



ARMADALE MASTERS SWIMMING CLUB

NEWS LETTER

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PRESIDENT'S REPORT

Winter is over and swimming in St Brigid's 25 metre pool awaits us in another six months' time. Goodbye for now our Saturday morning teas/breakfasts. For Kevin his breakfast was the mother of all meals: coffee with a fudge slice, followed by a big breakfast of sausage, 2 eggs, tomato, bacon, mushrooms, hash browns plus 2 slices of toast washed down with orange juice. Not finished ... he then had a large slice of chocolate mud cake.

We have been back home in our 50 metre pool for a week this summer. Kevin has been told to supply his own Saturday morning tea.

At last month's Harrisdale Armadale Masters Sausage Sizzle we raised just under \$1000 for the club. A big thanks to the volunteers who gave up their time. And, a very big thanks to Greg Frey for

his organising skills in successfully bringing together the event.

You may know that our local State MP, Tony Buti, has been leading a campaign to get Armadale a Recreation Centre with a closed- in heated pool. Please support him by signing the petition, when it comes. Please cajole other Armadale-Kelmscott-Roleystone residents to sign the petition, when it arrives.

My latest hero is our 'Stan the Man'. I wish I had witnessed his effort. Somebody was chewing my ear at the time and I had to concentrate on timing the person in my lane. I was reliably informed by the Minister of Information, Graham Hicks, that our lad Stanley, in the 75 to 79 age bracket, had just swum a 200 metre Individual Medley – butterfly and all! And to prove a point: Stan mentioned that not in the too distant past he swam a 400 metre butterfly! Is that good or what?

It is good to see our records continue to tumble. Records are there to be broken, even if it is your own record.

Welcome back to the Himalayan Hopper. Whilst crossing the Continental Divide he managed to get the roof of his mouth and the inside of his nose sunburnt. He informs it was the glare coming up off the snow. Knowing our Jeff a little better than most I think he had an apnoea attack and fell asleep head up in the snow snoring with mouth agape and nostrils flared.

News very recently at hand: an ex Armadalian Masters Swimmer, and many of you will remember him, Gordon Gillam, was taken to hospital for a check-up. He is still in intensive care after open heart surgery to rectify a faulty valve. He is still there and I will be visiting him sometime this week. I will give him your best wishes and a slap on the back for leaving his check-up too long.

This is a salutary lesson to us all: If you are feeling slightly a bit more than off, stop what you are doing and take yourself off to the doctor, and insist on a thorough check-up.

To all of you keep fit, happy and hearty.

Fettes

COACHING CO-ORDINATOR's REPORT

Back at Armadale Pool on 9 October without any problems. I was quite pleased to be coaching that evening as a couple of people said the water was a bit fresh when they first got in.

Thursday evening and Charles coached. The same people said the pool was even fresher than Tuesday evening. I almost swapped places with Charles but as I was keen to get back to Armadale as soon as possible I had to suck it up and get in. By the time the warm up had finished, it was a lovely temperature.

We have only been at Armadale three times but numbers have been, 11, 15 and 14 so approximately about the same or better as Lesmurdie. Marie and Simon came back for a swim so hopefully more of the summer swimmers will be back soon.

Charles and I will be away from 20 October to 5 November so I will ask Jeff, Fettes and Greg to email me the names of swimmers attending each session so I can keep track.

Coaching roster for November and December has been sent out to appropriate people.

Heather Croft

BITS & PIECES

*****PRESENTATION DINNER – 24 November*****

Don't miss out on this important event for the club. Numbers are coming in but we would like to see as many as possible there on the night at the Crofts' Place. So, see Liz or Graham Cragg to ensure your place at the table.

It was decided to make a reduction for members to \$45 per head. Non members remain at \$55 per head.

It is always a good night and a great time to get together socially and get to know partners and those who are not in your lane. So please come along and make it a night to remember.

SERPENTINE WALKS

Club Walk Sunday 28th October 9.00 am

The club has organised 3 walks during October and November subject to the weather with the first one at Settlers Common in Armadale. The walk will take around 2 to 3 hours to complete and is approximately 9km long with several steep uphill sections that will be quite demanding breathing wise and similar in effort to swimming a 400m or 800m aerobic swim. The walk is mostly on gravel tracks with some sections on clay and sand. There is also one 300m section through some long grass and long pants are recommended for this. There will be no rush and we will regroup at the halfway point up the longer hills and also at the top of each hill. Knowing you all I think we are all capable aerobically but you will need a good set of healthy legs and feet to make the distance (Have a chat with Jeff if you're not sure).

What to Bring:

A good pair of walking boots or joggers that you are comfortable with, 3 bottles of water, hat, sunscreen, long pants, chocolate or muesli bar to snack on, money for lunch, your medications, clean shirt for lunch, possibly your partner and a small backpack to carry your water and things in.

Where:

We will meet up at 9am at the Settlers Restaurant car park which is on the South West Highway on the corner of Albany Highway for a 9:15 firm start and return there around mid day for some well deserved refreshments, lunch and a chinwag in the restaurant.

Map:

I have tracked and logged the walk which can be found on [MyEveryTrail](#) account. Just click on this [link](#) to take you there. As the Google map loads up you will see a blue dot move along the track so you know what direction we will be walking, you can also press play at the bottom of the page if you miss it when it's loading

up. There are also options to see the map in different formats by clicking on Terrain, Hybrid Satellite or Map on the top right hand corner of the map.

Why Walk:

Walking, especially with a few hills will increase your endurance fitness and is widely regarded as being very good for improving your general health and well being.

Please let me know if you're coming so I have some idea of numbers. Hope to see you there.

Jeff

Sausage Sizzle Fund Raiser

Thanks to everyone who helped out on the day of the Sausage Sizzle. Money raised was not as much as last year but still a substantial sum which will be very wisely used to benefit our members.

Some of the happy helpers and customers!!



Petition for Year Round Leisure Centre for Armadale. (See President's Report)

To help raise awareness for Tony Buti's campaign for a year round leisure centre for Armadale, which includes a closed in heated pool, we are asking members to assist with a petition to get 10,000 signatures to present to the City of Armadale. Tony Buti is the local Member for Armadale and has suggested that to make any impact for this proposal a petition of 10,000 signatures would be needed.

Liz will make available at the pool the correct forms to be used. Please pick one up from her as soon as you can. Recently a form was sent via email but apparently that can't be used so please ignore that email.

For any further information please speak to Fettes or Graham Hicks who attended a meeting with Mr Buti about this issue.

Volunteer Officials

Ron Gray, who is contactable through Masters Swimming WA is asking for anyone who is interested in assisting as a volunteer official at swim meets to please let him know and he will place your name on the Volunteers Website.

COACHES COURSE

Due to requests received from Masters swimmers, MSWA is considering a coaches course for November or December depending on the availability of presenters.

At the present time Armadale does have several coaches but that may not always be the situation. For anyone who aspires to be a swim coach and feels they can make a contribution to the club by coaching, and there is bound to be some, this would be an opportune time to consider doing this course. While we still have a few coaches willing and happy to be coaching, it is a good idea to train others for the future. So give it some thought and speak to any of our wonderful coaches who will be more than happy to give you inspiration and encouragement.

ON THE SUBJECT OF SWIMMING – what else is there?

You will know that the club has purchased heart rate monitors to monitor swimmers' heart rate during training. Jeff has provided information below giving an insight as to why this will be beneficial to club members.

Why is it important to monitor your heart rate when you exercise?

- Your heart rate is a convenient, reliable, personal indicator of the intensity of your exercise
- It's good to know the intensity of your exercise so you can vary it depending on your fitness level and the goals you want to achieve by exercising.

Heart rate monitoring brings following benefits to all levels of users:

Exercise Beginner

- Teaches you about your body's reaction to exercise
- Keeps you from starting out too hard (as beginners are often tempted)

- Proves feedback on your improvement

Regular Exerciser

- Helps you control the intensity of your exercise program under different circumstances
- Helps you fine-tune your program for the best results
- Give you plenty of feedback both during and after a session, teaching you more about your body's reaction to exercise
- Helps you see how you're progressing

Serious Exerciser

- Helps you make sure you work out at the right planned intensities for your training program (hard enough on hard days, light enough on recovery days, enough recovery between intervals, etc.)
- Enables you to track and accurately adjust your training program
- Teaches you about your body's reaction to training, providing an early warning of over training, flu etc.
- Provides feedback on your progress.

UPCOMING SWIM EVENTS

Sunday 28 October – OWS – North Cottesloe Beach

Saturday 10 November – OWS – City Beach

Sunday 11 November – Lake Leschenaultia, Chidlow

Sunday 18 November – Geo Bay Swim, Dunsborough

Saturday 24 November – Coogee Beach

The above also on the OWS Calendar as you are aware.

BIRTHDAYS

Belated Birthday wishes to – Linda – 28 September

Chris – 21 September

Kelvin – 18 September

Kevin - 29 September

“Happy Birthday” this month to:

Stan	3 rd
Greg	20 th
Nicole	9 th
Wayne	13 th
Jeffrey	29 th

WELCOME BACK TO Michelle who has recently returned to swimming after recovering from surgery.

THE LAST WORD must go to KEVIN.

Greg recently advised that we had received a grant from Healthways and that grant was being used for heart monitors. Kevin has very kindly agreed to go the Injury Prevention Workshop on October 22 to meet the grant obligations. So a big -

THANK YOU KEVIN

