



Armadale Aussi Swimming Club

**ARMADALE MASTERS
SWIMMING CLUB**
PO Box 400, Armadale WA 6112



President	Liz Dunn.....	93975080
Vice President	Fettes Falconer.....	93976439
Secretary		
Treasurer	Lexie Rankin.....	93986857
Publicity Officer	Ross Doherty.....	94962821
Registrar	Graham Hicks.....	94951665
Captain	Jeff Sanders.....	94974059
Coach	Heather Croft.....	93909177
Committee	Linda Cragg.....	93976239
Members	Charles Croft	93909177
	Greg Frey.....	94593845
	John Moore.....	93902506

AUGUST 2010 NEWSLETTER

Coach's Report

I survived my first month of coaching. The continuing help from Heather A is very much appreciated. Although she is unable to coach us for the time being, I know I can always contact her for advice and programs when she has the time.

I am very pleased that Jeff is back and will be on pool deck on most Saturdays. Training is going well with everyone putting in lots of effort and you all seem to be enjoying yourselves. Numbers were down in mid August but have picked up again as people have come back from sickness, injury and holidays.

Thanks to everyone who has given me support and encouragement with coaching. Lexie helped me on my first night (Tuesday 03/08/10). Thanks Lexie. Thanks also to Heather A, Greg, and Graham and Linda Cragg. Thanks also to Graham Hicks for continuing to organise the aerobics.

For the time being, the coaching set up is that I will be coaching on Tuesdays and Thursdays and as mentioned earlier Jeff will be on pool deck on most Saturdays. I have had many offers from members to assist on pool deck so I will be taking advantage of this and asking for help on some Thursday Nights. The programs will still be written by Heather A or myself.

While we are at Lesmurdie, we will still be working towards our Club Championships with more sprint type sessions. As we move towards Armadale Pool on 2 November, the sessions will be aimed towards the longer open water swims and longer aerobic sessions.

I would like to keep the warm up stretching sessions going. If anyone is interested in leading these warm up stretching sessions before we swim, please let me know. We will start them 10 minutes before we swim and finish a couple of minutes before swimming so that everyone can be ready to get into the water on time.

I am thinking of organising a few swims at Coogee Beach on Sunday mornings, probably starting towards Christmas when it warms up a bit. We could have a swim jetty to jetty, or

somewhere in between, followed by some food (barbeque?). This will give us some open water training as well as catching up socially.

Heather Croft.

**(On behalf of the committee and members, thanks to Heather(s) and helpers for a great job during August. Coaching seems to be in good hands, well done.
Editor)**

COMMITTEE MEMBERS WALK OUT

After a stressful month of decision making, three committee members including President Liz Dunn, Captain Jeff Sanders and Events Organiser Greg Frey decided to walk out on the club and pursue other challenges. Liz and Jeff flew to Peru and Greg went to experience the Kimberley.....for the second time in a month! But they have returned to crowd the lanes and are keen to talk about their experiences. Following is Liz's interesting account of their trek including 'why you shouldn't travel with Jeff'. Greg was too busy living off the land to record anything but has provided photographic evidence of his hardship. (See photo gallery at end).

President's Report

Trekking in Peru

Jeff and I flew out of Perth on 3 August for the long flight to Cusco. We had over night stops in Santiago and Lima before finally arriving in Cusco. In the baggage queue at Santiago airport after the over night stop Jeff discovered he had left his passport at the hotel so had to make a mad dash to retrieve it. After having a very nice dinner in Lima we leave the restaurant only to be chased by the waiter because Jeff had left his camera bag on the floor, which contained his passport. On arrival in Cusco we are met by the trekking company and taken to the hotel where we are asked for our passports – surprise, surprise Jeff couldn't find his it had been lost somewhere between Lima and Cusco.

After a couple of days acclimatisation and sight seeing we head off on the 5 hour drive to the trailhead (3,400m) to start our 7 day trek to Machu Picchu. There were some hard days with conditions quite warm and very dusty but the nights were very cold. Made it to the Sun Gate and it was awesome to look down and see Machu Picchu. Spent the next morning



Liz at 5200m after making it over the pass



Captain Jeff between laps in the thermal pool at 4300m

wandering around Machu Picchu until it got over run with tourists then found a nice little restaurant in Aguas Calientes with some of our fellow trekkers for a long lunch.

Had a day's break back in Cusco to get our incredibly dirty clothes washed plus ourselves before we once again hit the trail. This next trek was 6 days all above 4,400m reaching 5200m over the Ausangate Pass. We were a lot closer to the glaciers so the cold and wind chill hit around 4pm with the nights getting to -12c. Waking up to find most things in the tent had frozen was not a bundle of fun. Packing the duffle bag with hands that hurt so much because of the cold and gasping to get enough oxygen into the lungs also wore a bit thin. I know I speak for Jeff when I say I am so glad we did it was a challenge at times but absolutely worth it. There were times when I said this is my last trek but now I am home I think I have one more high altitude trek left in me.

Well done Liz – Go Jeff!

From the Registrar

Aerobics

400m Saturday 7th August 2010 – Saturday's aerobics had only six participants, what with some of our regulars overseas and others with commitments on the weekend the numbers were down but the quality was high.

John Moore announced he would just have a go to see how he was going, well he reduced his PB by more than 16 seconds and in the process lowered the Club Record for 400m freestyle by over 2 seconds in his age group. John, the answer is you are going really well!!! It was terrific to have Sue Sullivan back with us after a break of about 6 weeks. Sue was not content with doing one 400m swim but decided to do two just for good measure. Greg Frey continues on his improving way by taking a few seconds off his Club Record. Linda Cragg also

swum two 400m (complaining the whole time) but the really spooky thing was that in both strokes she was exactly 1.82 second off her PB.

PB and Club Record swims

400m Free	Greg Frey	-3.65	(Club Record)
	John Moore	-16.06	

800m Tuesday 17th August 2010 – Numbers were down but that was inevitable with five of our regulars away on holidays and one convalescing on the sideline. Graham Cragg in his poorly state kindly came down and helped out with time keeping. Not sure what affliction he has, but I would keep your distance as he has just returned from an overseas holiday!!! While we were all enjoying ourselves swimming aerobics, Heather Adams was putting the squad through the ringer.

Well done to Gillian Caruso for being the first person to finish off 5 swims in a particular stroke/distance to gain points. John Moore was talking after his swim, of the difficulties in getting the pace correct in an 800m swim and that he started off to slowly. We succeeded in our attempts to keep Fettes Falconer under control, mind you we had to separate him from Gillian by a full lane to achieve it.

Maida Vale – Belmont BACC

On Sunday 22nd August 2010 Armadale Masters competed in our fourth and final BE ACTIVE CLUB CHALLENGE (BACC) for the year. Our team was depleted by the withdrawals of Kimberley Flatt (broken ribs) and Gillian Caruso (food poisoning) that left us with a team of seven. Fantastic to have four new club members, Catriona Adams, Linda Cragg, Heather Jeps and Helen Rossi combining with some old stalwarts Heather and Charles Croft and Graham Hicks to achieve a very good result for Armadale. Special thankyou to Kimberley Flatt and Graham Cragg (unknown exotic disease) who gave up their time to come along and help time keep for us.

Armadale finished a credible fifth on 62 points from ten competing Masters Clubs. The large clubs are always difficult to beat with their far greater number. Every swimmer receives 1 point as a minimum for each event they swim in towards their club's points tally therefore a club with 20 team member each swimming 3 events would start the competition on 60 points. Nevertheless, in the handicap honours (average points scored per team member) we finished second just behind Maida Vale who were the overall point winners as well.

After a hard morning swimming there is nothing better than sitting back and tucking into a lovely lunch of eight different soups, sandwiches, cakes and tea and coffee supplied by Belmont Masters. We maintained our good form with three wins in the raffles. Heather Croft receiving a \$20 gift voucher in the door prize raffle. Kimberley Flatt \$100 gift voucher and Heather Jeps \$20 gift voucher in the raffle. So whichever way you look at it, a very successful meet for Armadale.

Look to our results at a club level, there was 8 Club Records set. All members of our team set at least one Club Record, bar one. Have a thought for the poor Acting Club Captain!!

PB and Club Record swims

50m Breaststroke	Charles Croft	---	(Club Record)
	Heather Croft	-3.09	(Club Record)
	Heather Jeps	---	(Club Record)
	Helen Rossi	---	(Club Record)
50m Backstroke	Heather Jeps	---	(Club Record)
50m Freestyle	Linda Cragg	---	(Club Record)
	Heather Jeps	---	(Club Record)
100m Backstroke	Catriona Adams	---	(Club Record)

(Note: --- indicates an inaugural swim in your age group)

Club Championships

Club Championships 3 - Saturday 31st July 2010

We had a good role up with fourteen members taking part. Nice to have Jannette Edwards back with us. Jannette has just completed her nursing qualification over the last eighteen-month and with all the study she found it difficult to be fully involved. Congratulations to Jannette on achieving her goals and also the new job at Murdoch Hospital.

Helen Rossi, one of our newest members, competed for the first time and produced some scintillating speed and set two Club Records in her age group. The overall standard was very high with 10 swimmers swimming PBs. Captain Jeff took over 13 seconds off his 100m backstroke.

The Club Championships leader board is very tight after three rounds, with Yvonne Hunt and Gillian Caruso leading the way for the ladies and Jeff Sanders and Ross Doherty for the men. It's a crying shame that poor Jeff will miss the next round due to his trekking adventure but looking on the bright side us blokes should catch up and hopefully get past him!!!

Club Championships 4 - Saturday 28th August 2010

There is nothing like the possibility of loosing top spot in the Club Championships to help you over come your injuries. Lovely to have Yvonne Hunt back in the pool. Jannette Edwards having just completed two weeks of intense induction training at Murdoch Hospital swam well with a massive PB in the 50m breaststroke taking off nearly a 100 seconds.

Lexie Rankin clipped over a second off her 100m freestyle, to set a new Club Record and Gillian Caruso chipped in and shaved a small margin off her 100m freestyle Club Record. Ross Doherty and Yvonne Hunt produced PB swims in their 100m freestyle. A number of swimmers just missed setting PBs by small margins.

I hear Jeff Sanders is back in town and unfortunately his flight was delayed and he could not make the swim. Ross Doherty and I are particularly upset by Jeff's rotten luck, it could not have happened to a nicer bloke.

After the two championship swims we got down and dirty with a five person per team relay race. The far superior team of Lexie, Linda, Fettes, Jannette and Graham blitzed the meagre team of Heather, Yvonne, Charles, Ross and Gillian.

The Club Championships points after round 4 are below and with only one round left in September is should be an exciting finish.

ARMADALE CLUB CHAMPIONSHIPS 2010

POINTS	NAME
25	Yvonne Hunt
24	Ross Doherty
23	Gillian Caruso
21	Graham Hicks
20	Jeff Sanders
14	Lexie Rankin
13	Chris Millard
12	Fettes Falconer
12	Heather Croft
10	Kim Flatt
7	Linda Cragg
5	Greg Frey
5	Nicole Badani
5	Heather Adams
4	Yvonne Lovegrove
4	John Moore
4	Mary Plant
4	Graham Cragg
4	Jannette Edwards
4	Charles Croft
2	Helen Rossi
2	Sue Sullivan
1	Helen Gray

Interested In Your Swim Times?

If you are interested or require any information on your swimming times, see me at training or contact me via email and I can provide you with a report from Team Manager.

Graham

Reminder - To Christmas matters.

We look forward to our Christmas end of year wind up. It is a great chance for all members and partners to enjoy each others company over a great meal. On the night we take the opportunity to recognise those swimmers who have worked and trained hard to achieve their objectives and goals throughout the year and also to give thanks where they are due.

'Roley's on the Ridge' has been chosen as the venue this year a local and wonderful restaurant. The club has paid a deposit of \$300.00 to secure our booking. The date is Sat evening 11 Dec at a cost of \$60.00 per head.

Please put this in your diaries, we need confirmation of numbers ASAP. To this end we, well Lexie, is accepting money from now, you are able to pay as you go to lessen the burden of a once of payment (sounds like Harvey Norman) no steak knives though!!.

Please give the event serious consideration and help make this another memorable night.

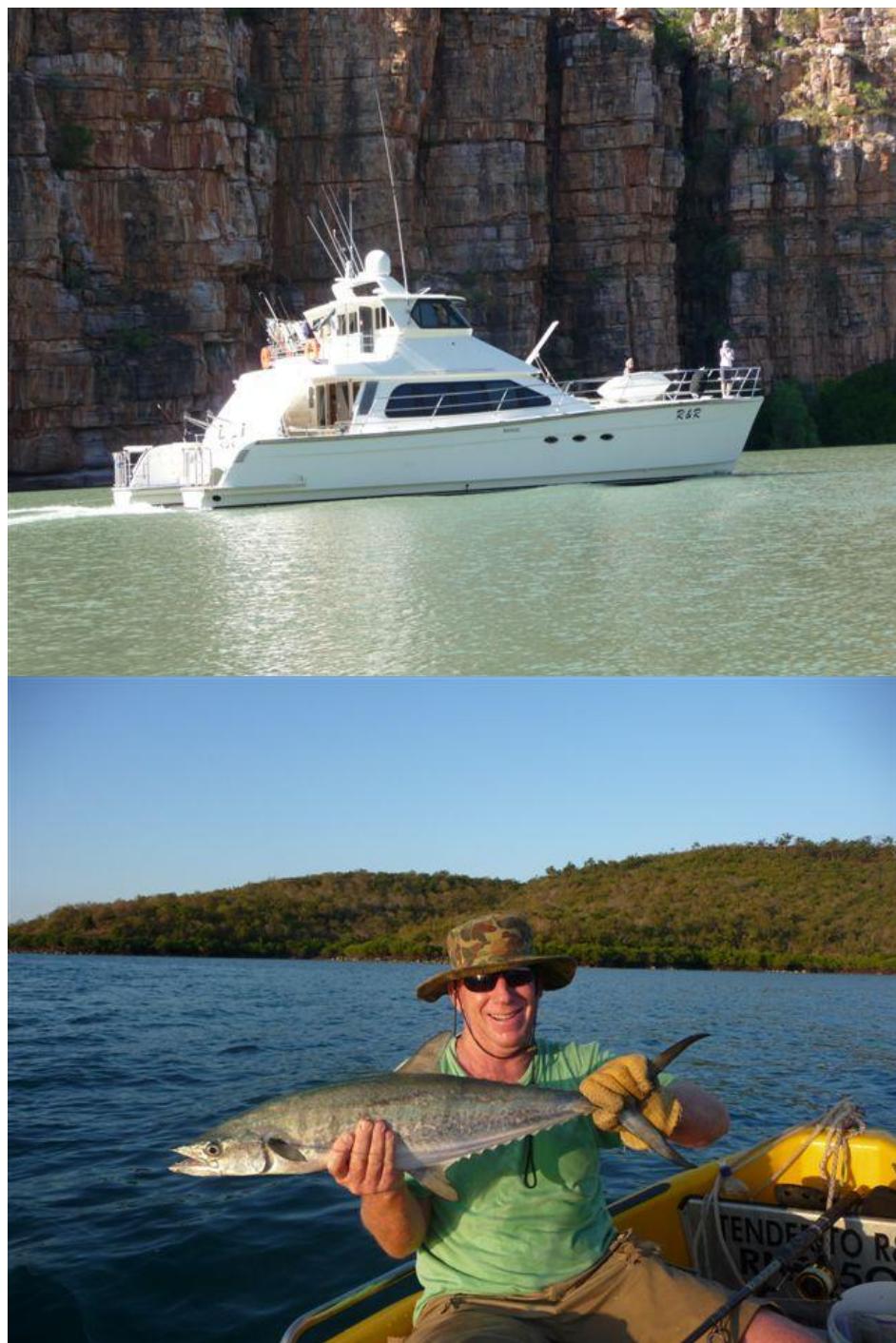
Any questions please feel free to see me or other committee members at training

Splash, Greg Frey

Coaching Opportunity.

Another Level 1 Masters coaching course will be held in October. Any member who is interested in attending and committed enough to complete the course and necessary supervision hours, should express their interest with one of the committee members. The committee will then consider candidates and decide nominations for the course. This is a good opportunity for members with a coaching interest. Information can be provided about the course if requested, but in the meantime it would be worth talking to Heather Croft or Jeff who both attended last year's course.

Photo Gallery





Greg toughs it out

.....And back in Peru

