



Gladstone Gropers Masters Swimming Club

NEWSLETTER

No. 3/2011

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Training Venue: Gladstone Aquatic Centre - Heated 25m indoor pool - **Winter swimming**
Times: Tuesday 6.00pm – 7.00pm
 Thursday 6.00pm – 7.00pm
 Sunday 7.30am – 9.00am followed by free morning tea

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

COACHING WEEKEND

9 & 10 JULY 2011

(See below for further details)

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GLADSTONE GROPER'S CHARITY SWIM

13 AUGUST 2011

Chosen Charity: LEUKAEMIA FOUNDATION

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GLADSTONE GROPER'S SILVER JUBILEE DINNER

10 SEPTEMBER 2011

(See attached flyer for details)

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WORDS FROM EL PRESIDENTE

I am very pleased with the numbers we are getting at the winter venue.

Our mid year presentations were a great success, held at Ian and Julie Gudgeon's property which is such a lovely venue. "Thank you" to you both once again for your hospitality. Bev Baldock presented the Aerobic trophies to those members who completed the whole aerobic program. Recipients were:- Don Jones, Bev Baldock, Deanna Dick, Pauline Walters (absent) and Alan Atherinos (absent). Don, Bev and Deanna achieved maximum points for the aerobic program.

Coaches Rod Porteous and Russell Ogden presented the Most Improved Swimmers and Highest Achievements trophies.

Trudy Zussino as State Vice President Central Region, presented Russell Ogden with the Mary Sweeney trophy for his work within the Club and State as an 'official'.

The Groper trophy was presented to Adrian Draney by Rod Porteous. What a great quiet worker Adrian is – well deserved.

The Gropess trophy was presented to Bev Baldock by A'Dell Norris. Bev is another good worker for the Club. It was such a blessing when she accepted the position of Aerobic Officer for the Club along with other work she does quietly.

Cheryl Liddell entertained us with her presentation of the SOGGI's, funny for all, embarrassing for some.

This was followed by a pizza competition which was very tasty and great fun. We were then encouraged to make pizzas for all to enjoy.

A number of us are looking forward to the long weekend in Agnes Water with Sandra and Reg Pugh's home being our venue.

As mentioned, the Aerobic Program still has six months to go this year and I would encourage swimmers to get involved. It is great for your stamina. Also, talk to Trudy about the "Lane Warriors" program which records the distance you swim in a year and could win you a prize.

Your President

Joan Green



Joan accepting her SOGGI

MSQ Vice President's (Central Region) Report

At the Gropers General Meeting I gave a synopsis of several new State programs:-

- **Lane Warriors** – several Members are already participating in this program. It involves individuals to record distances swam. These could be in aerobics, training with or without flippers, just swimming for training or pleasure and even walking in the pool – as all are regarded as exercising for health. Certificates will be presented to all participants and prizes will be awarded for outstanding performances (i.e. distances swam in the various age groups).
- **Qld Masters Senior Excellence (MSX) program.** This involves Members' participation in Swim Meets throughout Queensland and other States. Outstanding Members will be selected via the *Swim Meet Program* in each age group. The major prize will be an overseas trip with accommodation for two people – minor prizes will also be given.
- **Participation and Improvement Programs.** Finer details are still to be worked out. I will be able to give more information at a later date on how you can be nominated to be in the State draw for an overseas trip for two people. Minor prizes will also be given.

If you are interested to participate in any these programs please contact MSQ Vice President, Trudy on 49794302 for more information.

Masters Swimming has also been introducing “Clubs-On-Line” and this has reached a stage whereby it will become compulsory to register and re-register on-line. The Committee plans to set out how this can be done. It is, relatively speaking, a simple process. For some Members who do not have access to a computer the Club will help you enter your details.

It also gave me great pleasure to present our Member, Russell Ogden, with the inaugural Mary Sweeney Trophy at our Mid Year Presentation function. Mary Sweeney, a long standing Member of Masters Swimming Queensland, has been both Branch and National President and was the convenor for the FINA Masters World Championships when they were held in Brisbane in 1988 and also for the National Championships in Brisbane in 2009. Mary often worked as an official at several levels at many swim meets. She is a Life Member of MSQ and she donated the *Queensland State Official-of-the-year Trophy* to recognize the work officials do – something that she felt strongly about.

Swim for your Life

Trudy
VP Central Region

2011 MID YEAR AWARDS

About 40 members, family and friends attended the mid year awards held at Ian and Julie Gudgeon's on 5 June. Following the mid year awards and presentations, a pizza master chef competition was held.

A pleasant afternoon and evening was had by all. A very special thank you to Ian and Julie for hosting the event.

MOST OUTSTANDING SWIMMER

George Busk Shield

Awarded to: TRUDY ZUSSINO

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. Pictured is Trudy receiving her award.



Other awardees were:

**WOMENS MOST IMPROVED
SWIMMER**

Awarded to: CAROLA HENDERSON



**MENS MOST IMPROVED
SWIMMER**

Awarded to: GREG BALDOCK



The **Groper & Groppess 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 necessarily for swimming achievements as other awards recognize these successes.



THE GROPPESS TROPHY
was awarded to
BEV BALDOCK
by previous recipient **A'Dell Norris**



THE GROPER TROPHY
was awarded to
ADRIAN DRANEY
by previous recipient **Rod Porteous**

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 2010:-

Male – Don Jones and Alan Atherinos

Female – Deanna Dick, Beverley Baldock, and Pauline Walters

At the Qld Long Course Championships held at Banora Point, Tweed Heads on 25-27 March 2011, Masters Swimming Queensland awarded the Mary Sweeney Trophy for the Branch Official of the Year.

Russell Ogden, one of Gladstone Groper's Level 2 coaches, was awarded this trophy for his participation in official duties as a referee not only at a Club level but also a State level.



**The Mary Sweeney Trophy
BRANCH OFFICIAL OF THE YEAR**

Awarded to:- RUSSELL OGDEN

The trophy was presented to Russell by Trudy Zussino (MSQ VP Central region)

Soggi's were presented to the following:-

- The Over 70's Lubricant Grease & Oil Change Award - Joan Green
- The Groper Humanitarian of the Year Award - Ian Gudgeon
- It's all in the Touch Award - Trudy Zussino
- The Gropers Contribution to Aussie Slang Award - Yvonne Keenan
- The Inaugural "Little Pearler" Award - Alison Davenport
- The Barney Point - Groper on the Loose Award - Ian Gudgeon

The mid year awards evening concluded with a Pizza Master Chef Competition and subsequent pizza tasting.



Cheryl Liddell was Master Chef Compere, with Trudy Zussino, Alison Davenport, Colin Chapman and Clare Houston as the contestants.



Trudy
(Original Italian with modern)



Alison
(Daintree Special)



Colin
(Mediterranean Style)



Clare
(Clare's Creation)

PROPOSED COACHING WEEKEND

DATE CLAIMER - July 9th & 10th

Saturday (Time to be confirmed) – Gladstone Aquatic Centre – 1.5 hours

- 2 strokes to be covered

Saturday evening – Venue to be arranged

- Discussion on nutrition and recovery as well as health

Sunday morning (7.30am to 9.00am) – Gladstone Aquatic Centre

- remaining strokes covered

Note: There will be normal swimming for those that do not want to participate in the Sunday special sessions.

Our Level 2 coaches, Rodney Porteous and Russell Ogden will be the mentors for the day. There will be a number of interesting presenters. As usual for these types of events, they are a lot of fun.

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AEROBICS PROGRAM for Fitness and Endurance

**AEROBIC SWIM TIMES - Saturday Morning from 9.30am and
Wednesday Morning from 10.00am
at the Gladstone Aquatic Centre**

Under the Aerobics Program, there are two awards that can be won by participating Clubs.

Firstly, the National Aerobic Trophy which is awarded to the club scoring the highest number of points gained by its members. In 2010, Gropers was placed 10th, with 73 clubs competing.

Secondly, the National Aerobic Award previously known as the Tassie Award (Zoggs Award). This award is for the highest number of points per registered member. In 2010, we were placed 20th, with 75 clubs competing. **We can do better.**

To date, we have 20 members who have participated in the program so far this year. I do encourage those members who have started their aerobic program to try and complete their swims. This will be of benefit for themselves as well as the Club. It is pleasing to see a couple of our newer members giving it a go. I hope they continue. Also pleasing is when I see swimmers like John Feddersen who has really thrown himself into the program this year and is improving his times by huge margins. (It's time you went up a lane, Feddo)

If any member wants to do an aerobic swim and the above times do not suit, please come and see me or arrange with another member for a more suitable time.

Remember: Fun, Fitness & Friendship

Bev Baldock
(Aerobics Officer)

GENERAL

- Charity Swim 13 August 2011– donation sheets will be available soon so that you can start arranging your donations. In recognition of our past long term member Ken Onions, the Leukaemia Foundation was chosen. The last charity swim conducted by your Club was for Women’s Health during October 2005. The 2011 swim will be the 13th of these types of events. Apart from raising monies for such a worthy cause, it is a good opportunity to complete some of the longer distance aerobic swims. Time keepers will be arranged for the day. Additionally, Trudy as VP Central for MSQ, is investigating whether or not this event will qualify for a new State award. Under this award, the lucky winner could win a major prize, such as an overseas trip. More details to come. Please consider if you would like to be a lane leader to organise the teams of swimmers for the day. Geoff Graham, Charity Swim Co-ordinator returns from holidays shortly. In summary, Swim for Ken, Swim for Yourself.
- The Mid Winter Skins will be held in late July. Further details to come.
- Reminder – If any member/coach uses the Groper’s 4 draw filing cabinet at the Aquatic Centre, please ensure you **lock the cabinet** when finished. We have a lot of valuable equipment (i.e. stop watches) that could easily “walk” if left unlocked.
- A sponsorship application was submitted to QGC (Qld Gas Corporation) to cover the costs of publishing the Club’s Silver Anniversary Splashback booklet. This application was submitted by John Feddersen (25yr celebrations Chairperson) and John has recently been advised by QGC that the application was successful.
- 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.
- About 12 members braved the high seas to go to Heron Island for the long weekend in early May. Some went snorkelling, reef walking and bird watching while others lazed around the pool. There was something for everyone. It was a great weekend.



- Congratulations to past members – Michael and Imogen England on the safe arrival of Matilda Joy. Matilda was born on Anzac Day weighing 8lb 2oz. Of course Matilda is the first grandchild for Reg & Sandra Pugh and the seventh grandchild for Brian & Lida England.

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SWIM MEETS – 2011		
Date	Event	Location
6 August	Rum City	Bundaberg Swim Academy
2 October	Maryborough	Maryborough Memorial Pool

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GLADSTONE GROPER'S MASTERS SWIMMING CLUB INC.



25 YEAR CELEBRATIONS

DATE CLAIMER

10 September 2011

Event:

Gladstone Gropers Masters Swimming Club Inc. will be holding the Club's Silver Jubilee celebrations on Saturday 10 September 2011.

Dinner Function:

Venue: Gladstone Bowls Club – Ferris Street, Gladstone
 Hot and Cold 3 course Buffet Dinner
 Cost: \$40.00 per head

Enquiries

Doug Hogan: Phone (07) 4979 4579
 Email dbhogan@internode.on.net

Richard Dick provided the following article. The source of the article is unknown but makes for interesting reading:-

The study of the human body is fairly interesting. The moment it becomes no less than amazing is when we understand what happens as the body is placed under the demands of movement and resistance we call exercise. Rebounding is an effective exercise that reduces your body fat; firms your arms, legs, thighs, abdomen, and hips; increases your agility; strengthens your muscles overall; provides an aerobic effect for your cardiopulmonary systems; rejuvenates your body when it's tired, and generally puts you in a state of mental and physical wellness. In fact, there are at least 41 fascinating ways the body responds to regular rebounding, detailed below:

1. Rebounding provides an increased G-force (gravitational load), which strengthens the musculoskeletal systems.
2. Rebounding protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
3. Rebounding helps manage body composition and improves muscle-to-fat ratio. Rebounding diminishes body fat, improves muscle tone, improves the efficiency with which the body burns carbohydrate, and lowers pulse rate and blood pressure.
4. Rebounding aids lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. Your lymphatic system acts as your body's internal vacuum cleaner.
5. Rebounding circulates more oxygen to the tissues- and where there is oxygen there cannot be disease.
6. Rebounding establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
7. Rebounding increases capacity for respiration.
8. Rebounding tends to reduce the height to which the arterial pressures rise during exertion.
9. Rebounding lessens the time during which blood pressure remains abnormal after severe activity.
10. Rebounding assists in the rehabilitation of a heart problem.
11. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells.
12. Rebounding improves resting metabolic rate so that more calories are burned for hours after exercise.
13. Rebounding helps fluid move easily within the body, thus helping muscle performance and lightening the load required of the heart.
14. Rebounding decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic edema.
15. Rebounding improves circulation. It encourages collateral circulation (the formation of new branch blood vessels that distribute blood to the heart) by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.

16. Rebounding strengthens the heart and other muscles in the body so that they work more efficiently.
17. Rebounding allows the resting heart to beat less often. Each beat becomes more powerful and sends out a greater surge of blood around the body to nourish its 60 trillion cells.
18. Rebounding lowers circulating cholesterol and triglyceride levels.
19. Rebounding lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease.
20. Rebounding promotes tissue repair.
21. Rebounding for longer than 20 minutes at a moderate intensity increases the mitochondria count within the muscle cells, essential for endurance.
22. Rebounding adds to the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
23. Rebounding improves coordination between the proprioceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibres.
24. Rebounding improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
25. Rebounding offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
26. Rebounding enhances digestion and elimination processes.
27. Rebounding allows for deeper and easier relaxation and sleep.
28. Rebounding results in better mental performance, with keener learning processes.
29. Rebounding curtails fatigue and menstrual discomfort for women.
30. Rebounding minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
31. Rebounding tends to slow down atrophy in the aging process: Rebounding can actually reverse, prevent or diminish the hardening of the arteries. By conquering this ultimate pathology, you will keep your mind alert, skin smooth, skeleton flexible, libido intact, kidneys functioning, blood circulating, liver detoxifying, enzyme systems alive, hold memory intact, and avoid all systems of the aging process.
32. Rebounding is an effective modality by which the user gains a sense of control and an improved self image.
33. Rebounding supplies a reserve of bodily strength and physical efficiency.
34. Rebounding helps the body attain peak cell function through chemical function.
35. Rebounding expands the capacity for fuel storage, resulting in extra endurance.
36. Rebounding stimulates metabolism. Rebounding provides for a better absorption.

37. Rebounding promotes body growth. Growth of the long bones is especially stimulated by rebounding due to the stimulating effect of the pituitary gland, which produces growth hormone.
38. Rebounding increases the capacity for respiration. Breathing is controlled by changes in the volume of the chest cavity brought about mainly by muscular movements of the diaphragm, Repeated rebounding exercise accomplishes more muscle movements of the diaphragm with the consequent chest expansion.
39. Rebounding boosts red blood cells. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells. The red blood cells carry oxygen and nutrients to the tissues of the body and also help remove carbon dioxide from them.
40. Rebounding helps fight fatigue. Rebounding tones the glandular system to increase the output of the thyroid gland, the pituitary gland and the adrenals-which all help to restore energy.
41. Rebounding exercises every part of your body.
42. Rebounding is enjoyable!

People who rebound find they are able to work longer, sleep better, and feel less tense and nervous. The effect is not just psychological, because the action of bouncing up and down against gravity, without trauma to the musculoskeletal system, is one of the most beneficial aerobic exercises ever developed.