



ARMADALE MASTERS SWIMMING CLUB NEWSLETTER NOVEMBER 2013

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APOLOGY : PRESENTATION DINNER – 14 DECEMBER

Apologies for not mentioning that partners are invited to the dinner in the information sent via email earlier this week to our members. No doubt you will all realise this but just want to make it clear to anyone who may be wondering.

President's Report - Fettes

The end of the year looms. Soon we will have our Presentation Evening at Liz's place, high on the hill with lonely goat herd and other animals, in Roleystone. Have you given Jenny the dish you are bringing? More to the point ... have you paid ? It is only \$20!

Urgent: Important Armadale Masters Alert

We need to organise the Armadale Masters Presentation Evening and Jenny - the - organiser needs to know who will be attending.

Where: Liz Dunn's place, 35 Mackie Road, Roleystone (Tel: 9397 5080 or 0414 939 794)
When: 14th December arrive for 6.30 pm. Presentations start at 7.30 pm.
Parking: please park either side of Mackie Road. Please do not enter in your vehicle down Liz's steep drive. Park and walk carefully down the driveway avoiding honkeys and associated nutters. Balloons will be attached to Liz's letter box at the

top of her drive.

BYO: Booze , cool drink, torch, plate of food already agreed upon with Jenny. Also bring a Christmas Hamper to be raffled on the Presentation Evening ? See Heather C should you have something to donate.

Cost: \$20 Per Head (including partners) and please pay Jenny ASAP. Jenny will be cracking the whip at swimming training.

Open water swimming is all the go and fitness is being tested in training. Jeff's beeping beep test in training is testing most of us. Your open water endurance times will certainly improve, thanks to beeping Jeff and his beeping beep tests. More of the same please Jeff, I say.

The club has more of its fair share of the walking wounded:

Greg – snapped Achilles

Gillian – back

Graham H. – hip and back

Bill – pulled a leg. Again!

Kevin – bloody everything.

Jenny – nearly everything

Charles – poked himself in the eye with a burnt stick

Flettes – which shoulder now?

Graham C – cramp of the little toe, and told to get on with it by dear Linda.

Good to see the wounded are still turning up for training.

On 8th December the club is having its first Coogee Beach swim and breakfast. Please advise Jenny ASAP whether you are attending. Please pay Jenny \$5.

Remember: fitness, fun and friendship, and beeping Jeff, and not necessarily in that order.

Coaching Coordinator - Heather

The final Club Championships were held on 2 November with an enthusiastic group of 15 swimmers – 3 extras turned up but did not compete. Hans, our almost but not quite member had a go and said he thoroughly enjoyed himself. The back strokers did have a bit of trouble with their starts as the end of the pool is quite slippery. I managed to swim 100m freestyle with my cap perched precariously right on the top of my head and goggles half way down my face.

Aerobics were not so popular the following day, but we had a good number the following Thursday evening. The 4th lane was needed and I think the evening worked well with 2 training lanes and 2 aerobic lanes.

Seven swimmers braved Lake Leschenaultia. Well done to Sean for swimming his first OWS with our club. He competed in the 400m and was first male across the line.

Training has been focussing more on the open water swim series as it always does during summer. More members are training during summer and it is fortunate we have a 50m pool so that we are able to spread out in the lanes.

Greg will be starting to coach again in December, so we will have six coaches on deck taking it in turns as usual.

There is a super clinic being held on 30 November for swimmers and coaches, which I will be attending and bring back more ideas to the club.

BUSSELTON JETTY 2014

Jannette is looking for a fellow swimmer to partner her in a duo at the Busselton Jetty Swim in February. If anyone would like to swim with Jannette in this popular event you can contact her at training or Telephone 9399 1531/0400 164 476/janedwards22@hotmail.com or let Heather know.

SAUSAGE SIZZLE

Much appreciation to all those members (and others) who helped with the sausage sizzle at Bunnings last Sunday. It was a much slower day and proceeds not as much as previous years but still very successful and worthwhile. Many thanks.

CHRISTMAS HAMPER – DONATIONS

Don't forget to bring along a donation for the hamper – if there are some generous donations we may even be able to make up a second one so odds of winning one are better!!

BIRTHDAYS

Happy Birthday to:

Heather Adams - 7th November
Shannon Cairns – 23rd December
Jennifer Findlay – 27th December

All Good Wishes.

The Last Words – Happy Dancing - oops Happy Swimming

See you all at the Dinner on 14th.