



P.O. Box 455
Mermaid Beach, Qld. 4218.

QMM Newsletter March 2018

State Titles SC: Rockhampton. 14th to 17th March, 2018.

National Titles LC: Perth WA. 18th to 21st April 2018.

Presentation Night: Burleigh Heads SLSC, Friday 4.5.2018.

Yeronga (QYP): SC Yeronga Pool, Sat 5.5.2018

Rum City (QBB): SC Bundaberg Swimming Academy, Sun 3.6.2018.

Thailand Swim Camp: Thanyapura Sports Complex, Phuket. 10.6 to 17.6.2018. (Coach: Alan Godfrey)

Clarence River (NCM): SC Yamba Pool Sat/Sun 9-10.6.2018.

Brisbane Southside (QSM): SC Brisbane Aquatic Centre, Sat 23.6.18.

Brisbane Northside (QBN): SC Valley Pool, Sat 28.8.18.

Alice Springs Masters Games: LC Aquatic and Leisure Centre, 13th to 17th October 2018.

Pan Pac Games: LC Southport Qld. 2.11.18 to 11.11.18.

A Message from the outgoing President

Oh what a great club we have, whether your activities are racing, open water swimming, keeping or getting fit or just socialising with other like-minded people, Miami Masters is the place to be.

The year has run really well; it helps that the committee members are all well-disciplined and get on with their jobs with no animosity. Meetings are a treat to run and on time. We have had some new faces this year, but they have taken on their work diligently and with efficiency. Remember that the club can only operate if we have a good committee and that from time to time new people have to put up their hands to get involved. We are always looking for new committee members to give others a chance to stand down after a stint and to have new ideas brought forward. If you have ideas as to how the club should be progressing then take on a club role. We have had no member take on the position of Swim Meet Director and as a consequence we will not be having a swim meet this year. Unfortunately, some of the new ideas have been a bit innovative to me, as I am a paper and pen person, but I feel certain that the new processes brought on board will be an asset to club organization but not with me at the helm. I have enjoyed my time of over 25 years on the committee but feel it is now time for younger or more dynamic members than me to be involved. I will perform some minor roles on the committee as required by the club management group.

I wish Miami Masters all the best for the future.

Alan Grant (President)

A Message from the incoming President.

I'd like to congratulate the new committee members who have been elected, and thanks to those who have served on the committee for the past year. A special thank you to our past president Alan Grant, who has served on the committee with Miami Masters for the past 26 years. Alan is still swimming with us, so his extensive experience will still be available for our club.

I would also like to thank the members of Miami Masters who have put their trust in me to lead their club for the next year. Together with John Munro, our new vice president, we have the following goals:

- To prepare a plan for this year and into 2019.
- To increase our membership of young members.
- To improve links with the Nerang training group, and increase the race training sessions for our competitive members.
- To continue with Alan's project of a Casuarina training session with Judy and John Bonning for Miami Masters members, and get it up and running. Please let us know if you are interested in training at Casuarina with John and Judy.
- To be inclusive and open in consulting with all members. I'll include a short note for Peter Mitchell in each of our Miami Masters newsletters to update everyone.
- To explore fund raising opportunities for extra resources for our club, such as timing equipment, etc.

We can only achieve this with the help of all members, and we welcome suggestions and feedback. Thank you again for the opportunity to work with you all. And my quote for this newsletter:

"Coming together is a beginning. Keeping together is progress. Working together is success." --Henry Ford

Kind Regards, Rob Findlay

Committee News

- The AGM was held on Saturday, the 25th and a few significant personnel changes have happened, but I'm sure things will go on as swimmingly as they have all this year.
- The Committee was instrumental in raising a good deal of money to help Zac Kimber on his way to the Special Olympics National Games in Adelaide starting 16th of April. It's certainly not cheap as Zac has to travel and stay with the Queensland team, while his mum Tanya has to travel and stay separately. Vanessa Teece was able to raffle off an Ipad device she'd acquired, one of our relay teams had won a significant sum for winning a relay up at the Albany Creek meet, and we had an unofficial open water swim at the beach, organised by Liala, where participants made a contribution. Overall we were able to present Zac and Tanya with a pretty tidy sum to help them on their mission to bring home some gold from Adelaide.
- We're in the process of establishing a satellite training group down at the Casuarina Pool down near Kingscliff. We have swimmers who either are or have been members who'd like to compete with the club in higher level competition. We're also sorting the arrangements with the group who do sprint training at Nerang SC pool each Saturday.
- There's still got money left over to pay for first aid courses. We set it all up some time ago and it's time to refresh our memories about this worthwhile offer.

Miami News

- Quite a few of our members have got themselves a gig doing something for the Comm. Games. Julie Stuart's helping run the pharmacy at the Athlete's Village, Alan Grant's driving VIP's around and Sheila Fennell and Bryan Durham have starring roles at the Opening Ceremony, perhaps. At this stage it's all a big secret, but just wait.
- Anyway, we seem to be rather fortunate that our pool is not being used as a training pool for the games and we can go on as usual, so far anyway.
- It's great to see that Multi-class swimming has been brought into the mainstream of Masters swimming. We've received advice from our new QMS Vice-President (South), Susanne Milenkevich, who swims for Yeronga Park, that the club would like to organise a demonstration swim for Rowan Crothers at their carnival on the 5th of May. Rowan is an Australian Para-Olympian and Comm. Games rep who trains at Yeronga.
- Ashleigh Forsyth's training schedule's been totally bugged up, firstly by an annoying shoulder injury, and now more seriously by a bit of whiplash, thanks to being rear-ended by an inattentive driver. She's getting better but these things can take too long to fix themselves. Get better Ash...we all want to see you back performing at your best.
- If you're interested in improving your sprinting it's time to take advantage of our sessions at Miami Pool at 6.15 each Wednesday night. They only cost \$5.00 on top of pool entry and we have the services of acclaimed coach Todd Robinson. Todd will be away in the near future and John Munro has assured us that Olympic swimmer Geoff Huegill will be filling in.
- Don't forget Presentation Night on Friday, the 4th of May. It's always a good show at a really nice venue. If anyone has any ideas about making it more exciting or member friendly, Julie Stuart would love to hear from you.
- A few of our members are off to Perth for the Nationals starting on the 18th of April.
- Just a word of thanks to all our coaches over the last few months. Roger Belmar and Judy Bonning have assisted Sally and Alex for our Saturday sessions. It's been good having had two coaches for each session and it seems that we've all benefitted.

AGM

Our Annual General Meeting was held on Saturday the 24th of March. This event is fairly low key generally and the major theme is to sort out who's going to do what on the Committee for the coming year, accept all the reports, approve any fee rises and perhaps deal with any other issues which may have arisen. Fortunately, fees are not changing this year. There have been concerns about what proposals are in the wind about future developments in the Pizze Park complex. It seems that with the Comm. Games, financial considerations have probably put a brake on any plans for some time.

The reports have been distributed to all members.

Our Committee for 2018-9

President: Rob Findlay

Recorder: Denise Robertson

Vice President: John Munro

Gear and Newsletter: Peter Mitchell

Captain: Liala Davighi

Social Committee: Julie Stuart, Kathy Watt

Treasurer: Colette Southam

Endurance: Joan Patterson

Secretary: Wendy Abbott

Website: Noah Southam

Registrar: Kathy Carlyon

Lane 11: Bryan Durham

Merchandise: Margie Watts

It's sad that we've lost the services of Alan Grant, Troy Doyle, Vanessa Teece and Sandra Rogers who all did such an admirable job over the last year. Sandra's off to live in Cairns, but maybe the others might take up the challenge again.

Master Class



John Crisp, Denise Robertson and Julie Gunthorp. Julie was a long time QMM member who went back to NZ a few years ago. Some of her results from the FINA World's in Budapest were pretty amazing.

Earlier this year we conducted a Master Class at the pool as part of our Saturday afternoon training. A sincere thank you to John Crisp, who not only conducted the freestyle group, but organised the other coaches for the day. We were blessed with the services of Brett Green for the backstroke, Mark Sutton for the breaststroke and Darryl Hurley for the butterfly. However, the sad thing was that we were a little rushed because we had to fit ourselves in between the Miami Swim Club Meet sessions which featured some of the swimmers preparing for the Comm. Games trials. Nevertheless, stroke correction will always help, no matter how old or experienced one might be.



Albany Creek Carnival Sat 27th Jan.



It looked like it was going to bucket down and it was certainly forecast, but the day turned out rather pleasant after all. QMM sent up quite a large contingent of 18 swimmers and overall 211 competed.

Alan Carlisle unfortunately took ill and Gordon Southam was able to fill in for him in the Shand Memorial 50+ relay. The team of Gordon, Colette Southam, Liala Davighi and Rod Taylor won and scored a handy \$250.00 cheque and towels for their trouble.

Age Group winners included Vanessa Teece, Liala, Denise Robertson, Darryl Hurley and David Boylson. Noah Southam and Rod scored seconds while Zac Kimber, Lindy Salter and Marg Fittock scored thirds. One special result was Dave Boylson's national record for the

25 metre freestyle and Liala set a branch record. It's great to see that those records are still falling, but the ages aren't, sadly.



QMM ended up coming third in aggregate points for the larger clubs behind Albany Creek (QAC) and Brisbane North (QBN), a mere 10 points ahead. A good productive day was had by all.



This meet was a special day in the annals of Masters swimming because we were able to commemorate George Coronas' first outing in the 100-105 age group. He has now turned 100 after having broken two world records for the 100 and 50 metres freestyle at the Comm. Games trials.

At the presentation at the conclusion of the meet George's fellow members from Twin Towns gave him a honour guard as he came up to the mike to talk to the crowd. Even better was the cake they'd baked for the occasion and then distributed to all....plenty for everyone.

Our Day at the Beach



It was going to be great day for our little unofficial swim for Zac at Burleigh Beach. Unfortunately, the cyclone out there didn't know that and there's the evidence. Some did do it and they're in the pic. The others are watching and getting ready to walk to North Burleigh. Those who made it out and continued on were certainly there before the walkers.

Our Day in the Park



We received a request from the local Division 12 Councillor Pauline Young to man a booth in the park across from the pool on Saturday the 10th of February. Her plan was for a Super Sports Saturday to allow sporting organisations to showcase their sports and perhaps round up some new members. This sounded like a good opportunity to let the community know what we do and maybe attract a new member or two. Thanks to Vanessa for organising some fliers and it was a simple task to set up a tent with chairs, table and some gear. It was just a matter of sitting back and watching the show.

It seemed that the day was marketed more towards junior sport and we didn't get too many takers, but it's important that we acknowledge Councillor Young for making the effort to let the public know about local sport and what's on offer.

State Titles Rockhampton 14th to 17th March



Some members drove, some flew and some braved Queensland Rail and headed north to Rockhampton on the Tilt train. Seven intrepid travellers chose rail and, with the help of Pension and Seniors cards, managed an economical, relaxed and pleasant trip. Not a bad way to travel as several members had to contend with the stress of flight cancellations.



Unless you were foolish enough to enter the 1500m swims, Wednesday was a free day. A few shopped, others admired the fabulous refurbishment of the Riverfront with its backdrop of stately, historic buildings. A couple of us sneaked away and “got wrecked on Great Keppel Island”, where we were forced to do our warm up swim in the clear, aqua waters then recover on the silky, pristine sands. Tough!!



Oh yes! Next day back to swimming the black line. The swimming complex is a fantastic venue and the meet ran like clockwork. Congratulations to the organisers. Only a few hundred metres from the pool, our accommodation proved to be perfect and we were able to meet each evening at their well- equipped BBQ area or in various apartments. It was a home away from home lane 11 and (for some) the highlight of the day, as we were all able to relax, have a drink or two, share a meal and mingle with fellow swimmers. Various members displayed their culinary skills and provided Italian, Mexican, Indian, and Aussie tucker. It was noted that a senior, well-known swimmer handled her wine well and went on to become Swimmer of the Meet.

Miami Masters were well represented at this carnival, and the results (recorded elsewhere in the Newsletter) reflected the current strength of the club. However this is a brief report on more important matters – the get-togethers each evening following the day’s events. One would have to say the male contingent was spoilt by the female members. What can one say, other than, please keep it up – we love it! Thursday night was a BBQ at the motel where many of us were accommodated. Friday night was Mexican food at Chez Southam. Saturday night was curry night at the Denise Robertson



A few of us enjoyed a well organised swim dinner at the Bowls Club and then tried our hand at barefoot bowls. I’m not sure that swimming skills cross over to bowls as many of our efforts found their way into the gutter.

A little more finesse needed perhaps!!!

We had a lovely 5 days. Miami swept the pool. I’m sure all those medals and the generous “goodie” bag, presented to each competitor, may have caused excess baggage problems for the fliers. Didn’t worry the drivers and train travellers! If you missed this year’s trip, consider joining in next time. You won’t be disappointed.

Kathy Watt



penthouse – probably not accurately described as a penthouse, however in relative terms compared to where John Crisp, Dave Durrant and I were staying (a basement), it was a penthouse. Many thanks to all the members who did the hard yards with the catering, and all members who provided an enjoyable exchange of views on everything from world politics to who was carrying the most physical impairments. In all seriousness, the company was a delight and of itself makes participation in these carnivals most enjoyable.

David Boylson



Hobe in Mexican mode.

Here's a little trivia from Denise. And despite all this, Denise won the awards for Female Swimmer of the Meet and Best Swimmer over 50. She also cracked a World Record in the 1500 metres free.

If we were to lay our 277 medals, with ribbons, end to end they would extend around the complete circumference of our pool. If our gold medals were REAL gold, on to-day's price they would be worth \$343,552.00. What sort of a spending headache would THIS be for Colette!

And QMM left with the George Corones Trophy for the highest aggregate score for the big clubs. Congratulations to all.

From Peter Reaburn

The Importance of Strength Training for Masters Swimmers

The majority of force in swimming is produced from the upper body, with strong correlations between upper body strength and sprint performance. However, there is a lot of debate in the literature relating to the impact of resistance training on swimming performance, specifically the transfer of strength training to swimming performance. A recent systematic literature review was presented in a very prestigious sports science journal titled Sports Medicine.

The paper aimed to (1) explore the transfer of different types of strength-training to swimming performance, and (2) examine the effects of strength training on technical aspects of swimming. Four online databases were searched with the following inclusion criteria: (1) journal articles with outcome measures related to swimming performance, and (2) competitive swimmers participating in a structured resistance-training program. This search did NOT include masters swimmers or swimmers under 16 years of age.

The major conclusions were that (1) for optimal transfer of the strength training to swim performance, swim-specific, low-volume, high-velocity/force resistance-training programs have been shown to be the best, (2) stroke length is best achieved through resistance training with low repetitions at a high velocity/force, and (3) resisted swims are the most appropriate training method for improving stroke rate.

For us older swimmers the same principles would apply. Indeed, strength training is even more important for us because muscle mass and strength decline very rapidly after 50 years of age and even faster after 65 years of age. Strength training would also have other advantages. These include health (help manage and lowering risk of diabetes, manage blood fats) and performance benefits (swimming, walking speed, stair climbing and activities of daily living). Indeed, there is increasing evidence that strength training is almost as good as aerobic training for the health benefits.

I suggest finding a good strength and conditioning coach to help you. Go to

<https://www.strengthandconditioning.org/find-a-mentor-coach>

Peter commented on this article from the SMH on 30.3.18 on his Facebook page. It's quite an interesting analysis of the connection between severe heart problems and serious sport.

<https://www.smh.com.au/sport/heart-attacks-of-the-mega-fit-how-safe-is-extreme-sport-20180328-p4z6m7.html>

Cookery Corner

Here's a little treat from Carole Simpson who was inspired by what everyone was eating up at the Rocky State Titles. Don't know whether it made anyone go any quicker, but it looks pretty healthy and tasty.

One Pot Crunchy Greens

Recipe for two

1 bunch broccolini trim ends & peel stalks

1 zucchini halved & sliced

1 bunch asparagus trim ends & peel stalks

1 handful of snow peas

Small bag of English spinach

3/4 fill a large pot with water, add salt & bring to the boil.

Add the zucchini & broccolini, & time for about 1.5 mins after they return to the boil.

Add asparagus let water return to the boil for 30 seconds then turn off. Add snow peas.

Put the spinach in the bottom of a colander & drain the blanched veggies over the top. Drain well add back into the pot, then add a good "glug" of your choice of either lemon infused olive oil or garlic infused olive oil. Season to taste & serve.

Use any or as many greens of your choice.

Judy Meyer Bonning – (Dec. 16, 1952)



Judy grew up in Nashville, Tennessee, teaching swimming and lifeguarding every summer through high school and university. She went to Middle Tennessee State University earning a teaching degree in Physical Education/Sociology. After three and a half years in Naples, Italy, where she was stationed with her ex-husband and had her own swim school and swim team, she moved to Santa Barbara, California in 1977. Judy was lucky and was given a job coaching one of the first Masters programs in the States. She loved it and guided the team to the Southern California champions.

After about eight years, although hating to leave Santa Barbara and her team, she couldn't pass up an opportunity to be an assistant coach to Don Gambriel,

the 1984 USA Head Olympic Coach and the opportunity to go back to school to get her Masters degree in Exercise Physiology while also coaching the Crimson Tide Masters. During that time, Judy contacted Peter Reaburn (later Dr. Peter Reaburn) and they corresponded on blood lactates in Masters athletes. Judy decided she didn't want to coach university swimmers (too much admin work and b.... sh... recruiting athletes). She realised that she loved the Masters swimmers more as they appreciate and thanked you for coaching them. She did complete her thesis on Comparing Blood Lactates in Swimming, Kicking and Pulling. You can ask her what she found out in her studies.

Peter John Bonning (Feb. 1, 1956)



John was born in Ingham and grew up competing for Forest Beach in surf lifesaving and swam for Ingham in pool competition. He was also active in other sports playing representative rugby league, cricket seniors, first at high school, as well as track and field (400 to 1500 metre runner). In swimming, John made it to the national level and was ranked in the Top Ten in four or five events.

Then, as an adult at the Masters World Championships in 1988, he made the Top Ten in five or six events. As a young adult John studied to be hand and machine compositor. Then in 1980 he moved to Gladstone, where he learnt how to manage pools and became a swim coach.

In 1988 while working as a salesman in Brisbane and being one of the founding members of the Miami Masters, he met Judy at the Masters World Championships when Peter Reaburn introduced them and set Judy up to stay with John during the competition. John left Australia and moved to Florida to be with Judy and the rest is history!!

John managed to get a coaching job with the prestigious Mission Bay Makos and then with two partners founded the Coral Springs Swim Club a few years later. He loved coaching his Age Group team and they loved him. He had several national record holders and national award winners for their outstanding swimming technique! John had over 40 USA national top 16 times from his swimmers and was a level 5 Age Group coach (highest in the USA).

(Back to Judy) In 1986, Judy moved to Boca Raton, Florida to be a full time Masters coach at the Mission Bay Aquatic Centre – an unbelievable facility with both the head swimming and diving Olympic coaches for the USA training there. It was during those years that she flew to Australia for the 1988 Masters World Swimming Championships that were held at the Chandler Aquatic Centre where she met John!! They met in October 1988 and were married on February 14, 1989 (so John could get his 'green' card!! and they were in love!!)– They were married both in the courthouse and on the deck of the aquatic complex with their names lit up on the scoreboard! The following October, they were married again on a cruise ship to the Bahamas with their families and friends including Peter and Claire Reaburn. When Mission Bay had financial troubles, they started another team close by at another beautiful aquatic complex (the USA has many of them!!).

John loved coaching his Coral Spring Age Group swimmers taking his swimmers on team trips to such places as the Bahamas and Luxembourg. John says those were great memories and a great time in his life and he is still in touch with many of them through Judy's Facebook. During these years, Judy was heavily involved with Masters coaching and was the first president of MACA (Masters Aquatic Coaches Association) and the first chairman on the Coaches Committee that met at the USMS annual conventions. Together they organised with their team, the 1991 Masters National Championship that had over 1700 swimmers. They also organised camps and clinics for Masters swimmers and took the first Masters group to the Colorado Training Center for a Masters Swim Camp. Judy loved her Masters and they started a swim school there as well, but once they had their own children, Geoffrey (born during hurricane Andrew in 1992) and Ian, they knew they didn't want to raise their children in South Florida, as even then the schools had metal detectors and the only open spaces were the everglades!! .

Sooooo, in 1996, John was offered the job as Operations Manager at the Killarney Swim Centre, the flagship pool for Forbes Carlile and his franchise Carlile Swimming. Judy still continued to coach Masters (Warringah Masters and Seaside Pirates) at the swim centre and although they lived next door to the pool and the boys' primary school, had a staff of 65 and enjoyed the work overall; but after nine years, they felt that they wanted to own their own business and decided to buy their own swim school in Tweed Heads. So in 2006, they moved to Tweed Heads and started the Billabong Swim School in a warehouse that housed an indoor teaching pool. The business grew from 50 swimmers to over 800 in a few years and in 2015, they were able to expand and run their program at the Casuarina Fitness Club which included, besides a teaching pool, an outdoor 25 metre pool. They are still not rich, but know that they live in the best part of the world and John who loves his open water swimming can be found at the beach every Sunday morning.

They had their boys late in life, but they are the love of their lives and they are so thankful to have had them. Geoff, is working on his PhD studying meteorite samples at ANU and thankfully loves running and open water swimming with John. Ian has just received an apprenticeship for auto mechanics and as he loves cars, it is a perfect fit! They are relieved and happy to have both boys truly enjoying what they do.

John and Judy are both trying to work less and swim more. John and Judy have loved joining the Miami Masters and reuniting with the group that John coached and swam with many years ago. We especially love having Peter and Claire near to us now, so that we can have sleep-overs and do fun things together!!

They want to thank everyone for being so warm and welcoming!

This is what some of Kathy Carlyon's friends do when the thermometer drops.



Birthdays

March: Brett Green 5th, Peter Matus 7th, Peter Reaburn 10th, Leanne Browne 17th, Bryan Durham 17th, Dave Mackay 17th, Georgie Young 26th, Greg McAnulty 27th, Carole Simpson 29th, Bronwyn Follent 30th, Greg Costello 31st.

April: Ming (Robert) Yang 5th, Peter Bailey 10th, Claire Reaburn 21st, John Munro 23rd, Zac Kimber 24th, Kathy Carlyon 26th.

May: Gwenyth Mc Kay 3rd, Darryl Hurley 5th, Charles Setiadipura 6th, Karen Lyons 13th, Phil Zaeza 17th, Gary Field 19th, Wendy Abbott 21st, Peter Mitchell 24th, Helen Morley 28th.

June: Jim Simpson 1st, Rod Taylor 6th, Gordon Southam 13th, John Crisp 30th.