



## ARMADALE MASTERS SWIMMING CLUB NEWSLETTER

### May 2013

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#### **CLUB CONTACTS:**

**President:** Fettes Falconer 9 397 6439  
[AMSC.President@hotmail.com](mailto:AMSC.President@hotmail.com)

**Coach Coordinator:** Heather Croft 9 390 9177  
[AMSC.CoachingCoordinator@hotmail.com](mailto:AMSC.CoachingCoordinator@hotmail.com)

**Secretary:** Lexie Rankin 9 398 6857  
[AMSC.Secretary@hotmail.com](mailto:AMSC.Secretary@hotmail.com)

**Club Captain:** Jeff Sanders  
[AMSC.Captain@hotmail.com](mailto:AMSC.Captain@hotmail.com)

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#### **President's Report**

We appear to have settled in reasonably well at our new venue... the Cannington Leisureplex. A few teething problems have not deterred us and the few small whinges we have had have been dealt with in a most efficient manner by the pool staff. Graham Hicks has worked hard to ensure that any little hiccups are ironed out. He has been especially keen ironing out cafe orders for our after Saturday morning swimming social.

Our annual big indoor winter inter club competition is coming up on the 23rd June. Normally many of us make our way down to *Mandurah* for this enjoyable event. It is a 25 meter pool and Armadale masters Swimming Club usually does well. So, please get in some sprint training for this event and sign up. We need a big team.

Someone always wins something; if not in the pool then in the lucky draw afterwards. It is often Gillian who wins a hamper. Two years ago I won a fold up table. Somebody from the club nearly always gets one of the left over crocheted /padded coat hangers ... usually Yvonne L.

Jeff is keen to get us a training device that goes beep in our ear so that we learn how to pace ourselves. The coaches think it is a good idea.

The heart monitors Jeff got for the club have been tried out. We are still having some teething problems learning how to use and wear the belt thingy that goes around the chest. Mine kept slipping down to my nether regions. I am sure Jeff –the- Magician will come up with a solution.

To reduce the workload of our coaches we would like to see a few of you volunteer for coaching. Next year I will be away for much of the year and so will Greg. All that is required is attendance at a now very much shortened coaching course. The club will pay the coaching course fee.

**Didn't he do well?!**

Well done to Charles for all his PBs at the Sydney Masters Swimming Championships.

Thanks to Lexie for getting some publicity for the club in the local community newspaper. Here is a snippet.



Fettes Falconer  
President

**Coaches needed. Coaching Course Fees paid. See the Coaching Coordinator, Heather Croft.**

## **COACHING REPORT FOR MAY 2013**

It has been a wonderful start to the winter training season at Cannington Leisureplex. I was expecting the water to be a bit chilly but so far have found the water temperature to be very pleasant when training.

The number of swimmers so far this winter has been up from last year so hopefully this will continue as the colder weather takes hold. It's great to see the new members being welcomed and to watch them improving.

Thanks for the support from members that Charles received at the Nationals. We both enjoyed ourselves. The Nationals will be held in Rockhampton in 2014.

The coaches had an informal meeting on 6 May. This was a chance to talk away from the distractions of the pool. We learnt more about the heart rate monitors so hopefully we can put them to some use. The main problem seems to be getting people at the pool early enough to get themselves sorted out with the strap around the chest. It was also confirmed no diving into the lanes during a training session unless we are specifically training for dives.

The 1500m swim is coming up on Saturday 8 June at Challenge Stadium. So far Charles and Sean have said they will be having a go. I will be encouraging others to enter as well so that swimmers keep their endurance training going.

I have started talking about the Mandurah interclub swim on 23 June. These swims give everyone something to train for. It would be good to get another large team there and treat it as a social event as well as a competition.

Heather Croft

CoachingCoordinator/HeadCoach

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**We encourage members to inform Masters Swimming W.A. and Registrar Graham Hicks should your details change. Please update using the Member's Portal to the Masters Swimming W.A. website. Should you have forgotten your Login number and password please see Graham Hicks.**

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## **Captain's Report 17<sup>th</sup> May 2013**

### **May Club Championships Round 4**

Our first Championships at the Cannington Leisureplex saw 15 members swimming all 3 events which were 25m, 50m and 100m choice swims. Our newest member Tim was not too sure about having a go but after twisting both his arms he went and had a go and doing so set a new club record in his age group. Also our potential new members Sean and Shannon also had a go at all 3 events. It was great to see Shannon swim his first 25m continuous without stopping in the 25m freestyle. There were a number of first time swims and now that those swimmers have a time recorded they will be able to build on their one point after that inaugural swim.

#### **Club Records:**

15 new club records were set 8 of which were new age group club records and 7 existing club records lowered. The new club records were set by Shannon in the 100m freestyle, 50m breaststroke and the 25m freestyle in the 18 to 24 year age group, Sean set a new 25m freestyle record in the 45 to 49 year age group, Fettes in the 50m Backstroke, Tim in the 25m breaststroke, and Stanley set 2 more new club records in both the 100m IM and 25m freestyle.

The 7 existing club records lowered were swum by Linda in the 25m backstroke, Mary in both the 100m freestyle and 50m breaststroke, Graham Cragg in the 50m Breaststroke and 25m butterfly, Charles in the 50m breaststroke, and Fettes in the 25m butterfly.

#### **Unofficial State Record:**

Graham Cragg is now back on form and swum an unofficial new state record in the 50m Breaststroke which would have lowered his existing State record by 3 hundredths of a second if this was a sanctioned event. Great swim Graham.

#### **Personal Bests:**

8 personal bests were swum on the day. Graham Cragg as mentioned above beat his state record in the 50m breaststroke, Charles lowered his 100m freestyle and his 50m breaststroke, Ross looks like he has now recovered from his surgery with a PB in the 100m freestyle, Graham Hicks lowered his 100m breaststroke by a good 1.7 seconds and Heather Jeps got a hat-trick with 3 PB's in all 3 Freestyle

events and was also top scoring female on the day - Well done Heather.

Well done everyone, and look forward to seeing you all again for round 5 on the 8th of June when we will be swimming the same distances but in a different order.

### **National Championships 17<sup>th</sup> to 20<sup>th</sup> April**

Our only swimmer to enter this event was Charles Croft who came home with 5 PB's from 5 events and also set 3 new club records.

Charles reduced 3 of his personal bests in his favoured stroke, the breaststroke, by 1.03 seconds in the 50m, 1.42 seconds in the 100m and 3.36 seconds in the 200m. Charles also smashed his 400m freestyle PB by 6.32 seconds and his 200m freestyle PB by a whopping 9.63 seconds. Well done Charles.

### **WA LiveLighter Long Course State Championships 25<sup>th</sup> to 26<sup>th</sup> May**

We have a team of 5 swimmers in this event and we wish Heather Adams, Catriona, Heather Croft, Charles, and Nigel good luck with their individual swims and relays.

### **Snappers 1500m Choice Challenge Stadium 8th June 2013**

We already have 3 entries so why not join the group and get another long swim under your belt.

If anyone is going to try for any records then please let me know as we have to advise the Snappers club so they are prepared for the recording of that swim. Entry fee and your estimated time for the above event to me by Tuesday the 28th June.

### **Mandurah LiveLighter Club Challenge Sunday 23<sup>rd</sup> of June**

This is our clubs most popular pool event so please mark your calendars and come along and swim with your club and help us score some points.

All swimmers of all abilities and ages should come along as we all swim in our age groups and we all swim against others at similar speeds. So even if you are only 20 years of age and swim 50m in 1:55.00 you could be swimming against a 30, 40 or 80 year of age who also swims 50m in 1:55.00 so no one looks out of place. Plus by just coming along you will help our club score points and help us to make up some relay teams.

Mandurah always put on a good event and we all get a good feed after the event. We have a club photo at the conclusion of the swimming so make sure you meet with us just outside the clubroom near the 25m pool before the food is served up and the results are announced and raffle drawn.



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### **WELCOME**

In case we have missed this important 'welcome' we put it here – A warm welcome to Shannon, Sean and Tim who have joined us in the last few weeks. We wish you all 'happy swimming' and hope you will enjoy the club and all it offers.

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## **BIRTHDAYS – Happy Birthday and Belated Happy Birthday to all.**

We have been missing these important dates or maybe some don't want to know but it's always great to celebrate another year on this planet!

### **APRIL**

Michelle 17<sup>th</sup> – who celebrated by swimming with the whale sharks!  
Heather Jeps 27<sup>th</sup>

### **MAY**

Lexie - 4<sup>th</sup>  
Simon - 10<sup>th</sup>  
Heather Croft - 20<sup>th</sup>  
Yvonne Lovegrove - 29<sup>th</sup>

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## **THE LAST WORD**

**A Retired Person's Health Message:**

**IF WALKING IS GOOD FOR YOUR HEALTH, THE POSTMAN WOULD BE IMMORTAL  
A WHALE SWIMS ALL DAY, ONLY EATS FISH, DRINKS WATER, BUT IS STILL FAT.  
A RABBIT RUNS AND HOPS AND ONLY LIVES 15 YEARS, WHILE  
A TORTOISE DOESN'T RUN AND DOES MOSTLY NOTHING, YET IT LIVES FOR 150 YEARS**

**This of course does not apply to us!!**

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**NB - The editorial can be seen in the Comment News of 14 May 2013.**