



Gladstone Gropers Masters Swimming Club

NEWSLETTER

No. 6/2010

Published December 2010

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 Gropers Club 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 these 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

GROPER SHORT COURSE RELAY CARNIVAL

AT

JOHN DAHL POOL, GLADSTONE

ON

5 MARCH 2011

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END OF YEAR AWARDS & PARTY

The combined End of Year Presentations and Christmas Party was held at Tony and Trudy Zussino's on Friday night, 26 November 2010 and was attended by about 50 people. A special thank you to Tony and Trudy for providing the venue.

The food was prepared by chief chef Rod and catering extraordinaire Joan. The meal was delicious and Rod's recipe is included in this newsletter on Page 6. Thanks Rod and Joan and to all those who help to make the evening a great success.

Again, we had Secret Santa with chocolates, port and wine proving very popular and much sought after.

The following awards were presented during the evening:-



FRANK GRIFFITHS TROPHY:

This trophy is in memory of our past member and swimming legend, the Late Frank Griffiths. The trophy is open to any female or male 50 years or older in the Gladstone Gropers Club and is based on the **best average** difference taken on each eligible swimmer's best 3 swims for the annual Gropers Carnival, comparing the current year with the previous year's results.

JOAN GREEN was awarded the Frank Griffiths Trophy for 2010.

The **Groper & Gropess Awards** are for service to the Club to male & female members respectively. The previous person who was awarded the trophy chooses the recipient for the award. The awards are 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

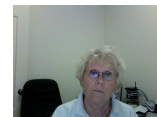
RODNEY PORTEOUS



THE GROPESS TROPHY
was awarded to

A'DELL NORRIS

Report from the QMS Branch *face-to-face Meeting* on 19 & 20 November, 2010



Darn – flight cancelled when I arrived at the Gladstone airport. My immediate thought was will I get to Brisbane in time to share a taxi to Chandler Pool with fellow Branch Committee Members as I did for the last *face-to-face Meeting*. Unfortunately I arrived too late at Brisbane Airport and had to get my own taxi as the train and then bus would have taken too long so I only missed the first part of the QMS Meeting at Swimming Queensland Office at Chandler Pool. As there were too many items on the Agenda I have to wait until I receive the Minutes to see if I have missed anything of importance. Regardless of what I missed the rest of the 2 day Meeting was productive with lots of good suggestions on management and benefits for Members.

The most time-consuming activity was the revamping of the Constitution and By-laws. Both documents required considerable changes to align to MASTERS SWIMMING AUSTRALIA. Some notable examples are:-

- Name change from QMS (Qld. Masters Swimming) to MSQ (Master Swimming Queensland) and removal of the acronym AUSSI
- Name change from BMC (Branch Management Committee) to BMB (Branch Management Board) - rationale to have equal powers in the amalgamation process of Swimming Queensland (SQ) and Master Swimming Queensland
- Establishing guide lines for the payment of SQ services and duties of an Administrator who is now fully employed by SQ. MSQ now pays SQ for all services rendered to MSQ.

New programmes initiated by the Branch

1. ***Lane Warriors – an exciting new Fitness Challenge Programme***

The requirements for this challenge will be outlined in the **December, 2010** issue of Swimmers News. In short it recognises every distance you swim, long or short, with any stroke you like, and even includes kicks and drills with or without flippers and use of buoys. It is a programme in which all Members can participate. It is an annual challenge and starts on 1 January, 2011 and finishes on 31 December, 2011.

2. ***An Officials Award***. This will include anyone who officiates at Master Swim Meets, whether as an accredited official or a non-swimming volunteer. Again more information will be given in the **December, 2010** issue of Swimmers News
3. With the resignation of the State Recorder/Registrar/Aerobic Officer, all Members are strongly encouraged to register/re-register on-line. More about this in Gropers' next Newsletter.

INVITATION TO THE 5 MARCH 2011 SWIM MEET in Gladstone

Gropers' Committee Members agreed to invite Branch Committee Members to attend our Swim Meet on March, 2011. The Committee has accepted the invitation and we will try to provide accommodation to keep their costs down. Prior to their arrival they would like us to advise them what issues they should discuss for the benefit of our Members and visiting Club Members. If Members have suggestions please let me know.

Trudy Zussino
VP Central Region

GROPER'S GOSSIP

- Col Chapman became a proud grandfather recently. Col's son Craig and daughter-in-law Chrissie had a boy, Cooper John (6 lb 15 oz) on 27 November.
- Congratulations to Greg Baldock who won the Queensland Champion for the Masters 50 to 65 year age group of Country Music held in Brisbane. He also came second in the Open Duet. Well done Greg!
(Apparently Bev was so nervous when Greg was on stage that all the photos turned out blurry however she recovered for the award presentation to take the photo below)



- Brian and Lida England have returned from trekking in the Himalayas with plenty of fascinating stories to tell.

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PRICES SLASHED ON CLUB MERCHANDISE

Item	Price	Reduced to
Ear Bands	\$8.00	\$4.00
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 Men's Shirts (old stock – only 3 left)	\$24.50	\$20.00

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

Item	Price
Swimming Caps (Gropers)	\$8.00
Gropers Men's Shirts	\$34.00
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.

Acknowledgement - The article below is from the book “Lighten Up to a healthy lifestyle” put out by The State of Queensland, Queensland Health (2006).

BODY MASS INDEX (BMI)

Calculating your BMI is a simple means of establishing your weight status. The BMI is calculated by taking your weight (in kilograms) and dividing by your height (in metres squared). This gives you a number to compare with set standards (see BMI Health Classification Chart below).

Assess your weight status – your BMI measurement

Measure your weight on a reliable set of scales. Measure your height against an accurate height measurer. Use a simple household calculator to work out your BMI as follows:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height x Height (m)}}$$

For example, someone who weighs 92 kg and is 1.70 m tall, would have a BMI equal to 32 (i.e. calculated by dividing 92 by 1.7 twice).

Now, compare your BMI with the BMI Health Classification Chart below.

BMI Health Classification Chart

BMI less than 18.5	<ul style="list-style-type: none"> • Underweight with increased risk of health problems • Weight loss will be dangerous
BMI 18.5 – 25	<ul style="list-style-type: none"> • Healthy weight range associated with the best health for most people
BMI 25-30	<ul style="list-style-type: none"> • Men in this BMI range with a waist circumference of more than 94cm, or women with a waist circumference of more than 80cm are at increased health risk and could benefit from some lifestyle changes to help remove excess body fat, particularly fat around the waist
BMI greater than 30	<ul style="list-style-type: none"> • A BMI over 30 increases health risks in both men and women considerably • Having a BMI over 30 should be strong motivation to take action now for a healthy lifestyle

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SWIM MEETS – 2011		
Date	Event	Location
12 February	Rocky Crocs	Rockhampton Grammar School Pool
26 February	Hervey Bay	Hervey Bay Aquatic Centre
5 March	Gladstone Gropers Short Course Relay Carnival	John Dahl Pool, Gladstone
25-27 March	Queensland Long Course Championships	Banora Point, Tweed Heads
26 – 30 April	National Championships	Perth, Western Australia
14 May	Noosa	Noosa Aquatic Centre
6 August	Rum City	Bundaberg Swim Academy

ROD'S CURRY SEAFOOD & MANGO RECIPE

Serves 4

Ingredients:

900 gm seafood (see note 1)

1 large mango

800 ml coconut cream (see note 3)

Curry to taste (1 teaspoon Keens)

1 teaspoon garlic

1 teaspoon ginger

1 onion cut into eighths

1 lime zest (see note 2)

1 lemon zest (see note 2)

Splash of olive oil

Note 1 – Can be just fish or mix of green seafood. If using squid add just before serving to avoid rubber.

Note 2 – Use zest, grate the lemon and lime outer skin. You can also use the juice if you so desire but read Note 3.

Note 3 – Healthy option can use carnation milk coconut flavour, but lemon/lime juice will curdle. Zest will not curdle carnation milk.

Method:

Splash oil into pan.

Cook onion to $\frac{3}{4}$ done, add curry powder, garlic and ginger and fry.

Maybe a splash more oil, don't let this look dry nor too oily. Finish cooking onion until clear.

Add coconut cream, stir to mix. Should end up a nice yellow colour (depends on amount of curry used).

Do not boil, add in seafood (big bits first) and cook in sauce until seafood is just white through.

Add lemon and lime zest (or juice depending on coconut cream used)

Cut mango into cubes. Add to sauce and stir through.

Serve on a bed of rice. (Long grain, rinse with hot water after draining and make sure rice is not gluggy but nice and free – not stuck together). Same size pot of hot water is a good starting point.

Thickening – If you want sauce thick, it can be thickened with cornflour when hot and before adding seafood.

Seafood –

Broken and or discoloured scallops are cheaper

Soft and broken prawns are cheaper

Although hard to come by around here, Pearl Perch is excellent for this dish or use a top quality reef fish (eg Coral Trout, Red Throat Emperor or Sweetlip). Mackerel can be used also but unless you cut it properly stick with the others.



Are Warm-Ups worth it?

Most Physio's, personal trainer's, coaches and other people involved in the industry of getting and staying fit firmly believe that a good warm up is essential. Common beliefs are that it reduces the chance of injury as well as preparing the body for the activities after. But have warm-ups ever been proven to show a reduction in the incidence of injuries?

The *Journal of Sports Science and Medicine* recently produced an article where academics from Monash University in Melbourne looked at this very question. They were only able to find 5 quality studies over the past 40 years that specifically looked at the link between warm-up's and injuries.

From the five studies examined, three of the studies found significant benefits from using a warm-up, while the two others were inconclusive.

The Monash researchers went on to conclude from their evaluation that:

- In the three positive studies there was more emphasis placed on general exercise to increase body temperature.
- The two inconclusive studies had more time dedicated to static stretching.
- The three positive studies found that the reduced injury risk was associated with the age and type of activity undertaken. This suggests warm-up's are more important for older bodies.

Even though there is limited research supporting the use of a warm-up, we still strongly suggest that you do some amount of warming up before activity. What we do learn from this research review is that static stretches alone are probably of limited benefit for the uninjured athlete. However if you have been instructed to do stretches for a particular problem by a health care professional then continue as instructed.

We believe a good warm up therefore involves:

- Some gentle activity that replicates the more strenuous activity. This should increase the body temperature and will therefore be at least 5 minutes in duration.
- Some more specific range of motion stretching/ movements that also replicates the more strenuous activity. This can be done in a static way but we also encourage some stretching through movement. (e.g. Swinging leg forward and backward as a good warm up for kicking sports, swinging arms in all directions for swimming, high knee lifts as a good running warm up).
- Gradually increasing intensity becoming more specific and “game like” as you build into the activity, or before your swimming.

If you need more guidance as to what you should be doing as a warm up then book in to see a physio at Active Physio Health and we can tailor a warm up for you.



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