



Gladstone Gropers Masters Swimming Club

NEWSLETTER

No. 2/2011

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Training Venue: John Dahl Pool - Heated 25m outdoor pool - Summer swimming

Times: Tuesday 6.30pm – 7.30pm
Thursday 6.30pm – 7.30pm
Sunday 7.30am – 9.00am followed by free morning tea

During Summer, Gropers Club adopt the above training times. Swim fees (\$4.00 or \$3.50 concession rate) are paid direct to the Groper persons at the welcome desk. Please arrive before these times so that you are in the water ready to start on time.

Outside of the above swim times, pool entry is paid direct at the entry gate to pool management. Discount multiple pool entry passes are available.

Gladstone Gropers Executive:

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

COMING EVENTS

DATE CLAIMERS

GLADSTONE GROPER'S SILVER JUBILEE DINNER

10 SEPTEMBER 2011

AT

THE GLADSTONE BOWLS CLUB

WITH

GREEN PEPPER AS CATERERS

COST - \$40.00 PER HEAD

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GLADSTONE GROPER'S CHARITY SWIM

13 AUGUST 2011

Chosen Charity: LEUKAEMIA FOUNDATION

GROPER CLUB CARNIVAL

HELD AT JOHN DAHL POOL SATURDAY – 5 MARCH 2011

Groper President, Joan Green, said “that the swim meet was successful and it was an enjoyable day”. Swimming was interrupted for about an hour while a storm passed overhead. During this time, we were addressed by Queensland Branch President, Therese Crollick as well as Queensland Branch Administrator, Helga Ward about the changes and the latest news from a State’s prospective.



Therese pictured receiving her silver medal

51 swimmers competed on the day of the Gladstone Groper Short Course Relay swim meet. The visiting Clubs were – Rocky Crocs, Rum City, Hervey Bay, Maryborough, Brisbane Southside and Duck Creek Mountain.

23 Groper members swam and the individual results for our members are:-

Women

40-44 years:

Whiffen, Jenny	1 st	50 points
Zaina, Caireen	2 nd	49

45-49 years:

Costello, Cheryl	1 st	50
Walters, Pauline	2 nd	49
Hayne, Leanne	5 th	38

50-54 years:

Harper, Elaine	3 rd	45
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55-59 years:

Jenkinson, Patricia	1 st	49
Davenport, Alison	3 rd	44
Henderson, Carola	4 th	36
England, Lidwina	5 th	30

65-69 years:

Dick, Deanna	1 st	49
Zussino, Trudy	3 rd	45

75-79 years:

Green, Joan	1 st	49
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Men

45-49 years:

Strike, Glen	1 st	48 points
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50-54 years:

Porteous, Rod	1 st	50
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55-59 years:

Ringuet, Marcel	1 st	50
Gudgeon, Ian	4 th	40
Feddersen, John	5 th	37

60-64 years:

Chapman, Colin	1 st	49
Baldock, Greg	3 rd	40

75-79 Years:

Jones, Don	1 st	50
White, Ken	2 nd	47
Norris, Brian	3 rd	42

Anyone wishing to see the photos of Groper members receiving their individual medals, please visit the Gladstone Groper web site on the following link www.gladstonegroper.org.au then photo gallery.

The “skins” were hotly contested and the winners of the skins events were:-

Freestyle (Sponsored by Individual Home Loans and McNeer North Surveys)

1st Glen Strike – Gladstone Gropers

2nd Linda Hodgkinson – Hervey Bay

3rd Shane King – Hervey Bay

Breast Stroke (Sponsored by Prizeman’s Electrical)

1st Daryl Higgins – Hervey Bay

2nd Louise MacDonald – Hervey Bay

3rd Deanna Dick – Gladstone Gropers

Backstroke (Sponsored by Bill Robertson Toyota)

1st Ian McLeod – Rocky Cross

2nd Robyn Keightly – Rum City

3rd Linda Hodgkinson – Hervey Bay

Butterfly (Sponsored by Betta Electrical)

1st Louise MacDonald – Hervey Bay

2nd Glen Strike – Gladstone Gropers

3rd Rod Porteous – Gladstone Gropers

Gropers had a very successful day by winning the Nev Spencer Trophy for the highest aggregate points, the Elders Real Estate Trophy for the highest average points for larger clubs at the meet. The Cement Australia Trophy for highest average points for smaller clubs at the meet was won by Rum City. Gropers also won the inaugural Tri Series Trophy for the greatest number of swimmers attending away from home swim meets between Hervey Bay, Gladstone and Rockhampton.



Gladstone Gropers also won the Great Groping Relay over Hervey Bay. Unfortunately during the event Col Chapman dislocated his knee but in true team spirit continued on in much pain to finish the relay to avoid disqualification.

Pictured below are the winners of the Great Groping Relay with Col photographed the next day.



AEROBICS for Fitness and Endurance

For those members who wish to improve their fitness and endurance, the Aerobics Programme is a great way to do it. It also offers you a chance to spend some social time with other club members or a chance to practice your timekeeping. Remember “Fitness, Friendship & Fun”. To date, 18 of our members have participated. However, we would like to see more members give it a go. Not only do you become more fit; you also gain points for the Club. Below is a brief description of what the programme is about.

The full programme is 62 timed swims over the calendar year. However, you do not have to complete the full programme. The programme consists of 400m and 800m in each of the different strokes – Freestyle, Backstroke, Breaststroke, Butterfly as well as Individual Medley. For points to be allocated, each stroke must be swum 5 times in a different **calendar** month. It’s your choice of which strokes you would like to swim; or you could choose to swim them all.

The aerobic programme also consists of 12 longer swims which are 1500m, 1/2hr, 3/4hr & 1hr in Freestyle, Backstroke and Breaststroke. You only need to swim these once during the year.

Aerobics are normally held on Wednesday, Friday and Saturday mornings starting at approximately 7a.m. or earlier if you wish / organise. Please note that the pool could be hired out to another group from 8am on a Saturday morning. So, if you wish to swim on Saturday, please don’t be late. If you have any questions or would like to know more about the programme, please come and see me or phone me on 49791827.

Bev Baldock (Aerobics Officer)

MERCHANDISE REDUCED TO SELL

Item	Price	Reduced to
Nose Clips	Ranging from \$5.00 to \$7.00	\$3.00
Paddles	Ranging from \$10.00 to \$16.50	Ranging from \$5.00 to \$8.00
Shoes Zoggs	\$8.00	\$4.00
Goggle Strap Kits	\$3.50	\$2.00
Gropers Mens Shirts (old stock)	\$24.50	\$20.00

The following is a list that makes up our Club Uniform.

Item	Price
Swimming Caps (Gropers)	\$8.00
Embroidered Gropers Men’s Shirts	\$34.00
Embroidered Gropers Ladies Shirts	\$32.00
Hats Bucket	\$16.50
Hats Peak	\$10.00

Please see Pauline Walters or Bev Baldock if you wish to look at any of these items. Merchandise will most likely not be available during the winter months. So, if you wish to buy anything, please see us before we move over to the Aquatic Centre.

GENERAL

- The Queensland State Championships were held on 25th to 27th March at the Gold Coast. Club Secretary, Trudy Zussino, was the only attendee from Gladstone Gropers and Trudy picked up 5 medals – 1 silver and 4 bronze. Well done Trudy!
- Doug Hogan is currently looking for photos taken over the past 5 years in particular so that these photos can be added to the 20 year photos to develop a “25 year” collection.
- The Lane Warriors challenge started at the beginning of the year. You record the number of metres you swim during the year and points are awarded. If you need any further information of this, please see Trudy or have a look at the Queensland Masters Swimming web site.

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SWIM MEETS – 2011		
Date	Event	Location
26 – 30 April	National Championships	Perth, Western Australia
14 May	Noosa	Noosa Aquatic Centre
6 August	Rum City	Bundaberg Swim Academy
2 October	Maryborough	Maryborough Memorial Pool

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