

SWIMMERS NEWS



QLD MASTERS SWIMMING

Issue 4

December 2008

Daniel Kowalski - Ambassador National Championships 2009

When the United Nations asked the International Olympic Committee (IOC) for a world sporting personality to speak to their General Assembly on behalf of Australian and World athletes, the IOC asked the Australian Olympic Committee who they would recommend ... Daniel Kowalski was the name they gave.

Daniel Kowalski is unlike any other swimmer. He has shown a remarkable ability to ride out adversity and still produce extraordinary performances. At age 16, he missed selection for the 1992 Olympic Team, when he finished third in the 1500 m freestyle. Later that year he developed glandular fever, but came back from illness to win his place in the 1993 Pan Pacific Championships—he finished 2nd to Kieran Perkins in the 1500m, 800m and the 400m freestyle events.

In December 1993, Daniel was Australia's sole distance representative at the inaugural World Short Course Swimming Championships in Majorca, where he won gold in the 400m and 1500m Freestyle events.

One month before the Commonwealth Games trials in 1994, Daniel contracted a viral infection that destroyed his final preparation and left him expecting failure. Instead, he stunned Australia, not

to mention Kieran Perkins—by beating the Olympic Champion over both the 400m and 1500m freestyle events and in doing so broke the 15-minute barrier for the first time.

Daniel had just turned 19 when he swam a personal best time in Rome, at the World Championships. Before the race he had been violently ill with food poisoning, and was still suffering acutely when he swam. Despite this, his silver medal swim behind Kieran Perkins was the fourth fastest time of all.

Daniel's courage is now legendary. His performances at the Australian Championships finally gave him his clear run to Atlanta, where he walked away with more medals than any other Australian—a silver and two bronze.

In 1997, a serious shoulder injury kept Daniel out of the water till about eight weeks before the World Championship trials. Again, with such a limited preparation, he was not expected to qualify for the team. He confounded everyone, including himself, by qualifying for the 4 x 200m relay and the 1500m Freestyle,

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Championships Ambassador

2009 National Masters
Swimming Championships
30th April—4th May 2009



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President's Pen

Another very successful Pan Pacific Games event was held, including an Open Water Swim, which attracted over 100 entries. Toni Cameron and the rest of the organising committee are to be congratulated on running a friendly and well organised meet, despite a few problems with the Pan Pacific Game's organising committee.

Preparations are going well for the National Championships next year and I'm sure all QMS members will be pleased with the designs of both the medals and the merchandise. Don't forget that we need many volunteers to fill a multitude of roles over the four days of the championships: selling of merchandise, hospitality roles, manning of the medal table, just to name a few. If you would really like to play a part in these championships, not just as a

competitor, contact either Helga, Mary Sweeney or me and let us know what you'd like to do.

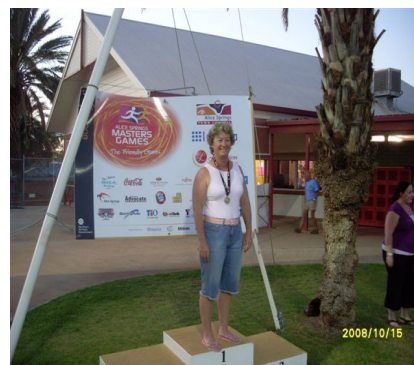
The competition calendar for 2009 has been sent and I would like to draw everyone's attention to the venue for the State OWS next year. It will be held in Townsville in conjunction with the *Rat's* carnival. As with the pool State meet, this event will move around the State in order to give everyone an opportunity to compete, without the same people always having to travel the long distances. I would encourage all members in the Sunshine and South regions to make a weekend of it and to travel north to support the *Rat's* carnival and the North region members.

As 2008 draws to a close, I wish all members a safe and happy Christmas and New Year. Thank you to

by **Therese Crollick**

all the club committee members, coaches and officials, who have worked so hard for QMS all year and my personal thanks to the BMC members and our Administrator, Helga for their work and assistance throughout the year. I hope everyone has a good break and comes back refreshed and renewed for 2009.

I look forward to continuing to work with all of you in the coming year.



Face to Face Meeting

On the 6th December, the BMC held their second Face to Face meeting in Brisbane, this year. The Strategic Plan, roles and responsibilities of the BMC and the By-laws were reviewed and updated. A Dispute Resolution was put into place and a Marketing Plan was discussed as well as the purchase of a banner for use at swim meets, was considered. Brett Stuart, our IT specialist and Webmaster, gave us an insight into the new website, which looks very exciting. It will make life easier for our Administrator and BMC members. Page 12

contains the relevant information.

Thank you to Caireen Zaina, from Rum City, for the design of the swim meet calendar. You are an absolute gem!

NOTE:

A new and more practical Qld Masters website can now be accessed:

www.qldmastersswimming.org.au

Above:

Therese Crollick at the Alice Springs Games2008



From Around the Clubs in November

compiled by **Helen Holmes**

Rats of Tobruk had only one concern when they returned from the Pan Pacific Games in November, and that was their excess baggage. The team of five arrived back in Townsville with an astonishing haul of 17 medals, 11 of them gold.

Kevin Jackson (pictured right) led the team's medal tally with 5 gold, one silver and a game's record in the 100 Fly. He was closely followed by John, with 4 gold and 2 silver medals and records in 400 Back and Free. It was an exceptional effort by the pair, considering they were up against competitors from

around the world. John's biggest challenge came in the 5km OWS, where he had stiff competition as well as the fear of being eaten by the reported bull sharks in the area. Luckily the only fins belonged to bottle-nosed dolphins, that joined in the race. Bruce, Maureen and Greg also excelled at the Games. We'll watch out for you at the National Swim meet in May.

Well done all!



Daniel Kowalski - Ambassador 2009—continued

where he came home with two medals—a gold in the relay and a bronze in the 1500 metres.

In 1998 Daniel was appointed a Sporting ambassador for the United Nations. It was in this capacity that he visited some refugee camps on the Thai/Cambodia border. Daniel rates this as highly as any of his sporting achievements.

Daniel qualified in the 4 x 200m relay team for the Australian Team for the Sydney 2000 Olympics, again so determined to swim, despite missing a lot of training due to shoulder surgery earlier in the year. Another gold medal was added to his list of accomplishments when the 4 x 200m relay team won the final in Sydney.

Unfortunately, due to constant injury problems, Daniel was forced to retire from competitive swimming in May 2002.

In 2004, Daniel was asked to be the mentor for the Australian Swimming Team heading to Athens and he was also a commentator for 2GB (Sydney) and SEN (Melbourne).

Daniel spent two years on the organising committee for the 2007 World Swimming Championships in Melbourne. During this time, he worked in the marketing department, whilst during the actual Championships he was the main point of contact for all visiting teams.

After completing his contract, Daniel

found himself singing live on National TV with famed Australian songstress, Kate Ceberano, in the popular series "It Takes Two". He lasted for seven weeks, with proceeds going to *Beyond Blue*.

The last year has seen Daniel go down a different path, where he served as Assistant Coach at the University of Wisconsin. The call to assist at the Beijing Olympics 2008, as interviewer on pool deck, cut short his contract.

Daniel currently works for the Victorian Institute of Sport in the Athlete Career and Education Program.

We are looking forward to working with Daniel.

From Around the Clubs continued

The photo (right) was taken at the Cairns Mudcrab's Dinner. Pictured are the 5 Life Members of Muddies: Rob Kelly, Lynne Smith, Brian Jones, Thelma Bryan and Jim Nimmo



Cairns Mudcrabs held their inaugural annual dinner in September at *Bogyes on Palm* and a great night was enjoyed by all. During the evening the "Allen Burgoyne" award was presented by Allen's widow and son. This award is for a club member, who exhibits the AUSSI characteristics of fun, fitness and friendship. Their 'give it a go' attitude and actions are an inspiration to others, just as Allen himself had demonstrated. The award went to Kevin Murgatroyd. Also present at the dinner were the club's five life members: Rob, Lynne, Brian, Thelma and Jim.

The club will start the 2009 season with the first carnival in the north on January 31st, at the Gordonvale Pool and we look forward to welcoming swimmers and spectators to this great all-weather pool.

Mackay Mantas have congratulated Jennie and Geoff on their successes at the World Lifesaving Championships in Germany, where Jennie won 2 bronze medals and Geoff a silver. Townsville RLSS invited them to give a demonstration at the opening of the new Bohle pool. The club newsletter sent the following information to members and it may interest all Masters' swimmers:

Facebook: The Masters Swimming Australia group was set up on Facebook in July to promote Master's swimming and to seek feedback from members re programs available, competitions, services etc... which could be offered to better meet their needs. Search 'Masters Swimming Australia' within "groups" and look for our logo.

Rocky Crocs have had a steady year in the water. They ran a combined carnival with Yeppoon Masters at the Cooee Bay Swim complex, which was an enjoyable event for those who attended, even though some difficulties were experienced away from home territory.

Around The Clubs continued

The other very successful event for the year was their charity swim, ably organised once again by Bryan, which raised over \$2000 - a club record. All swimmers and donors must be very proud of their efforts.

Kay has been getting the whip out to increase participation in aerobic swims and a bit of a comeback has been evident. Winter was a cold one this year and that caused difficulties when the Uni pool was not available. However, the members have competed in a number of swim meets this year and now they face challenges to retain membership, gain new members, particularly younger swimmers as well as consider the costs involved in running carnivals. By far the biggest challenge is the training of more tech officials to run these meets. They will go into the new year with all this in mind and keep looking for solutions, as do many other clubs.

Their thoughts for the month: the first two letters of the word 'goal', spell **GO - ELD**.

Hervey Bay Humpbacks were thrilled with their efforts at the Gladstone carnival, where all their swimmers came home with medals and they won the Point score trophy. Well done! For the next few months they intend to have Michelle giving stroke correction on Sunday morning, which follows her recent successful outing with the club. For those members, who are awake early on Friday mornings, ocean swimming has now begun again. To keep up with the ocean theme, this little snippet might be useful, *Never whistle on a boat, hence the saying "whistling up a storm"*.

At the club's Annual Awards, Marg and Janet won joint Club Person of the Year, Ros, Swimmer of the Year (8 swims for 8 medals at the Pan Pacs), Dennis Training Award and Lyn most improved. Congratulations to all!

The theme for the 2009 swim meet has been decided. It is *'heroes and villains'*, so start dusting off all those pink batman swimsuits that you have tucked away in the closet.

The club's Christmas party was set for the 29th November and we trust everyone enjoyed it!

Nudge Blue Fins congratulated Emily Seeböhm and Brenton Rickard on their wonderful swims at the Beijing Olympics. Thank you, Emily, the excitement and inspiration you bring to everyone in the club is contagious.

The club received funding from the Qld Government's Community Benefit Fund for the purchase of a heavy duty PVC marquee, with three side panels, signage on the valance and a carry bag for the Nudgee Brothers AUSSI Masters Swimming Club. They hope to have it before Christmas and look forward to taking it to their next swim meet outing. The club's Christmas was a Sunday Brunch on Dec. 14th, at captain Karen's home. It was a BYO chair and Secret Santa to the value of \$10. Members would like to thank Karen for her kind invitation to enable them to celebrate Christmas together at her home.

Brisbane Northside held a most enjoyable mini meet in October when the swimming progressed at an exciting pace and it was finished in good time. It was great to see the 'younger' members swimming with the young members of the squad...

Many thanks to Hayden, a new member, for helping to coordinate the morning. The club's AGM was held on the 23rd November.

Aerobic swims have been progressing well, with many swims now completed. Shirley, Tracey, Richard, Bev and Steve are all shining lights in this area. The club members have certainly racked up a great number of

points. Well done everyone!



Above: Elisa Burke 2008 Club Champion (Nudgee) with president Jenny Roberts

Brisbane Southside members have competed at many events this year, including Alice Springs Games, where Heather and Wendy brought home medals and they were also witnesses to Dawn Fraser's return to competitive swimming. Another swag of medals were won at the Pan Pac's and more recently at their own annual Long Course Meet at the Brisbane Aquatic Centre. This was a very happy and colourful day with all members decked out in the new bright club shirts. It was also a day for visiting swimmers to prepare for the National Swim to be held there in April/May 09. The National Swim Committee members, Mary, David and John were there in an observing capacity and joined in the singing of the Australian Anthem, when David H put up the words on the big screen.

The club's Christmas break-up Brekkie was held at the Moreton Bay Trailer Boat Club on the 7th Dec, where many partners, families and friends joined members to end a successful year in the pool.

Twin Towns Masters have had exciting successes at the various meets. Everyone swam well at the Northside meet and the club came 5th out of 27 competing clubs—a good result considering that many members were on holidays or recovering from operations. George cut his record times to shreds at the Albany Creek meet.

At the Redlands carnival, QTT had the top roll call for visiting clubs, coming 2nd out of 17 clubs. Congratulations to James and Elizabeth, who competed in their first carnival. Hope the butterflies have settled down! Many thanks to the club's stalwarts, Janet and Freda, who were timekeepers all day. A Timekeepers Course was held on November, 25th.

Four club members are to be photographed for a framed memento of their participation in the 2nd World Masters Swim Championships, which was held in Brisbane in 1988.

The club's Christmas BBQ will be held on their birthday morning on December 20th. That's when members

BRING A PRESENT for each other—girl for boy and boy for girl, and they take a 'pick' from the basket



Seasons Greetings to all those clubs that have sent in their interesting articles throughout the year.

I really appreciate your time and effort to keep others informed of your activities of Fitness, Friendship & Fun

(Helen Holmes)

Vorgee Series in the Far North

In 2008, the Vorgee 'mini' series, the brain-child of Gabby Donnelly (Cairns Mudcrabs), was held over two meets and this evoked much interest from Northern clubs. The scoring system has been revised giving all clubs, whatever their size, a better chance of winning the trophy. The contest in 2009 will be held over nine Northern meets.

It is no longer a 'mini' series and is now known as "The Vorgee Swim Series"

(Information supplied by Barb Williamson from Cairns Muddies)



The Vorgee Series Trophy for the North Region.

Prizes for the most committed male and female swimmers and the overall male and female champions of the series are awarded.



Report

Well, once again, what can I say? The new database is up and running, but still a nightmare!

The following clubs have completed the training and are using the live system to up-date their members and also to add new members as well as renew previous members;

Albany Creek
Aqualicious
Brisbane Northside
Brisbane Southside
Enoggera
Gladstone Gropers
Ipswich City
Mackay Mantas
Maryborough
Miami Masters
Rum City
Sunshine Coast
Toowoomba Tadpoles
Twin Towns

Some members have means other than on-line,

Manager of Recording

New contact email address:

registrar@qldmastersswimming.org.au

If any of the other clubs wish their registrars to have the ability to register members for the club, please do not hesitate to contact me and arrange a time for some training. This training usually takes about 1.5 hrs and is done by phone with the registrar actually working on the live system. Contact me on the above new email address.

As this year has been a woeful year regarding registration matters, I am having a break away from Brisbane from the 22nd Dec 08 to the 1st January 09.

I will still be able to receive emails as well as reply to them, but will not be able to pick up mail until 1st Jan.

The new database has a few glitches (ha ha) and I am working with National to have them fixed. For the club registrars, it is fairly straight-forward for adding and renewing members and they are still forwarding the payment via cheque to me.

Some members have registered on-line and opted to pay by other means other than online, while others

Joy Murdock



have paid on-line and have therefore incurred the 6% charge for paying on-line. Remember, if you send the cheque, there is no 6% charge. I can only thank you for all your patience throughout the year regarding member registrations and hopefully it will be better next year—fingers crossed!
(Ed: Thank you Joy for the time and effort you've put into what has been a frustrating job all year)

Does Adversity build character — a profile of Stephen Spence

My name is Stephen Spence and I am 43 years old. The following is my best attempt to tell you my story.

Life sure does throw curve balls at you now and again.

These curve balls test us in ways that you can not even imagine.

In January 2002, my father was diagnosed with a brain tumour, he underwent an operation to remove it, followed by intense radiation therapy for 10 weeks. In week 9 of that therapy, he developed an infection and passed away. At the time my father was my mother's primary carer because she was blind and confined to a wheel chair. My mother then moved, to be closer to our family and resided in a high care nursing home. In 2005 after battling many illnesses, she also passed away.

I have swum off and on pretty much my whole life. I have never really thought of swimming as a chore, I love the feeling of the water running over my body and also of how my body sits and flows in the water. I am not the fastest swimmer out there, but I must say that I do have a passion for swimming in the ocean. I am goal oriented and focused by nature and I like to plan out any competition swims well in advance and train up to them.

At lunch times, I used to go swimming with mates and still do at times. I now swim in a squad at lunch times instead. We have known each other for over 20 years and have always pushed each other in the pool. In 2002, we decided to finish the year off with a handicapped 1500m pool

The Race of Truth: a light-hearted competition between friends — later to reveal a very different Race of Truth and far more insidious

race—*The Race of Truth* as we like to call it. I was feeling off colour at the time, but still swam the race. A month later after a blood test, I found out that I had Ross River Fever. Over the coming years, I was known to my mates as the guy who comes up with the most interesting exotic disease excuses before race day. This allowed me to use this as a buffer against some of my poor swimming time results.

Over the last few years, I found myself struggling with increasing my speed, strength and stamina in the water. I would train even harder—to no avail. My results plateaued and in some cases went backwards. In 2007, to re-motivate and push myself, I entered the last-possibly-run-caged swim race in Australia—the Magnetic Island to Townsville Caged swim in July of that year. Under the watchful eye of my then coach, Troy Fiddler, I put in the hard yards to prepare myself for the 8km race. And prepared I was, coming 2nd by only 16 seconds to Greg Woodward. This was the first time that I had swum 8km in the ocean and in a cage.

A very good effort considering the next curve ball to be thrown my way!

In mid November, 2007, I entered the Gold Coast Mile 1500m swim race. I thought that I had prepared well for this race, however, once the gun went, I struggled for air for most of the race. This was a feeling that I was not used to. I was placed 2nd in my age group and this was no conciliation based on the time I had swum. In fact friend of mine were commenting on my odd skin colour, but I did not think any-

Hospital room and told me that I have a very rare form of Leukaemia, called Hairy Cell Leukaemia. He was an Indian doctor and roughly my age. In a scene from a would-be Seinfeld episode, he strode confidently into my room (as Kramer would have done) and with an Indian accent said, "If I had to get Leukaemia, this would be the one I would want to get". This made me laugh out loud, I had Leukaemia and at the time knew very little of the disease.



Stephen (middle) - 2007 at age 42, after the Magnetic Island swim where he was placed 2nd, 16 seconds behind the winner.

thing of it at the time. At the start of December, 2007, I swam in the Tweed River 2.5km OWS. I actually felt good throughout this race and placed 4th overall. This race was run on a Sunday and it would be that last race for me for a long, long time. The following Tuesday evening (4th Dec) I woke up in the middle of the night with abdominal pains, similar to what must feel like appendicitis. I was rushed to the Royal Brisbane Hospital for a barrage of tests. On Friday, 7th December, 2007, an oncologist walked into my

Once he left me alone, I phoned a friend, - sounds like a game show — who quickly 'googled' everything that there is to know about Hairy Cell Leukaemia and skilled me up on treatments, side effects, mortality rates etc, in fact everything. This way the next time I had a visit from 'Kramer', I could ask relevant questions that made sense and this was important to me. I needed to know all the facts. Things happened very quickly. It was Friday and come Monday, I was going to start

Stephen Spence - the story continued



Stephen in the cage swimming the Magnetic Island Ocean Swim.

chemotherapy.

Well, needless to say that the weekend dragged on for what seemed like forever. My mind was spinning out of control, trying to process everything from the facts about the disease to my emotions, family, the future, you name it. Monday arrived and there I was in hospital, hooked up to a number of bags and a tube running into my vein. I must say that I was very, very nervous. Three hours passed and I was done for that day and allowed to go home. I repeated this process for the next four days straight. The biggest thing that I did not like about the chemotherapy process was having new intravenous lines put in every day. I do not really like needles at the best of times, but after having so many blood tests etc, I have come to tolerate them—what else can you do? You really have no choice!

Hairy Cell Leukaemia is a rare, slow-growing cancer of the blood, in which your bone marrow makes too many B cells (lymphocytes), a type of white blood cell that fights infection. These excess B cells are abnormal and look “hairy” under a microscope because of fine

projections (villi) from their surface. As the number of Leukaemia cells increases, fewer healthy white blood cells, red blood cells and platelets are produced.

Chemotherapy kills off the bad cells as well as the good cells. It does not discriminate between the two. My immune system was already at an all time low due to Hairy Cell and now after having chemotherapy, plummeted to a dangerously low level. When your immune system is this low, anything around you can cause you to fall ill.

On Christmas Eve, 2007, I was admitted to hospital with a fever close to 40°C. I oscillated between being freezing cold to what seemed like boiling through to hallucinations for the next 9 days. The interesting thing about having no immune system is, that when you get an infection of some sort, it does not show up because it is your immune system that shows you that you have an infection. I was finally allowed to go home. I said to my family that I did not want to open any of my Christmas presents until I was home from hospital. I did not realize at the time when I made that statement, that it would be

sixteen days later...

For the next couple of weeks, my daily activities included going to the hospital, giving blood samples, waiting around and then seeing my oncologist, day after day. My immune system was still very low and I isolated myself from the rest of the world the best I could. I did not want to go back into hospital with another infection. Every day, I was giving myself injections into my stomach with a substance that would try to encourage my bone marrow to work on overdrive — to make me a new immune system. Little did I know it, but some 10 months later my immune system is still now, all in the green or ‘normal’ as my oncologist likes to say. Daily visits soon became weekly visits and my strength was slowly returning. There were even glimmers of hope as I started to see my immune system drag itself off the ground and gradually start to climb. I had a bone marrow biopsy in April, 2008. This painful procedure is used to take a sample of your bone marrow, to see if you have any hairy cells present after the chemotherapy. This is compared directly back to the one that was taken when initially diagnosed. The day came when I went back for my results. My oncologist said “partial remission”. This was a good result—I guess it could have been worse, right? The way forward is regular blood tests and every so on, I get a full work up.

I am now on a three monthly blood work-up cycle and oncologist visit. My next visit was the first week in December 2008. It was one year since going into hospital with what

I thought was appendicitis and came out with a life changing disease.

Every time I would visit my oncologist, I would ask her when I could get back into the water and start some kind of training again. She just looked at me and said “No”. She did not want me to be exposed to any risky situations that could make me sick again. I needed to stay well. Thinking back, I know deep down she was right, but I just wanted to get back into the water and experience familiarity again, some sense of normality, of everyday life—my old everyday life!

Since chemotherapy and my stint in hospital for 16 days, I had managed to lose the best part of 9 kgs. I was not the slimmest guy, but even 9 kgs was more than enough. I looked and felt very thin. The interesting thing is that I was eating like a horse and not putting on any weight: it was just falling off. I eventually stabilized and have put a little bit back on — but that’s OK ☺

When I was finally allowed back into the water, I struggled to swim 50m, I kid you not! I got to the end of the pool and just hung there catching my breath. My arms and legs were hurting—in fact everything was hurting. I thought that I could just start from where I left off. Now, I know you are thinking, surely he should have known that, but let me tell you that you just don’t think like that. You just get in and off you go. All logic goes out of the window and when you get to the end of the pool, gasping for air, you think to yourself—what are you doing, you idiot!!!

I had changed coaches prior to Dec 07. I was now

Stephen Spence — continued

swimming back at Fortitude Valley in Brisbane under Trent Patten. Trent was training me before chemotherapy and again when I was allowed back in the pool.

He decided that since I could not swim any real distance or even short speed sets, that we would concentrate on technique only. Yes, I have flaws and this was the perfect time to just concentrate on fixing the worst ones. So, day after day, I was just doing drills—back and forth, up and down. I was just thankful that I was back in the water. I can be impatient at times and occasionally got frustrated with the progress or lack of. I have to pinch myself every so often to remind myself that not so long ago, I had chemotherapy. I would often ask Trent when I could move up lanes and he would always say something like, “Just enjoy the process for now”.

Over time my strength returned, my technique improved and I eventually did move from the slow lane to the next and then to the next lane. As I said earlier, I like to have goals and I like to train up to those goals. I could not believe it, but it was almost one year since I had raced in the Magnetic Island caged swim race. This year they would run the race without cages. This would allow more people to enter, as previously only 11 cages were used. I talked it over with Trent and decided to enter the race as a duo team with Tyson Reeve. So on the 12th July 2008, Tyson and I won the teams' section of the race and placed 10th overall. A pretty good effort considering where I had come from in the time frame.

I still seem to be susceptible to infection. I have had a few bouts of tonsillitis and sinus infections. This may be due to increasing my training load and this in turn lowers my immune system, thus allowing me to catch whatever is going around at the time. Trent is on top of this and we adjust my training accordingly. The downside is that it seems to happen when I am getting very close to racing big events—like the Pan Pacific Masters Games on the Gold Coast. Two weeks out, a severe sinus infection struck, as well as a bout of recurring tonsillitis. I am finding it increasingly hard to pull myself up and to keep going. You make headway and then you go backwards and then you get back to where you were and then start again and so it goes. This is where I am and I'm very thankful that I have extremely supportive

friends and family.

With as positive an attitude I could muster, I headed off to the 2008 Pan Pacific Games. My results were: 1 Gold, 1 Silver, 1 Bronze and two PB's. I could not be happier. I had my next round of blood tests in the first week of December. It is exactly one year since diagnosis. The results were positive — great result!

So, does adversity build character?

Adversity does not build character, it reveals it.

(Editor: On behalf of QMS, we wish Stephen all the very best and may his health continue to improve. Thank you for sharing your inspiring story with us and for allowing us to get an insight into your life and character in the last, very trying year)

Pan Pacific Games — some feedback

Joyce Faunce from the Noosa Challengers Club, entered her 4th Pan Pacific Games in November this year. She wrote:

For me it was absolute joy as always—it's great to be able to catch up with everyone at the same time and place. All our club members thoroughly enjoyed themselves and voted it the best ever. I can't think of any way to suggest for improvement.

I am full of admiration for all the work you put into it—the entire Organising Committee deserve gold medals, especially the pool

deck officials, who walk up and down all the time—they must be exhausted at the end of each day!

Editor: Thank you to the organising committee and all the volunteers and officials, who so selflessly gave up their time to assist us in running a very successful swim meet. Thank you to the swimmers, who made it possible for us to run the show in the first place.

A special thank you to Toni Cameron and Brian Deane, who were at the forefront of the entire project. Well done!

100 Tri's Story by Lorrie Bishop (courtesy Miami Master's Newsletter)

Approaching 50 in July 1990, overweight and unfit, I joined Miami Masters because of their motto 'FUN, FITNESS AND FRIENDSHIP' with a plan in mind to attempt having new experiences in life.

I typed out the same affirmation many times — 'Going to lose weight and get fit'. While on my rusty bike I had an accident—no helmet and when I put both

brakes on, I flew through the air like superman landing on the road, resulting in a 'very first' experience of a broken jaw, broken cheek bone and 6 stitches in the chin. When the jaw is wired up for weeks, believe me, you lose weight! In the early days I was swimming only breaststroke with Miami Masters, I had wire cutters around neck just in case one

should choke, with the purpose of cutting wires binding the mouth closed. By the way 'poor' Harry thought it wonderful that I couldn't talk.

My first triathlon was in 1991 called 'Just Girls' and I had trouble borrowing a bike, as friends didn't want to feel responsible for me having another accident. Eventually Steve Cornelius' dad, Ian, lent

100 Tri's Story - continued

me a bike for the day. First tri — won a wet suit and traded it in towards my first tri bike and was on my way. In the early days somebody said 'Welcome to the world of adrenaline junkies' and I knew this was my sport.

It's been a hate/love relationship with triathlon. At every start I keep asking myself, 'Why am I doing this? And on finishing, I know the answer:

Highlights:

* World Cup triathlon 1997 in Perth. THE BEST ON EARTH IN PERTH - placed 21st. -

* World Cup in Queenstown N.Z. 2003—placed 14th.

* World Cup Hawaii 2005—placed 10th behind 9 Americans—so I was the first Aussie.

At 65 this was the best experience.

I felt somewhat worn out

earlier this year when Surfers Paradise Tri Club presented me with trophy GREATEST INDIVIDUAL EFFORT. I found this to be overwhelming and it spurred me on to start training again, resulting in three tri's and 3 wins, later including Noosa, which proves support really counts.

I want to thank Miami Masters Club for starting me on this journey. I have never considered myself an athlete, but a person who 'gives it a go' and my motto is 'Turn up and see what happens'.



Over the years I've met the most wonderful people, who have dedication, consistency and a positive attitude. I am a different person at 68 than 50.

On the 18th November, 2008, I completed the 100th triathlon and somewhat amazed that over those years, I never suffered with ill health and more amazingly didn't have a puncture or mechanical problems. I had 100 starts and 100 finishes and that is 'just good luck'.

Right:

Lorrie given the well-deserved recognition of her achievements.

Editor:

Together with the members from Miami, we all congratulate Lorrie on her milestone success and look forward to supporting her in the World Championships held in Southport on the 9th to 13th September 2009.

Well done Lorrie!



More from Clubs — some Milestones

The World Lifesaving Championships were hosted in Germany in August over a period of three weeks with 5000 competitors. The surf lifesaving section was held at the seaside resort of Warnemunde on the Baltic Sea coast and the Pool lifesaving in Berlin at the Europark Olympic Pool.

Australia won the International competition with New Zealand 2nd and Italy 3rd. The inter-club team's section was won by the Gold Coast, Northcliffe team and around 1200 competitors contested the Master's division. Heartiest congratulations to the following

Master's swimmers, who took part and won medals:

Jennie Mack, Geoff Robinson, Tony Frost, Peter McMann and Barry Aplin.

Toowoomba Tadpoles celebrated their 25 years of Masters Swimming on the 26th October. A number of founding members attended along with visitors from other clubs. However, apart from highlights presented via a visual presentation, the greatest compliment the club received, was the number of commenced that endorsed the fun and the friendships that members had experienced over the years.

Eight Tadpoles competed at the Pan Pac's Games, with all of them achieving success. John Power was placed 1st in the 2.5 km OWS. We won't dwell on the fact that two dolphins paced him during one of the laps of Currumbin Creek.

Jen Thomasson: 3 World Records (SC) broken on the 30th Aug 08 in the

1500m, 800m & 400m Freestyle.

She is simply unstoppable!

Congratulations to all competitors!

Albany Creek has reached its 10th anniversary, although the celebrations are yet to come. Only one founding member remains in the club that used to be known as the Pine Rivers Porpoises, but is now known as the Albany Creek Ducks

NOTE: QMS would welcome a record of all or any club's history. Please consider putting pen to paper and send in whatever you already have on your club's history.

Mixing with Celebrities

Photos:

Right—Therese Crollick and Elisa Burke (VP Sunshine)

Below: Paula Hewett (VP Central, Michael Bohl (Stephanie's coach) and Stephanie Rice. Both won the award, Michael as Qld coach of the year and Stephanie as the Qld Sport Star 2008



On the 27th November, our president, Therese, Paula Hewett (VP Central), Elisa Burke (VP Sunshine) and Helga Ward, our Administrator, attended the Q Sport (formerly, Sport Federation Qld) Annual Sports Awards Dinner. Over 700 guest attended the function.

As a member of Q Sport, QMS had the opportunity to be involved in celebrating the achievements of people connected in some way to sport organisations: from coaches, administrators, sport's teams to individual athletes and more.

We were lucky enough to be seated at the same table as Michael Bohl, known as Stephanie Rice's coach and his wife

Paula, our 'groupie', couldn't help herself: she simply had to have her photo taken with these two well-known personalities and what a lovely photo it is.

Kylie Palmer, was also seated at the same table and she collected the award for the best team—as part of the 4 x 200m relay team, which



won the Gold Medal in Beijing. At least they had the sense to place us with or near swimmers of all descriptions.

Our own Penny Palfrey, accompanied by husband, Chris was mentioned by the Master of Ceremonies as one of the nominees for the 2008 World Open Water Swimming Woman of the Year. Support one of us, by voting for Penny on www.10Kswimmer.com

It was a nice opportunity and occasion to finally meet these two energetic and lovely people. You have until the 31st December to vote for Penny.

Good luck!

More From Around the Clubs

Noosa Challengers lost coach Mark Besford to Atherton. His expertise and wacky humour will be sorely missed. The achievements of the members of Noosa have been so widespread and extensive that we would need an entire newspaper just to record them. Rose Edyvean, Des and Wendy Mabbott all won medals at the Kona Outrigger race in Hawaii in September.

The cross-training was clearly beneficial to these competitors.

Successful in their swims at the Northside and Albany Creek meets were Bob Morse, Ian Robinson, Geoff Lander, Paul Pettiford and Joyce Faunce at her comeback carnival (Northside). Rookie, Donna Frey won five events at Albany Creek.

All eight competitors, who competed at the inaugural Redlands Bayside swim meet, achieved success, by easily winning the overall point score — a timely precursor to the Pan Pacific Games.

Some more adventurous members ventured into the ocean for a 2km swim, but not without the support of the Noosa Surf Club. The reward at the end of the

swim was a breakfast at Café La Monde.

In fact the monthly breakfasts have become a very popular feature on the Noosa Challenger's calendar.

All in all this club has enjoyed great success, not only in the last few months, but throughout the year.

Well done Noosa!

QLD MASTERS SWIMMING

Swimming Training for Fun, Fitness & Friendship

by Ron Elgar

The following ideas and methods I use (or would like to use) to enhance my breaststroke swimming, are given below in no special order:

- Maintain a happy relationship with my better half and listen carefully to her comments as she is often right. (**Friendship**)
- Ditto any kind Club coach
- Stretch effectively before and after swimming—especially carefully at swimming meets.
- Maintain sensible body weight and eat sensibly all the time, especially the day or days before the meet. Note weight weekly up/down.
- Support the Club that supports you.
- Exercise at home, several times a week: 20 push-ups twice per day (arm muscles) with only toes and hands touching floor and wall. Walk for 30 — 45 minutes 4x weekly, briskly (leg muscles, lungs) (**Fitness**)
- Swim when the weather



(c)SwimGraphics.com

Your training regime should incorporate our Masters Swimming motto of FITNESS, FRIENDSHIP and FUN

is reasonable and the pool reasonably warm. (**Fun**) I am no hero.

- Do not try to swim 5 kms each day. Instead: practise plenty of effective TURNS. Turns can give a bonus of several seconds in speed against those who do not. Consider a 25m pool and a swim of 250m. This requires 9 or so turns. This is hard work, but it is good training.
- Practice effective DIVES. Ditto above.
- At meets, consider the outside temperature and the 'warm-up' pool temp. If you think you will cool down and not warm up by doing this routine then DON'T DO IT. I found several oldies at the FINA MASTERS SWIM who agreed with me.
- Don't let training become a bore; a chore; a sore. go on holiday (with wife/ husband/partner)

As a final comment, IF only we could persuade someone like Liesel Jones to do a demo showing breaststroke

viewed from above, below side, front, recorded on tape using slow motion at times, THEN the swimmer could really see on his/her TV, again and again, what s/he should consider doing to improve. This simple do-it-at-home training would probably be as effective as lots of swimming / coaching etc.

The keen MASTERS swimmer could go to Brisbane or some important centre and have a video/ DVD of his/her swimming to compare. Watching on or at an event only shows a small fraction of the action and does not teach all that amount in breaststroke.

There is a superb video on freestyle (Conrads), which could be emulated.

Editor: *If anyone knows of particularly good videos/ DVD's on breaststroke, let me know in the office and I can pass that information on to clubs (Helga Ward)*

What Clubs need to know and do for 2009 & Swim Meets—Jan / Feb 09

- **Club Affiliations** are due by the 31st December 08
 - **Member registrations** are due by the 31st December 08
 - Consider nominating for a position on the committee. **Vacancies:** Coach, Treasurer, Ass Treasurer, Technical Manager, Risk Mgm, Minutes Secr, VP South.
 - The new email addresses for committee members and the Administrator are effective 1 January 09
 - **Club Annual Reports** are due by 31st January 09
 - **New website** can already be accessed
 - Your club must be affiliated with the Qld Branch before your members are eligible to compete in a swim meet
 - Your members must be registered to be able to compete in a swim meet
- SWIM MEETS:**
- 25 Jan — Rivercity @ Somerville Aquatic Centre - Short Course
 - 31 Jan — Cairn Mudcrabs @ Gordonvale Swimming Pool—Short Course
 - 7 Feb — Sunshine Coast @ Cotton Tree, Maroochydore — Long Course
 - 14 Feb—Mareeba @ Mareeba Memorial Pool — Long Course
 - 21 Feb — Rocky Cross @ Cooee Bay, Yeppoon — Long Course
 - 20 Feb — 1 March — Australian Masters Games — Geelong
 - 21 Feb — Miami @ Miami Olympic Pool — Long Course
 - 28 Feb — Cairns Sea Eagles @ TAS Aquatic Centre — Short Course

FITNESS, FRIENDSHIP & FUN**QLD MASTERS SWIMMING****NEW WEBSITE**

Level 1, Sports House
Cnr Caxton & Castlemaine Sts
MILTON 4064

Phone: 07 3876 2822
Fax: 07 3876 2833
E-mail:
administrator@qldmastersswimming.org.au

The new website is a "Content Management System" type website, which:

- Enables committee members to contribute articles through their web browser, without needing any web creation software.
- It's easier to manage users, documents and constant updates of content
- The new "org.au" site reflects the fact that Qld Masters Swimming is a non-profit organisation, as these are not available for any commercial businesses to use.
- The committee members will be able to report to members directly through the website

New Email Addresses of the Committee members:

- administrator@qldmastersswimming.org.au
- aerobics@qldmastersswimming.org.au
- assistanttreasurer@qldmastersswimming.org.au
- coaching@qldmastersswimming.org.au
- marketing@qldmastersswimming.org.au
- president@qldmastersswimming.org.au
- registrar@qldmastersswimming.org.au
- riskmgmt@qldmastersswimming.org.au
- recorder@qldmastersswimming.org.au
- secretary@qldmastersswimming.org.au
- technical@qldmastersswimming.org.au
- treasurer@qldmastersswimming.org.au
- vpcentral@qldmastersswimming.org.au
- vpnorth@qldmastersswimming.org.au
- vpsouth@qldmastersswimming.org.au
- vpsunshine@qldmastersswimming.org.au

*On behalf of the Branch Management Committee
I would like to wish you all a lovely Festive
Season and all the very best for 2009*



2009 National Masters Swimming
Championships

30th April — 4th May 2009

Brisbane Aquatic Centre (Chandler)

Championships Ambassador

Daniel Kowalski



*Swimming has been a huge part of my life as I am sure it is a part of your life. I
look forward to seeing you all in Brisbane for the National Masters
Championships.
Train hard! Have fun!*