Yeronga Park Chlorine Chronicle

Issue No: 386

From our Coaches

It was great to see all the 11Yrs & Under swimmers compete at the Carina Leagues meet last Sunday, unfortunately the senior session got stormed out. This means we only have one more opportunity to qualify for Queensland Long Course Championships which is less than 6 weeks away. We have been lucky enough to hold this carnival at Yeronga on Saturday 21st November. This competition is not only for our senior swimmers, but also our younger swimmers to continue practicing racing and better their personal best times. Our platinum squad have been specifically practicing their 50m and 100m freestyle in training for the last few weeks to help prepare them for these carnivals. We encourage all Yeronga Park members to nominate for this meet and support our club.

Goodluck to our 100 hundred swimmers competing in the Brisbane Relay Championships this Sunday 8th November at Chandler. Relay day is a favourite event of ours. This is where all our younger swimmers get to know other kids in their age groups and the environment of relays makes everyone swim fast. Although this year is a little different with only certain age groups in attendance at specific times, I know we will have as much as fun as we do every year. All swimmers who have been selected for Relays to make sure they see the coaches and team managers on the day to ensure they know what team they are in and where they will be swimming (i.e. Freestyle Relay C team, swimming second). They will also be given a little gift before warmup.

Looking forward to another fun club night!

Rob, Kate and Michael



UPCOMING EVENTS

Nov 4

Club Night, Racing @ 6:15pm

Nov 8

Brisbane Relay Champs, Chandler – Everyone to be available to swim.

Nov 18

Club Night, Racing @ 6:15pm

Nov 21 & 22

Long Course Prep Meet – Meet is yet to be allocated. Please keep weekend free.

Nov 26-29

Australian Short Course Champs, Chandler via virtual link to other pools.

Dec 2 (Christmas Break-up)

Club Night, Racing @ 6:15pm

Dec 12-18

Queensland Championships, Chandler

Jan 20

Club Night, Racing @ 6:15pm

Jan 29-31

Australian Open Water Champs, Sydney

Jan 30 & 31

Brisbane Sprint Champs, Chandler

Check our website for updated news & events https://yerongapark.swimming.org.au

Page 1 of 7

Ted Curtis Corner

Welcome to our club night.

As of a fortnight ago, I have been missing in action. My excuse this time is that I am on holidays at Coolangatta.

Hope you all enjoy tonight's club night and I will you see you soon.

Regards

Ted

HUMOUR SPOT

Two friends decided to go to see a supposed psychic medium performing at their local theatre. The room was packed and an expectant hush fell over the room as the performer came onto the stage. He put his hands to his head and narrowed his eyes.

"I'm receiving a message... a name... someone beginning with an N... Nigel? No, Nathaniel!" Suddenly a potted aspidistra in the front row shouted, "That was the name of my grandfather!"

The medium peered at the aspidistra and said, "Well, if you'd please come up onto the stage."

One of the friends was amazed. "That's incredible!" she said.

Her friend rolled her eyes. "Come on, that's clearly a plant."

SLOGAN OF THE WEEK

"Practice winning every day"

This week I would like to share a couple of items with you. The first is the open water swim, this week, it is Bondi to Bronte.

The second is an article that I found about the Top 25 Female swimmers from the $20^{\rm th}$ century.



Club Shirt & Shorts \$35 each

Clothing News

NEW club merchandise is available for purchase. All swimmers are to wear a club swim cap and shirt when competing.

See Robyn Nolan on club nights or email her via clothing@ypsc.com.au

Club Swim Caps \$10



Club Bucket Hat \$15



Club Baseball Hat \$15



Page 2 of 7

Check our website for updated news & events https://yerongapark.swimming.org.au

Jondi to Bronte Ocean Swim

Events / Open Water Swim / NSW / Bondi to Bronte Ocean Swim

Date:

6 December 2020

Location:

Bondi Beach, NSW

Distance/s:

2.4km

Website:

Visit website



The Bondi to Bronte Ocean Swim is a 2.4km ocean swim between Australia's iconic Bondi Beach and Bronte Beach.

The open water swim takes participants out around the Bronte headland before reaching the finish line at Bronte Beach. Navigation skills are critical in this swim and will determine exactly how far participants will have to swim.

Starting and finishing at two different beaches makes this swim a unique experience and provides participants with a sense of achievement that can be difficult to find when swimming a standard ocean swim course.

3/10/2020

Bondi to Bronte Ocean Swim - 2020 Date, Results and Registration

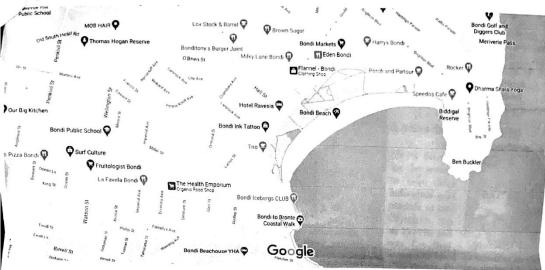
.10

Results

	View full results
2017	00:19:27
Ollie Signorini	00:19:31
Sam Sheppard	00:19:34
Joshua Attard	00.1010
	00:20:49
Kareena Lee	00:20:57
Frankie Shires	00:22:15
Kate Dryden	

1/4





Map data ©2020

200 ---



Bondi Beach

4.6 ★ ★ ★ ★ ★ (2,338)
Beach

Quick facts

The sweeping white-sand crescent of Bondi is one of Australia's most iconic beaches. Reliable waves draw surfers while, nearby, hardy locals swim in the Icebergs ocean pool year-round. Trendy, health-conscious Sydneysiders head to laid-back cafes around Hall Street, while hip backpackers frequent the area's casual pubs. Walkers and joggers use the clifftop Bondi to Coogee Coastal Walk, with its dramatic scenery.

25 Greatest Women



1. Dawn Fraser, AUS (1955-64)

The first woman to break 1 minute for the 100 meter free, Fraser won that event at three straight Olympiads (1956, '60, '64) and probably would have won in '68 and '72 had she not been suspended from swimming. She held the 100 free record from 1956-72 and set WRs from 100 to 400 meters. Australia's all-time most popular athlete.



Photo by Bill Collins

2. Janet Evans, USA (1986-96)

The greatest female distance swimmer in history, Evans set WRs for the 400, 800 and 1500 in 1987-89 that still

seem superhuman. A triple gold medalist in '88 (400, 800 free, 400 IM) and gold and silver medalist in '92, she was Swimming World's "World Swimmer of the Year" in '88 and '89. Won 45 U.S. national titles, second to Tracy Caulkins.



3. Tracy Caulkins, USA (1976-86)

In her first international meet, the 1978 World Champs, Caulkins won 5 gold and 1 silver medal. At her peak in 1980, she did not compete in Moscow due to the U.S. boycott. In '84, she won three gold medals. Perhaps the most versatile swimmer ever, she set 5 WRs, a record 63 American records—in every stroke—and won 48 national titles, more than any other woman.

4. Shane Gould, AUS (1970-73)

In a short but brilliant career, she set 11 WRs in every freestyle event from 100 to 1500 and in the 200 IM. Won 3 gold, 1



silver, 1 bronze at 1972 Olympics, and was named Swimming World's "World Swimmer of the Year."

5. Mary T. Meagher, USA (1978-88)

"Madame Butterfly," Mary T. set and swam on 5 majestic WRs in both fly events in 1981 that were truly Beamonesque. Her 57.93 for the 100 lasted until this August, when Jenny Thompson finally cracked it. Her 200 record, 2:05.96, Olympics, she



remains on the books. At her peak during the boycotted '80 Olympics, she still won triple gold in '84 and a bronze in '88 (behind two East Germans).

6. Debbie Meyer, USA (1966-71)

In 1968, Meyer became the first woman to win three individual gold medals at one Olympics. She set 15 WRs and was the first



woman to break 18 minutes in the 1500 meters, the first under 4:30 for 400 meters, the first under 5 minutes for 500 yards and the first under 17 minutes for 1650 yards. Swimming World's "World Swimmer of the Year" in 1967, '68 and '69.

7. Ragnhild Hveger, DEN (1935-54)

Considered by many to be one of the most extraordinary women swimmers ever.



Hveger was at her peak during WWII. She swam at the 1936 and '52 Olympics, winning silver in '36. In 1941, she held the WR in all the freestyle events and the 100 meter back. Some of her marks lasted 14 years.

8. Shirley Babashoff, USA (1971-76)

One of the greatest female freestylers of all time, she set 6 world records and swam on 5 world record relays, and won 2 Olympic gold



medals, 7 silver. At the 1976 Olympics, she was cheated out of 4 gold medals by East German doping.

9. Kristina Egerszegi, HUN (1987-97) 15. Penny Heyns, RSA (1994-present)



Olympics, 1988- and '99. 96, and the 100, IM in '92. In '88,

200 records still stands.

10. Claudia Kolb, USA (1963-68)

The best all-around swimmer of 17. Ann Curtis, USA (1944-48)

her time, Kolb won both IMs at the 1968 Olympics with ease, taking the 400 by almost 14 seconds. She was a silver medalist in the 200 breast in '64 In all, she set 23 WRs.



11. (Tie) Helene Madison, USA (1929-32)

The first woman to swim 100 19. (Tie) Karen Muir, RSA (1965-69) vards in 1:00, Madison was a double gold medalist at the '32 Games. She retired undefeated after setting 17 WRs.

11. (Tie) Lorraine Crapp, AUS (1953-60)

With 23 WRs, she was the first great Aussie swimmer of the modern era. First woman to break 5 minutes for the 400, she won 2 gold at the 1956 lympics. Held all WRs from 100 to Su0 meters.

13. Ethelda Bleibtrey, USA (1919-21)

The first American woman to win Olympic gold, she won 3 gold in 1924. Her arrest in 1919 for "nude" swimming-swimming without stockingsled to a change in women's swim suits.

14. Sybil Bauer, USA (1921-26)

The 1924 Olympic backstroke champ, she is the only woman ever to break an existing men's world record. Broke WR in backstroke 23 times.

The greatest female backstroker in The greatest female breaststroker Eger" won 5 individual in history, Heyns won double gold at Olympic gold the '96 Olympics, setting a WR in the medals: the 200 100. This year she broke the WR at all back in three three distances. Swimming World's successive "World Swimmer of the Year" in '96

back and 400 16. Donna De Varona, USA (1960-65)

One of the most versatile swimwhen she was mers ever, she set WRs in 8 events-in 14, she won silver in the 100 back. Her 3 different strokes and the IM. Double gold medalist in 1964 Olympics, she won 37 national titles

The premier freestyler of her era, Curtis won 34 U.S. national titles, all in freestyle, and two gold at the 1948 Olympics.

18. Tracey Wickham, AUS (1976-82)

The dominant middle distance and istance swimmer in the late 1970s, Wickham set 5 WRs in the 400, 800 and 1500 free that lasted almost 10 years. Voted Australian Sportsperson of the Year in '78.

In 1965, at 12, she became the youngest swimmer to set a WR. Set 15 backstroke WRs in 4 years. Never swam in Olympics since South Africa was banned.

19. (Tie) Amy Van Dyken, USA (1993-present)

Won 4 gold medals at the Atlanta Games, the most by any athlete, and 3 more at the 1998 World Champs. ARholder in the 50 free.

21. Jenny Thompson, USA (1986-present)

Perhaps the toughest and most consistent sprinter ever, Thompson has won 5 Olympic gold medals in relays in '92 and '96. She set WRs 7 years apart-the 100 free in 1992 and the 100 fly in 1999, breaking Mary T.'s mythical mark.

22. Hendrika Mastenbroek, NED (1933-37)

The dominant female swimmer at the 1936 Olympics with 3 gold and 1

silver medal. She set 9 WRs, 6 in backstroke, 3 in freestyle.

23. Galina Prozumenshikova, RUS (1962-72)

The best breaststroker of the 1960s, she won gold in the 200 breast in '64, silver and bronze in both '68 and '72. Set 5 WRs.

24. Fanny Durack, AUS (1911-17)

The first great woman swimmer and first women's Olympic champ (1912), she set 11 WRs, most of which lasted 8 or 9 years.

25. Gertrude Ederle, USA (1921-26)

The first woman to swim the English Channel, she swam it faster than any man before her. Won 29 national titles from 50 yards to 800 meters.

Top Women Swimmers of the 20th Century

Rai	nkSwimmer (Ist-place votes)	Pts.
1.	Dawn Fraser, AUS (4)	171
2.	Janet Evans, USA	151
3.	Tracy Caulkins, USA	145
4.	Shane Gould, AUS	138
5.	Mary T. Meagher, USA (1)	137
6.	Debbie Meyer, USA	103
7.	Ragnhild Hveger, DEN (1)	91
8.	Shirley Babashoff, USA	80
9.	Kristina Egerszegi, HUN	78
10.	Claudia Kolb, USA	76
11.	Helene Madison, USA	74
	Lorraine Crapp, AUS	74
13.	Ethelda Bleibtrey, USA	73
14.	Sybil Bauer, USA	66
15.	Penny Heyns, RSA	61
16.	Donna De Yarona, USA (I)	58
17.	Ann Curtis, USA	51
18.	Tracey Wickham, AUS	50
19.	Karen Muir, RSA	43
	Arrry Yan Dyken, USA	43
21.	Jenny Thompson, USA	41
22.	Hendrika Mastenbroek, NED	40
23.	Galina Prozumenshikova, RUS	38
	Fanny Durack, AUS	36

Others receiving votes: Sharon Stouder (USA) 26, Martha Norelius (USA) 25, Robyn Johnson (USA) 24, Ada Kok (NED) 24, Cor Kint (NED) 22, Katherine Rawls (USA) 20, Eleanor Holm (USA) 17, Claudia Poll (CRC) 16, Chris Yon Saltza (USA) 16, Franziska Van Almsick (GER) 16, Melissa Belote (USA) 14, Catie Ball (USA) 13, Greta Andersen (DEN) 11, Willemijntje den Ouden (NED) 11, Cynthia Woodhead (USA) 9, Karen Harup (DEN) 9, Nancy Garapick (CAN) 9, Summer Sanders (USA) 9, Ilsa Konrads (AUS) 9, Jan Henne (USA) 7, Susie O'Neill (AUS) 7, Katalin Szoke (HUN) 7, Catherine Plewinski (FRA) 3, Elaine Tanner (CAN) 2, Maria Braun (NED) 1.

25. Gertrude Ederle, USA















Email contact details for Committee Members

President

Adam Sheehan president@ypsc.com.au

Club Secretary

Jean Davison secretary@ypsc.com.au

Treasurer

Peta McGrory treasurer@ypsc.com.au

Race Secretary

James Basham racesecretary@ypsc.com.au

Registrar

Bill Lynn

registrar@ypsc.com.au

Clothing

Robyn Nolan

clothing@ypsc.com.au

Club Night / Meet Co-ordinator

Robyn Nolan

<u>clubcoordinator@ypsc.com.au</u>

Corporate Sponsorship Co-ordinator

Ben O'Dwyer

sponsorship@ypsc.com.au

Check our website for updated news & events https://yerongapark.swimming.org.au

Page 7 of 7