the months March – June – September – December**

Note 4: **AGM is usually held between the months of July and September**

Note 5: Monthly reports need to be provided by:

- **Treasurer, Head Coach, Club Captain, Registrar**

Note 6: Quarterly and Yearly reports need to be provided by:

- **Treasurer, Head Coach, Club Captain, Registrar, Safety Officer, Social Director, Aerobic Officer, Merchandising Officer, Carnival Director, and others as requested**

Please consider what you would like to be involved with and see Trudy for a nomination form.



Club members enjoying pre-dinner nibbles and drinks at Agnes Water over the Queens Birthday weekend

Major Swim meets 2010 & 2011

2010		
Date	Event	Location
27 July - 7 Aug	XIII World Masters Championships	Gothenberg, Sweden
14 August	Rum City Bundaberg	Bundaberg Swim Academy
23 October	Gropers short course meet (Revert back to March in 2011)	John Dahl Pool Gladstone
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

Plantar Fasciitis

The plantar fascia is a thick fibrous band of connective tissue originating on the bottom surface of the calcaneus and extending along the sole of the foot towards the five toes. Due to causes such as over-pronation, jobs that require you to spend a lot of time on your feet, obesity, rapid weight gain and walking on hard surfaces, people may develop what is known as Plantar fasciitis. Plantar fasciitis is traditionally thought to be an inflammatory condition. This is now believed to be incorrect due to the absence of inflammatory cells within the fascia. The cause of pain and dysfunction is now thought to be degeneration of the collagen fibres close to the attachment to the calcaneus. Plantar Fasciitis is presented by a sharp stabbing pain at the bottom or front of the heel bone. In most cases, heel pain is more severe following periods of inactivity when getting up and then subsides, turning into a dull ache. In some cases the pain may arise in the Medial Longitudinal Arch due to excessive pronation.

Facts about Plantar Fasciitis:

- Heel pain, under the heel and usually on the inside, at the origin of the attachment of the fascia.
- Pain is usually worse first thing in the morning as the fascia tightens up overnight. After a few minutes it eases as the foot gets warmed up
- As the condition becomes more severe the pain can get worse throughout the day if activity continues.
- Stretching the plantar fascia may be painful.
- Sometimes there may also be pain along the outside border of the heel. This may occur due to the offloading the painful side of the heel by walking on the outside border of the foot. It may also be associated with the high impact of landing on the outside of the heel if you have high arched feet.



What do I do if I have Plantar Fasciitis?

There are a couple of options, but the best and perhaps the easiest way is to look at an orthotic device that has sufficient amount of support and correction.

At Active Physio Health, we have a computerised Gaitscan device that can assess for any biomechanical abnormalities in your foot. If you would like to read more, please visit our website www.activephysiohealth.com.au.

For your FREE Gaitscan (normally valued at \$75), please mentioned this newsletter when you book your Gaitscan appointment (Valid until end of July, 2010).

Yours Sincerely,

Shayne Podbury

Director, Active Physio Health