

The Pointer

Issue 3, 2007
September



PRESIDENT'S REPORT

Congratulations to the team of 40 Powerpoints swimmers who competed at the State Short Course Championships at MSAC on 4/8/7.

Thank you to Rosa Montague, Jennie Bucknell, Helen Whitford and Laurie Healy for their work on the relays and individual entries. A huge effort and as you will read, it paid off. Great work competition team!

Overall Result

We came second with 1634 points. Marlins were victorious with 1777 points. Doncaster were third with 1185 points. It was a magnificent effort by a super group of people. Thank you to all those who swam.

Relay Highlights

240+ Mixed 100m Medley Relay

National Record with a 1:14.77

Steve Watkins, Marijke Alderson, Herbert Orenstein, Rosa Montague

160+ Mixed 100m Medley Relay

National Record with a 55.54

Helen Whitford, Stuart Moffatt, Brett Davidson, Jennie Bucknell

160+ Mixed 200m Medley Relay

National Record with a 2:00.89

160+ Mixed 100m Freestyle Relay

National Record with a 50.16

Stuart Moffatt, Helen Whitford, Shane Gore, Jennie Bucknell

Individual Highlights

Congratulations to the following people who scored maximum points for the club in individual swims – **50 points**. They were all obviously age group winners.

Melinda Kemp Stuart Moffatt

Rosa Montague Michael Moloney

Helen Whitford

Marijke Alderson broke a State Record in the 200m Breaststroke with a 3:32.71

I feel the need to mention that Marijke also scored 49 points for the club

Stuart Moffatt broke a National Record in the 100m Breaststroke with a 1:10.78

Rosa Montague broke 4 State Records in the:

200m Freestyle with a 2:54.43

100m Fly with a 1:39.22

200m IM with a 3:31.61

200 Fly with a 3:42.32

Peter Rainey broke a State Record in the 200m IM with a 2:25.58

And Peter also scored 48 points for the club

Helen Whitford broke 8 records, but individually she swam 4 National Records in the:

100 Backstroke with a 1:09.37

50 Backstroke with a 32.68

200 IM with a 2:36.31

200 Backstroke with a 2:29.22

And a State Record in the 100m Fly with a 1:10.90

Great to see!

It was great to see:

Aida Tuciute back racing for the club in both relays and individually. It was also great to **Lizzie Hone**, a long-time H20 swimmer, racing after 26 years of no pool comps

Chris Andrew showing of his speed – sub 30 secs for an endurance man is great effort

Anna Lang swimming for the old club!

Colin Moore, a speedy new recruit – sub 30 in both the 50m Free and Fly

Steve Watkins – surely driving from Tocumwal on the Murray to race for us, is worth a mention!

Peter Rainey back in action swimming with probably more power than ever - great swim in the IM

Time-keeping

Well, a big thank you to our main 3 non-swimming volunteers. But it was also a bit of a bungle! **Robbie Friedman** turned up for training, thinking the comp was on Sunday, so time-kept for a while. **John Milne** missed his race as he was so absorbed by recording the times. And Ken Holmes, well, there was no bungle there. Thank you very much Ken for coming along and giving **Powerpoints** much needed support. If there is ever a flipper competition Ken, we are entering you!

Dinner

Thank you to **Liz Gosper** and the social sub-committee for organising the post race celebrations. This kicked off at the Pelican, with a solid dozen sports stars downing a few well-earned drinks.

Leo's, in Fitzroy Street where else, was the host for our dinner. And what a great dinner it was. 45 people attended, ranging from our finest stalwarts, like Club Captain **Laurie Healy**, **Les Pearce**, the **Rays**, **Rob O**, to name but a few, to the **Riordan**, **Andrew** and **Williamson** families. A whole heap of pasta, red wine and beer was consumed by a very merry crowd. It was a great dinner.

After hours celebrations kicked on at the Mink Bar. A hard-core group drank strange Russian concoctions til the wee hours of the morning. Apologies to those who still had a hangover 24 hours later, but Capriosca's are one of my favourite drinks. Peter Borain joined us, which was great. I was very pleased to hear he will be back competing for the club soon until someone mentioned that he is in my age group now! Ah well, I still do hope to crack the top 100 in the Worlds in Perth. Maybe...

Anyway, that is all for now. Who did I miss, what did I forget, I don't know. But apologies if something slipped my mind. It was a great competition, and thank you to everyone who helped out in the way they did. Swim on, swim well, and remember, the club has many great training sessions on, and to keep them, swimmers are needed in the water. So, see you soon? Hope so.

Archer Talbot
President





VPP BITS

Hi Lee,

How are you going? I just have a couple of announcements:

1) As the apartment in the city was quite small for living with children, we have just moved to Donvale and, unfortunately I will not be able to be part of the **Powerpoints**. Actually I have just started swimming with Doncaster Dolphins last Saturday as the Templestow pool is much more convenient located (closer to home). Anyway I will try to swim with **Powerpoints** any time I have the chance to do it. I have already mentioned this to **Anton** and **Archer**.

2) I announce my second baby coming..... Camila will arrive in February next year.

Hope everything is going all right with **Powerpoints**!!!

I will probably see you in the Relays Competition at MSAC but in the lane next to **Powerpoints**.....

Cheers,
Pablo Pizzuto

Lee,

Cathy, **Mike** and **Dillon** very proud to announce arrival of Tom Hewlett Hunt. He was born Sunday 14 October, weighing 7lb 6oz at 5.35pm. (I actually baked a banana cake that afternoon which came out of the oven at 4pm, went to hospital at 4.15pm and delivered at 5.35pm!) Maybe his speediness will transfer to him being a speedy swimmer later in life. And no, I had not been training that morning like with **Dillon**!!!)

We are all doing well. Tom is feeding every 4 hours and sleeping rest of the time. **Dillon** gives him a quick kiss and then tells me to put him back in bed. **Mike** is starting 3 weeks holiday (well kind of a holiday anyway). And I am resting up where possible. We are all very happy to have another boy in the family,

Hopefully we will see some of you over the Christmas period.

Love **Cathy**, **Mike**, **Dillon** and **Tom**





NEWS FROM NORTH OF THE BORDER

While the Victorian members of **Powerpoints** have been training in their inimitable style, north of the boarder the New South Wales Chapter of **Powerpoints** has been busy out their advertising the corporation logo and competing in a number of inter-club competitions and the NSW State Short Course Championships.

Last year, the club only competed in one inter-club competition, that of the Wett Ones. This a Sydney club of the ilk of the Glamourheads and Yarra Roughies. **Powerpoints** picked up gold and two silver medals. This meet was unusual in that it pointed out the loneliness that one can feel in crowds, especially when surrounded by a large group of lesbians and four handsome young men who enjoyed sitting very close to each other.

This year we have been out a bit more. We have competed at Hornsby, North Sydney and Ryde. At Ryde **Richard Flockart** came equal second in the Men's 50 – 54 age group with Mark Patterson. Alan Godfrey came first.

Last week end **Powerpoints** was out in full force at the NSW State Short Course Championships. On the Saturday, we were represented in the 200m Butterfly (Silver), 200m IM (Silver), and the 50m Butterfly (Silver). On the Sunday, we were represented in the 100m IM (Gold) and the 100m Butterfly (Gold). At the end of Saturday's swimming the club had picked up three silver medals and we were running 27th out of 33 clubs. On the Sunday, we had picked up two gold medals but due to a lack of numbers we had been unable to compete in the relays. At the time of going to press the final inter-club results had not been released. **Richard Flockart** had done well. He was third in his age group to Alan Godfrey (he of the dark-side) and Mark Patterson. **Richard** also did well with a PB in his 200m Butterfly. His time in the NSW Short Course Championships was 9 seconds faster than his time in the Victorian Short Course Championships.

PS: Martin Hamilton and his wife, Natasha, were at the Short Course Championships. They have bought a house on the Northern beaches, and she is expecting a baby. Martin sends his regards to all. He says that he is down in Melbourne quite frequently, and hopes to take the opportunity to train with **Powerpoints** again.

Some tips for training from **Richard Flockart**

Taper: I gave up the weight-training three weeks before the championships. I continued with the swimming (4 times a weeks) and the Body Balance (twice a week). For the three weeks I felt awful. I was talking to one of the Body Balance instructors, Andrew Ferrari, after the 200m Fly. I told him how awful I had been feeling. He said, "Oh yeah! Didn't anybody tell you?" Early in the taper I had had a massage on a Saturday afternoon. I went to swimming training the following day and was barely capable of doing a kilometre in an hour. I tapered the swimming in that I did a light training session on the Tuesday and did not swim on Thursday prior to the competition.

Coaching: My 200m Fly technique was good. There was no negative splitting. I just swam it at a constant pace. The problem lies in the 50m and 100m. I have developed a jerky non-fluid technique. I can still go relatively fast but I am 1 – 2 seconds slower than my full potential at 50m, and 2 – 4 seconds slower over 100m. Somehow, I need to relax and yet at the same time go fast. The problem is that we have lost an outstanding coach. He set a great programme but he was not big on coaching technique. There is a former Ukrainian Olympic Butterfly swimmer who coaches children over at Queanbeyan. I think that I am going to have to try and track him down and get help from him. Apparently, he makes Len look easy going. It just goes to show the importance of having good coaches.

Eating: I was right into the carb-loading. Breakfast on the day was a large can of baked beans and pasta, about three hours before racing. Two hours before racing I had a caffeine hit with a drink of Red Bull.

Richard Flockart



Competition Stop Press

Keep Saturday, November 24th free for the relay carnival with our Presentation Dinner afterwards

RELAY MEET

Warm up will be at 11am and the carnival will start at midday. The entry cost for each swimmer will be \$20 which includes your individual registration and a \$5 contribution to the cost of the team entries. The club picks up the tab for the rest of the team entry costs which will total \$600.

As many will remember from last year, this is huge fun and a great chance to participate for first time competitors. No pressure! We need as many of you to swim as possible as there are 15 different relays with 4 different age groups in each relay event - i.e. 240 swims in total. Masters Swimming Victoria allow us a maximum of 7 swims each (though we are hoping to make it a max of 6 each) so we need at least 40 of you competing.

Remember the shortage of women at Long Course? Let's turn that around. We'll let you know how entries are going as we move through October so we don't get that situation again.

Fill in the entry form and send it to us asap, to give us time to work out those 60 relay teams before our deadline at the state office. Please make sure you fill in the times that you think you will do, as it makes our job a lot easier.

PRESENTATION DINNER

Our Presentation Dinners have become legendary, with our innovative and brilliant social committee putting so much into organising them. This year should be no exception.

You will receive a flyer from the **President** soon. Payment of \$60 is required by Friday 9th November.

Regards,

Competition & Social sub-committees



TRAINING HINTS

SWIMMING WITH INJURIES

Many swimmers when injured take a break from training to rest and aid recovery. Unfortunately, extended breaks will also result in a loss of conditioning. Many doctors will unnecessarily recommend a break because they are unaware that in many instances, an experienced coach can modify the program to accommodate the injury without loss of fitness. Here are some guidelines.

Coughs and colds. The general rule of thumb is that if the cold is in the head, it is OK to swim (above the neck) and if it's in the chest (below the neck) it's not. Swimmers must NEVER swim with a temperature. However if you think you are contagious—stay away!!

Hand, arm, shoulder injuries. Assuming there is no open wound, swimmers can be placed on a rehabilitation program where they predominately have a kick based program or swim only with their uninjured arm. Often the coach will have them wear fins so they can fit in with the lane and keep with their group. Lynley Frame an Aussie Breaststroker, broke the World Record in 1991 after kicking for 3 months while her broken arm was encased in a water proof caste. She did little to no arm work, but strengthened her kick and shattered her PB. She never got close to that time when she resumed full stroke training. Other swimmers have had similar breakthrough results when being restricted to kicking. There is increasing anecdotal evidence to suggest that the kick in swimming is far more important than we ever realized - perhaps even more so than our arms. The top swimmers in the world do large volumes of kicking.

Leg Based injuries. Most of these can be accommodated using a pull buoy to isolate and immobilize the legs. If pushing off walls is a problem, the swimmer can do dead turns (turning away from the wall so they miss it completely), which will improve their breakout strokes considerably. Doing arms only work will also strengthen and improve and arm weaknesses, particularly for Breaststrokers.

Back / Neck problems. Head positions can be modified and a front mounted snorkel could also be used so there is no arching of the back or neck. Swimmers would eliminate most of their Fly/Breaststroke work and avoid any back arching. Alternatively, Life Saving Backstroke which is a version of Breaststroke performed upside down, can be used as the same muscle groups are trained. Kicking drills can also be modified so there is no stress on these sensitive areas.

For some, an injury may just be an opportunity in disguise. If in doubt, talk to your coach before you take a rest, so they can advise. The most difficult part when immersed in a recovery based program is the mental aspect. It requires great self discipline to stay focused throughout this time, as it can be frustrating to the swimmer, to isolate a limb for days/weeks or even months. Family support is always critical. But for those who persevere, the rewards can be many.

Anita Killmier



Sandy's Kitchen

Yet another delicious cake from our [Vice President](#). Check previous [Pointers](#) for her Chocolate, and Cinnamon Apple Sour Cream cake recipes!

Carrot Cake

Cake

Ingredients

- 2 cups plain flour
- 2 cups sugar
- 2 teaspoons bi-carb of soda
- 2 teaspoons ground cinnamon
- 1 cup light olive oil (I use vegetable oil instead)
- 3 eggs lightly beaten
- 2 teaspoons vanilla essence
- 3 medium carrots cooked until tender and pureed
- 1 cup walnuts roughly chopped
- 1 cup desiccated coconut
- $\frac{3}{4}$ can crushed pineapple (I always use the full can and even a little juice, as I like the cake really moist)

Method

Sift drys (flour, sugar, bi-carb and cinnamon) ingredients

Make a well in the centre and add oil, eggs, vanilla, beat well

Fold in carrot, walnuts, coconut and pineapple

Pour into lined and greased 23cm pan and cook for approx 70 until edges have left the side of the pan. Once cooked, leave in pan to cool before icing.

Frosting

Ingredients

- 125 gram cream cheese room temperature
- 45g butter
- icing sugar
- $\frac{1}{2}$ teaspoon vanilla
- juice of half a lemon juice

Method

Beat cream cheese and butter, add icing sugar to taste and then stir in vanilla essence and lemon juice

Sandy Ward



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Archer Talbot

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Sandy Ward

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This is your newsletter, so your contributions are not only encouraged but essential. Please send any thoughts however large, small or silly to lmorgan@boomerangexecutive.com.au