

# The Pointer

Issue 1  
June 2004



## PRESIDENT'S REPORT

Hi Powerpointers, now that the AGM is out of the way we are moving on with a number of initiatives that were developed by the previous committee. The first of these is in regards to the club's "Pointer Magazine". This latest version of the "Pointer" magazine is being published in an electronic format only. We decided to move to this new format because to print and mail the Pointer Magazine was costing the club approximately \$500 per annum, an expensive exercise when many members were saying they were quite happy to receive it electronically. Those members that do not have any access to the internet can contact us and we will arrange to send out a copy.

Other changes that have commenced being implemented include the introduction of club swim sessions on Thursday nights at Lauriston and Saturday mornings at Harold Holt. We decided to move Thursday nights to Lauriston because of the large losses being

incurred at Melbourne Sports & Aquatic Centre (MSAC). A coached session at MSAC costs the club \$114 irrespective on the numbers. Thursday nights at MSAC have had poor attendance. After persevering for 2 years we decided that enough was enough. The move to Lauriston made sense especially with the introduction of Saturdays in an outside pool - Harold Holt. These winter sessions at Harold Holt overcome the concern about only having one 50 metre pool to train in (MSAC) and the enclosed nature of Lauriston. We are not being charged pool lane hire at Harold Holt, nor at Prahran, enabling us to more effectively manage the club's funds. By the way Harold Holt is only for the winter, when Prahran opens we will be back there.

A few members have commented on my recent whereabouts as I have not been training. I am happy to say that I have been away on holidays in Queensland. While there I had the fortune of catching up with both Meredith Stevens (Past President) and David Woithe (Life-time member). Both

are settled into their new lives in QLD, up early with the sun and a late night is 8.30pm. Meredith is getting serious as she is now training with a squad in Brisbane. A swim squad considerably more serious about their training than the local masters club. Meredith is planning a short visit in June and I am sure she will be leading the "Life Style" lane or better. David is a strong member of the Sunshine Beach Surf Life Saving Club, very good in the sea, but his pool form is unknown. Watch out for David in any open water swims this year. In fact watch out for David anytime because if he sneaks up behind you it is one hell of a fright.

Finally I would like to congratulate those members who represented the club recently in SA. Their results were fantastic and a great base for future success. Enjoy the read.

Cheers

Phil Cameron  
President.

# VICTORIAN STATE LONG COURSE CHAMPIONSHIPS MSAC 17/4/4

What a fabulous result - on a per person basis we scored the highest average points, despite the fact we were not strongly represented at this meet. I think around 20 Powerpointers were entered, and not all of those appeared. Some new members competed for Powerpoints for the first time, and one new member, Joylene, even just came to watch and support us!

Performances were quite good, with PBs being widely recorded, notably by Carol, Lois, and Laurie (sorry if I left anyone out; I'm just writing this at short notice from memory), and we managed to put together the fastest mens' freestyle relay of the day, winning the 160+ event. Of course, there was also our world record, details of which you can read about on the website!

If the long course State Championships were held before Nationals (Victoria was the only state not to do this) it would be a tremendously valuable meet, providing vital competition practice as preparation for top performances at Nationals. If you were not planning to swim at Nationals, you would taper for State and it would be your big meet of the year. For Nationals

swimmers, recent competition in your best events could take seconds off your Nationals performance, as your pacing and general execution would be spot-on.

We all had a fantastic time at the pub afterwards, always very important in building our club integrity!

Lee Morgan



## CONGRATS!

A big congratulations to Lee and Helen, who after chasing each other up and down the lane, have finally decided to chase each other up the aisle!

Not sure who got there first – Lee might have had the edge this time!

Our best wishes to you.

## A BABY BOY!

Sue Cox, long time Powerpointer gave birth to James Dean Cox at the Mercy hospital, 9.18pm on 22nd May 2004. Weighing in at 7lb 12oz Sue said after "it was easier getting him in there than getting him out."



Congratulations Sue & Craig



Psst! In the market for some cheap gear?? One of the privileges of your Powerpoints membership is access to high quality bathers, goggles, etc at vastly reduced prices.

See Sandy for order forms/catalogues or peruse the Eyeline website at [www.eyeline.com.au](http://www.eyeline.com.au). All orders must be placed through Sandy to secure a discount.



## MOE RACE DAY

Saturday 8 May 2004 and several PowerPoint's so called punters along with some friends and family set off for the Moe races which was to become another memorable day.

Unfortunately John Ornsby our original bus driver was taken down with the flu at the last minute and the responsibility then passed to my son in law Andrew who did a fabulous job not only driving the bus but also utilising his skills in the punting arena and photography.

We arrived at Moe after picking up two more knowledgeable punters at Trafalgar. Thank goodness we stopped at Trafalgar as everyone on the bus made a beeline for the toilet oops comfort station.

The first priority was to organise the PowerPoint's punters club which all were eager to enter. After collecting money from everyone we established a very substantial pool with which to invest. Andrew and Les then proceeded to select quadrellas and doubles and place the necessary bets. The theory behind this of course is that you have to spend a dollar to make a dollar. Having wagered most of the money all we had to do was sit back ,watch our horses win and collect a fortune.

Two tables were reserved in the facility adjacent to the members area which established a meeting point close to bookmakers, the



tote ,the track, mounting yard and THE BAR.

Typical of Powerpointers food was of great importance. Lois, Marijke, Sandy and Deb were off and booked a table for lunch. The menu was appetising and all of us were very grateful for their effort as a hearty and enjoyable meal was had by all. Then it was down to the serious business of picking winners for the rest of the day.

Laurie was more intent on finding a lady at the tote to upset through his supposedly lack of punting skills and incorrect ticket marking similar to his escapades at Kilmore.

We were advised at about 3 p.m. that happy hour had started and crown lager was \$2.00 per bottle. Word circulated like wildfire and we had to have a piece of the action. Everyone realised immediately in this situation that the more you drink the more you save.

Finally the time had come to receive the results of our investments. My quadrella

was not successful but Andrew had achieved the impossible and won the quadrella at Moe. We all came out square. You have all heard the story quit while you are in front or at least on a par NO NOT US!!!!!! We reinvested and lost the lot but not after having a lot of fun thanks to Andrew.

The day unfortunately or fortunately was over too soon we arrived back at around 7.30 p.m.

The day was most enjoyable and I am organising another race day at Kilmore in September where the facilities are better, it is closer to Melbourne and judging on past experience it will be a fun day for all who attend.

Les Pearce

## CAPTAIN'S COMMENTS

Greetings all you keen Powerpoint swimmers, and welcome to my first Club

Captain's Comment in The Pointer for May 2004.

Since having joined the club after transferring from the Pirates in Sydney, I have observed a gradual increase in enthusiasm and team atmosphere, both in training and competition, hopefully indicating the potential for a return to the position of competitive strength the club enjoyed some years before I was around.

A number of new and very capable swimmers in various age groups have recently joined us, and while of course it is not necessary to be a medal-winner to be a vital member of the club, it does have an inspirational effect on us all if we can cheer our best to success, and be able to enter strong relay teams in competitions.

The basis for any return to competitive strength is the training atmosphere. Firstly we are there simply to be fit & healthy, to help keep our ideal weight (in other words, so we can eat & drink what we want without ill effect), and perhaps even to increase longevity. Some days we feel like working hard, some days just turning up & cruising along is all we need to do. After all, being there is 90% of the effort.

But there's a lot more to a good training session than the physical aspects. It's seeing friends, exchanging banter, teasing each other, encouraging each other, giving the coach a hard time, whingeing, laughing. I've noticed a big change in this general fun level in training in the last 12 months. Let's keep it going!

This makes you much more inclined to come along to a swim meet, regardless of how fit you think you are, or what time you expect to swim. It's just fun.

Another key to team-building is relays. We now have the ability to put together many interesting relay teams, with good chances of placings at state & national level. There are so many options of different strokes, different age totals, mixed sex & non-mixed, and you only ever have to swim 50m! Make a point of finding out which relay team we could use you in! Tell us your best stroke, and what you would like to be in. There's a place for everyone. In Adelaide we were the only Victorian club to win a National relay, and (for lack of swimmers) it was the only relay we were entered in! At Vic State, we won the Men's 160+ Freestyle relay, beating even the 120+ teams!

Perhaps the greatest indication of our resurgence is the incredible level of interest which has been shown in the Nationals in Hobart in 2005. It looks like at this stage there could be at least 30 of us there, so come along if you can; pay your accommodation deposit, and let's start dangling that carrot from today, not only in terms of performance (although with 10 months to go, PBs are virtually assured), but in terms of a great fun event. Stay in Tassie for a few days holiday afterwards. Earn yourself a month off training when you get back!

2005 – THE RETURN OF POWERPOINTS! Plug in!

Lee Morgan

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## LAURIE'S BRIEFS

We had the first of our Saturday morning sessions at Harold Holt pool Saturday 8/5/2004 and it was a great success, despite the cold and uninviting day the pool temperature was very warm and comfortable; the only person to get cold was the coach. The numbers were good with 16 turning up. Among those was life member DICK CAMPION and former members LORRAINE TANKARD and BILL PATTERSON as well as the pool being good the eatery hot and reasonably priced food and for the connoisseurs....PIES .....

Be warned....Sew them up, Zip them up, button them up .....your pockets that is! Richard of the flockers variety is due back in Melbourne shortly....

Laurie Healy



## 21 TIPS FOR GREAT SWIMMING



1. The three most important components of swimming are: and technique.
2. Strive for optimum, not maximum, performance.
3. Learn to balance, align, and stabilize your body first. Everything else will become easier.
4. Seek the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water. Swim quietly.
8. The mind leads the body.
9. The harder you work, the harder you can play.
10. Practice does not make perfect. Perfect practice makes perfect. What you do in training will determine what you do in competition.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever travel is when you dive off the block and push off the wall.
13. Slice through the water don't plough. Make your middle name "streamline".
14. Don't think of pulling the water. Learn to anchor your hands, wrists, and forearms, and hold onto the water. Learn to use your legs for balance and body stabilization.
15. Power is generated from the hips and torso. Use your shoulders for your recovery and to generate additional arm speed.
16. Relax from the inside out.
17. Never look back.
18. Attack your race; attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer.
20. Use visual and mental imagery of yourself achieving and surpassing your goals.
21. Swim smart, use your head, and keep your head still.

By John Ornsby

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## SOCIAL

There is a thought that after the next long course on 24 July we re-convene at the Flying Duck, 67 Bendigo Street, Prahran at 7.00pm

for a soothing ale. Stay tuned!

## DATE & ORANGE MUFFINS

Courtesy of Sandy Ward. Being a bit short in interesting ingredients one weekend I used this recipe for our Sunday morning coffee & cake session at Lauriston. Sometime things have a funny way of working out - it's been a roaring success!

### INGREDIENTS

2 medium oranges  
2 eggs  
2 cups chopped dates  
3 cups flour  
2 tsp baking powder  
2 tsp baking soda  
pinch salt  
½ cup each milk and orange juice  
150 grams butter, melted and cooled

1. Cut the oranges into quarters, place into a food processor and process until finely chopped. Add the eggs and dates and process until the dates are roughly chopped.
2. Sift the flour, baking powder, baking soda, salt and sugar into a large bowl and make a well in the centre.
3. Stir in the orange-egg mixture, milk and orange juice and fold in the melted butter.
4. Divide evenly among 12-16 well-greased muffin tins.
5. Bake at 220 degrees for 15 minutes until the muffins are well risen and golden. Serve

dusted with icing sugar  
and orange butter.

## COUNTING CORNER

Welcome to new 2004  
Powerpointers

- Peter Borain
- Brett Davidson
- John Ferguson
- Simon Geach
- Elizabeth Gosper
- Mark McClelland
- John Meagher
- Lyndall Metzke
- Maxwell Michael
- Scott Mitchell
- Helen Oberhofer
- Phil Robinson
- Ian Scholes
- Ty Speer
- Joylene Tarr
- Susan Walker

For Brett it is a welcome back after several years away from the club. Helen has already swum (magnificently) for Powerpointers in the Australian Masters Swimming Championships in Adelaide. We wish Liz Gosper all the best as she represents the club at the World Swimming Championships in Riccione, Italy in early June. For some of the other new members it is also welcome to Australia. We all hope you enjoy swimming with Powerpointers, and look forward to you competing with the club.

The 'older' members of the club are gradually sending in their 2004 registrations, and we thank you all for reregistering – for those tardy ones, please send registrations asap to Lois Hill. If you want to swim in the Short Course Championships on 24<sup>th</sup> July we must have your signed registration form and money by 10<sup>th</sup> June.

Happy birthdays in June and July to

- Peter Borain
- Elizabeth Gosper
- John Hutchinson
- Marcelle Klerks
- David Maggs
- Les Pearce
- Ian Scholes
- Michael Daly
- Michelle Howard
- Mark McClelland
- Bruce Morgan
- Helen Oberhofer
- Sandy Ward.



Lois Hill

## THE COMMITTEE

### 2004

#### **President**

Phil Cameron

#### **Vice President**

Sandy Ward

#### **Secretary**

Marcelle Klerks

#### **Treasurer/Registrar**

Lois Hill

#### **Club Captain**

Lee Morgan

#### **Team Manager**

Laurie Healy

#### **Social Secretary**

Les Pearce

#### **General Members**

Rob O'Donnell

Liz Lalor

Helen Whitford

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## CONTRIBUTIONS SOUGHT

This is your newsletter, so your contributions are not only encouraged but essential. Please send any thoughts however large, small or silly to [sandy.ward@axa.com.au](mailto:sandy.ward@axa.com.au) or [marcelle\\_klerks@yahoo.com.au](mailto:marcelle_klerks@yahoo.com.au). Mind you the editors do reserve the right to edit to billy-o any material submitted!