



## ARMADALE MASTERS SWIMMING CLUB NEWSLETTER May 2013

---

### **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)

---

### In This Issue:

The President's Report  
A Call for Coaches  
Coaching Report  
Captain's Report  
Lizzie's Camino Report

---

## **President's Report**

Wow!! 13 Armadallians in the swim team at Mandurah last weekend! It was meant to be 17 but four had to withdraw at the last moment e.g. myself with a severe nose-bleed that would not clot (too many aspirins?). I suffered a sneezing fit. What got me a bit miffed, apart from letting down the team, was that while lying in emergency with a tampon or something similar stuck up my nose, and Marie by my side, a nurse came and asked a few questions. I asked why. She confided that this was standard procedure for couples who presented in Emergency over the age of 65. I am sure she thought that we had had a domestic and that Marie had snotted me one! Made us feel like dinosaurs. Over 65?! When we can clearly remember getting married 40 years ago – and seems just like the other day. Maybe Marie wishes it was just the other day?

Rather than giving you the low down on all our excellent results we have 'chalked – up' (that expression shows my age) I will leave the Coach Co-ordinator and the Captain to tell all. Suffice to say our Mandurah turnout was one of the best and the result was even better. We came 4<sup>th</sup> overall. Well done to all. Thanks to Heather C for browbeating so many of you into competing.

My shoulder has been playing up and so too my dementia. Two Saturdays back I was enjoying a chat in the showers with a few male members and not concentrating on my dressing arrangements. At one stage in my talk I kept thinking that I felt a bit heavy around the shoulders! It was only when accosted by a demented Heather Croft asking whether I had seen her track-suit top did I realise that I had it on under my track suit top! Well, they are all the same colour. I wondered why my shoulder hurt more in one stage of my dressing. I am sure Heather C will milk this story for all it's worth.

The management of the Cannington Leisureplex has come to a solution regarding the Aquarobic trainer and her desire to control 'her' lane. It has been decided to rope off a small section of the Aquarobics lane so that we have exit access at the ladder in the south – west corner.  
Fettes

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

## **COACHING REPORT**

As a coach, it's great that so many of our swimmers have entered for Mandurah Inter-Club swim, even though I had to push some of them into it. Once the ball got rolling, most of us were willing to give it a go.

While I'm on the theme of having a go at something, the committee nominated Nigel for the 'Have a Go Award' at the State Championships and he won a lovely towel. Gillian, Graham Hicks and I got to take home a water bottle each for winning the State OWS points in our respective age groups. I tried to swap the water bottle for Nigel's towel, but he wasn't going to have any of it.

This brings me to the State Championships (pool). We were an enthusiastic team of 5 being Heather A, Catriona, Nigel, Charles and myself. I think we acquitted ourselves well, especially Nigel with all his PB's. Heather's husband Ross came along too to help with the time keeping. Fit, young Catriona did a fun run first thing Sunday morning and then came along to swim.

Janette, Charles and Sean swam the 1500m at Challenge Stadium and were all pleased with their times.

Numbers have been down a bit for aerobics nights. Does this mean everyone has done them all? At other training sessions, we have a good number of enthusiastic and friendly swimmers.

Just a note to make sure everyone has their name on all their clothing. At the June club championships, I took my lovely green tracksuit jacket off and at the end of the morning couldn't find it anywhere. Happened to ask Fettes if he'd seen it as he put the trolley away and he confessed to having it on underneath his green jacket. Lucky I hadn't left my trackie pants around for Fettes to wear around too.

Heather Croft

Coaching Coordinator/Head Coach

**This reminds me: One training night a week or two back I saw our Jenny (Findlay) exiting the Leisureplex into the winter evening wearing only her bathers and a towel wrapped around her. She had left her clothes in the change room and they had been stolen. It was not me!! Fettes**

**Please do not leave your clothes in the Change Room**

**We are offering Underwater Camera Video Sessions to all members. The sessions will focus on video recording swimmers stroke/strokes and provide feedback on technique, body position, breathing etc. to help with your stroke improvement. Video recordings will only be shown to each individual swimmer as part of their stroke improvement session. The sessions are optional and members are asked to confirm their participation by contacting one of the coaches. In return we ask that you help the coach's on another day so others can have their stroke recorded too**

**Video recording is probably one of the best stroke improvement tools available, so we encourage all members to have a go.**

---

**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.**

---

## **Captains Report 26<sup>th</sup> June 2013**

### **June Club Championships Round 5**

Another month has gone by and we are now getting familiar with the Cannington Leisureplex pool and for once more members opting to swim other instead of freestyle in this round. 9 PB's were swum on the day 5 of which were backstroke with swimmers taking advantage of the extra grip on the walls. It was good to see some of our new members repeating some of their swims and scoring more than the just the 1 point. I felt for Tim who thought the 2<sup>nd</sup> event was 50m and after putting in a massive effort and a sprint finish was told he still had another 50m to go – He got straight back into swim but the arms and legs were now gone and would not respond as they did and he finished the 100m with a much slower pace as you would expect.

#### **Club Records:**

17 new club records were set 10 of which were vacant new age group club records and 7 existing club records were lowered. Both Shannon and Sean lowered their recently set club records in the 25m freestyle, Fettes lowered his club in the 25m backstroke, Graham Hicks also lowered his existing 50m Freestyle record, Graham Hicks and Charles both broke the existing record in the 25m backstroke with the record being

awarded to Graham with the faster time. Also our man Stan smashed both of his existing club records in the 100m Individual Medley and the 25m freestyle.

#### **Personal Bests:**

11 PB's were swum on the day. Stan swum 2 PB's in both the 100m IM and 25m Freestyle and was also the top point's scorer on the day. Shannon and Sean both swum PB's in the 25m Freestyle, Charles, Ross, Fettes, and Jeff all swum PB's in the 25m Backstroke, Greg swum a PB in the 25m Breaststroke and Colin with his new backstroke turn swum a PB in the 100m Backstroke.

It's great to see all the PB's and as a club we are swimming more of them every year.

It has been noticed that 3 swimmers Ross, Fettes and Colin who swum PB's only scored just a single point using our current points system which does not appear fair, but we have to stick with the points system we have for this year. Hopefully we can change the rules next year to account for this.

#### **Points:**

With Mary and Heather Jeps not swimming this round it has let Yvonne Lovegrove and Jenny close the gap. Graham and Stan are closing the gap on me too and with Charles, Greg, and Ross also in the hunt and with 5 rounds to go it is still anyone's chance to win in both the female and male events so don't give up just yet.

I have attached the rules for this year's Championships which is the same as the past 2 years so please have a look and make sure you understand how the points are scored. I have also attached the Championships calendar so you can see where we all have a chance to improve our times or swim close to them when we repeat the swims over the next 5 rounds. If you're not still sure how it all works then please feel free to ask me or Graham Hicks and we will endeavor to explain.

Well done everyone, and look forward to seeing you all again for round 6 on the 6<sup>th</sup> of July when we will be swimming the 200m and 25m choice swims.

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

A small team of 5 flew the flag for Armadale at the recent 2013 State Championships which was held at the Challenge Stadium Pool in Mount Claremont. The team of 5 was Catriona, Heather Adams Heather Croft, Charles and Nigel. There were some great swims swum by all including 6 PB's and 10 new club records set over the weekend.

#### **Catriona Adams:**

Catriona who has only just recently rejoined the club had 6 great swims with 2 personal bests where she bettered her 2010 times that she set as a very young Masters swimmer in the 50m and 100m backstroke. Catriona set 6 new club records with 2 wins in 2 of the toughest events the 200m IM and 100m butterfly, she also gained 2 seconds and 2 thirds in her other 4 events.

#### **Heather Adams:**

Heather a bit like Catriona has only just returned to the pool and even though she was not well still swum 4 of her 6 events gaining a third place in the 50m breaststroke and swum within 10% of her best times since January 2009 of her 6 events. Heather was also in our 200m mixed relay team with Catriona, Nigel and Charles which set a new club record in the 160-169 combined age group.

#### **Nigel Chaytor:**

Nigel also had a great weekend with 3 personal bests and set 2 new club records. Nigel came away with 2 second places in the 200m and 100m breaststroke and a third place in the 50m breaststroke. Nigel wrapped up the weekend winning a towel in the "Have a go News" award.

**Charles Croft:**

Charles just back from the nations and still on form swam a PB in the 100m freestyle. Charles also gained a second placing in the 200m breaststroke and also gained 3 third places in the 200m freestyle, 50m breaststroke and 100m breaststroke.

**Heather Croft:**

Heather also had great event and swum 3 events on the Saturday placing third in the 50m breaststroke and swimming all 3 events within 5% of her best times since January 2009.

Great effort and well done team!

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

A very small team of 3 headed to Challenge Stadium after the Club Championships to swim in the 1500m at the Challenge Stadium. Charles swum a PB in the 1500m freestyle in a time of 27:56.57 and significantly reducing his time by 40 seconds, Jannette also swum a PB in the 1500m freestyle smashing her best time by a huge 37 seconds, Sean swum his first 1500m free in a time of 35:33.71 and got second place on the day. Well done team!

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

We had a reduced team of 16 swimmers at this event after 5 had to pull out through illness, work and having a baby. We gained a very respectable 4th place with 125 points and everyone in the team should be very pleased with their swims. It's great to see our club as a whole improving its standing amongst other clubs in WA. If everyone was able to swim we may have even pinched third spot from Beatty Park. We copped a few DQ's on the day which is not a problem, so some work now set for the coach's over the next few weeks to iron out these small issues. I think the judges were looking closely at the backstrokers on the weekend as several swimmers were pinged or warned for getting close or going over vertical.

In total 10 new club records were set and 8 personal bests were swum. Yvonne Lovegrove who had entered the carnival unfortunately had a few niggly pains on the day and could not swim but still came along to support the team and assisted Peter Rankin with the time keeping which allowed us swimmers to focus on our events. Other family members that came along to support were Keith Lovegrove, Ross Adams and Nina Jeps.

**Catriona:** Our highest scoring female on the day gained a total of 12 points with 3 first places in the 100m freestyle, 50m backstroke and 100m individual medley. Well done Catriona!

**Gillian:** Gillian scored a total of 11 points with 2 first placing's in both the 50m backstroke and 100m individual medley. Gillian also got second place in the 50m freestyle and set 3 new club records in all 3 of her events.

**Heather Adams:** Heather also scored a total of 11 points with 2 first placing's in both the 50m and 100m breaststroke and a second place in the 100m freestyle.

**Heather Croft:** Heather swum within 5% of her best times in the past 5 years and also set a new club record lowering her existing 50m Breaststroke club record by a good 3 seconds with a time of 58.28s.

**Heather Jeps:** Heather scored a decent 8 points with a first place in the 100m breaststroke and a second place in the 50m breaststroke. Heather also got a PB in her 50m freestyle.

**Jannette:** Jannette got a third place in her 50m breaststroke event and swum within 5% of her best time ever in the 100m freestyle. Unfortunately the judges were watching her very closely and pinged her for her shoulders going slightly over vertical during her 50mm backstroke swim.

**Jennifer:** Jennifer did well scoring 6 points all up with a second place in her 100m breaststroke and a third place in her 50m freestyle events.

**Lexie:** Lexie only entered the one event and swum within 5% of her best time in the past three in the 50m freestyle. Lexie although not really wanting to swim in the relays actually swum in both to help the club achieve its total score of 125 points. Thanks for that Lexie.

**Bill:** Bill got a couple of PB's in both his 100m and 50m freestyle events and scored a few points in his swims and relays to help the club achieve its total score of 125 points.

**Charles:** Charles came away with a good 7 points on the day with a second place in the 100m breaststroke and 2 third places in both the 100m freestyle and 50m breaststroke. Charles also swum 2 PB's in the 100m freestyle and 100m breaststroke and also lowered his existing club record in the 100m breaststroke.

**Colin:** Colin got a second place in the 50m freestyle event and with his new backstroke turn got a third place, a PB and a club record in his 50m backstroke event. Unfortunately after putting in a mammoth effort in the 100m individual medley Colin used his new tumble turn and got DQ'd. Not to worry mate, at least you know the rules now and will not do it again.

**Graham Hicks:** Graham scored 9 good points for the club with a first place in the 50m backstroke, a second place in the 100m freestyle and a third place in the 50m freestyle. Graham also broke his existing club record in the 100m freestyle which he set at Mandurah last year.

**Greg:** Our highest scoring male on the day gained a total of 12 points from 3 first places in the 50m backstroke 50m freestyle and 100m individual medley. Greg also set a new club record in the 50m backstroke. Well done Greg!

**Jeff:** Jeff swum within 5 seconds of his best times ever recorded and scored a few points in his swims and relays to help the club achieve its total score of 125 points.

**Nigel:** Nigel scored 8 good points on the day with a first place in the 100m breaststroke and a 2<sup>nd</sup> place in the 100m freestyle. We won't mention what happened in the relays but suffice to say we will be practicing our relay changeovers before we head off to Challenge Stadium in September.

**Stanley:** Stan managed to score a big 7 points from only 2 results gaining a first place in his 100m freestyle and a second place in his 50m freestyle both of which were PB's. Unfortunately the turn judge was watching him closely and pinged him for going slightly over vertical on his backstroke turn.

**Nina:** Greg had to take off early and left Nina with his raffle tickets. Low and behold Greg's number was called out first and before we all realised what had happened Nina was up and collecting the prize, and a nice price it was too.

So, all in all it was a great day for the club. Hopefully everyone is well for the next event and a few more will join in and have some fun.

Jeff

PS Please read below the flyer for the Golden Groper State Relay Carnival Event to be held on Sunday, 18 August 2011, from 9:15 am.

Get a relay team together and let me know if you are interested in attending this event.

**Claremont Masters Swimming Club**  
invites your members to:  
**The Golden Groper State Relay**  
**Carnival**  
**A Live Lighter Club Challenge Series Event**

**Sunday, 18 August 2013**

**Short Course indoor pool, Challenge Stadium, Stephenson Ave,  
Mt Claremont**

**Warm up – 8.30am Event starts - 9.15am**

## **EVENTS**

**1. 4x100m Freestyle Mixed 6. 4x25m Freestyle Women**

**2. 4x50m Medley Men 7. 4x25m Medley Mixed**

**3. 4x50m Medley Women 8. 4x25m Medley Men**

**4. 4x50m Freestyle Mixed 9. 4x25m Medley Women**

**5. 4x25m Freestyle Men 10. 4x25m Freestyle Mixed**

- All MSWA Clubs are invited to submit teams for the events in the standard relay age groups.
- Only one team per age group will qualify for points. Additional teams may be entered.
- Changes to listed teams will be allowed on the day provided sufficient notice is given.
- The Golden Groper Trophy will be awarded to the club with most points. Additional prizes awarded for highest scoring club per age group.
- All clubs are required to provide time keepers. Electronic timing - no stop watches.
- **Entry fee is \$15 per person**, which includes entry to the pool, electronic timing and lunch after the event and must be collected by team captains and paid at the start of Event 1.
- Lunch will be provided in the Claremont Masters Club Rooms at the conclusion of races.
- Warm-up/cool-down lanes will be available throughout the morning.

Please process entries via Team Manager and email to **Richard Johnson**  
claremont.entries@iinet.net.au and ensure that all participants are financial members of your Club prior to accepting their entry.

Any problems or queries, please contact the Event Coordinator **Sally Bell** [sallybell@westnet.com.au](mailto:sallybell@westnet.com.au)  
**Entries close Friday 9 August**



---

**How many meters have you swum this year? No idea, then  
why not start recording them as part of the **Vorgee Million  
Meter Awards.****

**The Vorgee Million Meter Awards are given for 1 million, 2 million, 3 million, 5 million, 7 million and 10 million metres. Everything counts – training sessions, open water swims, aerobic swims and pool competitions. It is easy to do and the awards on offer are a great incentive to keep going.**

**To find out more information and download a record sheet, go to the Masters Swimming WA website ([www.mswa.asn.au](http://www.mswa.asn.au)), click on Programs and then Million Meters.**

---

## **Camino de Santiago (Pilgrim's walk)**

**Liz Dunn**

Walking 800ks carrying everything you need in a backpack is one of the best things I have done. It was truly an awesome and spiritual experience.

Pilgrims have been walking this ancient route since the Middle Ages. In 2000 around 50,000 people walked the route and over the last 12 years this has increased to over 200,000 and it is expected that the numbers will go on increasing. I commenced the walk on April 8 and finished on 11 May. It's a great time to walk as it is early in the season with few people but the weather can be a little unpredictable

There is a variety of accommodation along the way but the majority of pilgrims stay in the hostels or albergues. These are reserved exclusively for pilgrims and you need to show your pilgrim passport and have it stamped. These hostels can range from 8 bunk beds in one room to 80 beds in 4 rooms and anything in between. I loved staying in the albergues as I would throw my sleeping bag on the top bunk put my iPod in my ears to drown out the snoring and be asleep in half an hour. You would be awake by 6am to the rustling of pilgrims packing their packs to get an early start. Blistered feet, knee and shin problems were a common cause of people struggling to walk without pain and in some cases having to give up the walk. I am happy to say my feet held up well with no blisters. I put it down to good Aussie Merino Wool hiking socks and well tested hiking boots.

After a few days on the track people were busy lightening their packs by sending clothes home and discarding any - thing that wasn't essential. I kissed my favourite polar fleece jacket goodbye and left it on the track after a week as it weighed a kilo and it had served its purpose crossing the Pyrenees. Discovered shower gel served as a shampoo, conditioner and also good for washing clothes. My pack weighed just over 7ks and that included my sleeping bag.

My friend Niki and I started the walk in St.Jean Pied-De-Port in France and walked across the Pyrenees where we encountered snow, rain and a very cold wind. Our first night in an albergue was with 14 other people 2 Canadians, 2 Germans, 1 English and 9 Australians. Niki and I did stay occasionally in pensions (B & B's) so we could have the luxury of sheets, towels and our own shower. One of the most interesting albergue we stayed in was in the semi abandon mountain village Foncenbadon where 12 us from (8 different nationalities) shared a small room with one tiny window.

Our coldest day was walking the 19ks along the Calzada Romana when the temperature was 5c and the windchill around 1c and we were wearing everything we had. The Calzada Romana is classified as the most perfect stretch of Roman road left in Spain no asphalt, town, village, house anywhere to be seen. We managed to find a tumbled down barn to shelter behind to eat our lunch out of the freezing wind. We walked 32ks that day but our biggest day was 41ks and that was our last day into Santiago arriving at 7.30 in the evening.

Some of the semi-abandoned villages in mountains are now stirring back into life with the reawakening of the Camino and a few of the abandoned houses have now undergoing extensive renovations giving pilgrims much needed accommodation.



This walk is somewhat of a life changing experience and for me it was the people I meet from all over the world from all walks of life and all ages. These people come into your life for such a short time but for that time you share an incredible bond.



---

**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!

Mary -13 June, Jacqueline - 15 June, Ann - 29 June, Ross - 19 July Fettes - 25 July, Catriona - 20 July

---

**Club July “Hot Pot” night is being contemplated for 27 July at Jenny's. Please contact Jenny ASAP for more information and to let her know of your interest – email [jennifer012@optusnet.com.au](mailto:jennifer012@optusnet.com.au) or phone 9390 7376 or at the pool.**

---

**Profiles – Due to this long and interesting Newsletter we will save the profiles this month for the next newsletter.**

---

**THE LAST WORD:**

**Just Remember - WOMEN AND ELEPHANTS NEVER FORGET!**

**Hon Ed.**

---