



Armadale Masters Swimming Club

NEWSLETTER

APRIL 2014

CLUB CONTACTS

President: Ross Doherty 9496 2821
AMSC.President@hotmail.com

Coach Coordinator: Heather Croft 9390 9177
AMSC.CoachingCoordinator@hotmail.com

Secretary: Lexie Rankin 9398 6857
AMSC.Secretary@hotmail.com

Club Captain: Colin Gibson 9498 3931
AMSC.Captain@hotmail.com

In This Issue

Presidents Report
Melville Interclub Swim
Club Uniforms
Member News

Captains Report
From the Beach
Lane Etiquette
Birthdays

Coaching Report
Safety Officer Report
Dates for your diary

CLUB PRESIDENTS REPORT

21 April 2014

President's Report

Since the AGM in March, it is obvious that the club continues to run efficiently. The enthusiasm of the existing committee is most evident to the new committee members.

The most significant event that has occurred during the period was the shift to Cannington. The transition was without issue; therefore thanks are due to those who worked behind the scenes to make this happen. Thanks also to Greg for volunteering his trailer for transfer of the gear trolley. Already the swimmers feel at home with the Cannington Pool staff being so accommodating and helpful.

With respect to training, the swimmers have supported the move and have attended in high numbers. I must commend the coaches who have designed smart training programs of relatively short distance drills and routines to avoid the congestion that may otherwise occur with programs more suited to a fifty metre pool.

On behalf of the committee, well done to all swimmers who competed in the recent Melville Livelighter Challenge, in which Armadale was placed sixth overall. Special mention is now due to Charles Croft and Heather Adams who will soon compete at the National Championships in Rockhampton. Good luck to Charles and Heather.

Thanks, in general for the efforts of the committee over the last month.

Ross

~~~~~

## **CLUB CAPTAINS REPORT**

### **Club Championships Round 3**

**Saturday 5<sup>th</sup> April**

A great turnout of 16 swimmers took part in the Round 3 of Club Championships held on the last Saturday of the summer season at Armadale Aquatic. With the distances being 50m and 200m for the round we have a great mixtures of strokes swum, with the most notable for the morning being butterfly.

In amongst the good times swum in the more popular events such as freestyle and breaststroke, we had a break out of IM fever. Well two of us did, first up was Chris Milliard with a 200m IM that inspired yours truly to do the same. The psychological barrier has now been broken, 200m IM are scary no more.

Notable swims of the day were Gill in both 50m and 200m backstrokes, Greg in 50m free, Heather Jeps in 50m breaststroke, Chris in the 200m IM, Jeff in both 50m free and 200m breast and Hans in the 200m breaststroke.

The next round of the club championships will be on Saturday May 3<sup>rd</sup> at our winter training venue Cannington Leisureplex. Look forward to another good turnout of swimmers.

Colin

Club Captain

PS. Good to see you back in the water Nigel.

////////////////////////////////////

---

## **LIVELIGHTER STATE CHAMPIONSHIPS 24th/25th May 2014**

The State Championships are back and we need swimmers.

You can swim up to 6 individual events plus relays.

You can nominate via email to Colin directly with your chosen event numbers and nominated times, see the event program document for details.

Please chat with me if you need any information about this event which is open to all club members.

Colin

Club Captain

////////////////////////////////////

## COACHING REPORT

## COACHING REPORT APRIL 2014

It was a smooth transition from Armadale Pool to Cannington Pool. Thanks to Greg for picking up the equipment trolley and saving Charles the trouble of bringing the horse-float to training to collect the trolley.

I hope a number of swimmers have decided to go to the Super Clinic on 10 May. The last clinic was definitely worth-while and they cater for all abilities of swimmers, so give it a go. Unfortunately Charles and I will be away for this one.

The States are also looming to be held at Challenge Stadium on 24/25 May. Please let Colin know if you are thinking of going, so that he can encourage you.

Charles and I will be away from 7 May to 6 June and Greg will also be away for 3 weeks in May, so with Fettes also absent, the coaching load will be on Jeff and Colin. Also Graham Cragg will coach 2 sessions. We also have a trainee coach, Louisa, who may do some of her deck time during May.

Heather Croft  
Coaching Coordinator/Head Coach

////////////////////////////////////

## **Melville Live Lighter Club Challenge (LLCC) Sunday 6<sup>th</sup> April 2014**

A small team of 9 represented the Armadale Club at the recent Melville LLCC which was held at the Melville Aquatic Centre 50m pool. Swimmers were; Heb, Heather Jeps, Mary, Charles, Colin, Graham Hicks, Chris, Hans and me (Jeff). We came 6<sup>th</sup> out of 10 clubs with some fast swims and doing so lowered 8 existing club records, set one new club record and swum 5 PB's

### **Heb:**

Heb had a good meet scoring 8 points all up with a first place in the 50m breaststroke and lowering her existing club records in both the 50m backstroke and 50m breaststroke, and to top it off swum a PB in the 50m backstroke.

### **Heather Jeps:**

Our top scoring female on the day scoring 10 points for the club. Heather came first in the 50m breaststroke and doing so lowered her existing club record which she set back in 2011. Heather also swam a PB in the 50m backstroke.

### **Colin:**

Captain Col had a good swim in the 100m freestyle with a second place and lowered the existing club record which was set by Chris back in 2009. Colin also had a shot at the 50m butterfly and doing so set a new club record.

### **Graham Hicks:**

Our top scoring male on the day coming first in all of his 3 events and scoring 12 points for the club. Graham also lowered both of his existing club records in the 100m freestyle and the 50m backstroke.

### **Hans:**

This was Hans first interclub and once he got over his nerves had some good swims lowering his existing club record with a PB in the 100m breaststroke and also lowered the existing 50m breaststroke club record set by Fettes back in 2012.

Well done everyone, and hopefully we can talk a few others to come along to our next LLCC meet which is being run by the Mandurah club but being held at Aqua Jetty in Warnbro.

Jeff

////////////////////////////////////  
\_\_\_\_\_

## FROM THE BEACH

The last ocean swim for most of the RAMOS team for this season was held on our own Coogee beach, nice to have a local knowledge advantage.

9 regulars attended a beautiful Saturday morning all looking forward to the 2 klm swim challenge ahead, the conditions could only be described as perfect, flat seas, little wind and not a stinger in sight.

The course for those that know the layout of Coogee beach was a start and finish at the brand new magnificent Coogee Surf Lifesaving Clubrooms, the course headed North, West, South, East and then North back to the start, a big rectangle.

This event is limited to members of Masters Clubs only so it always has a great friendly feeling and atmosphere as for those of us that swim you realise that at our age we are among the youngest competitors, which makes a nice change from most of the other ocean swims.

It does give us all great inspiration to see very senior swimmers still competing and enjoying themselves. A couple of examples of these are Margaret Moylett at 75-79 age group 1 hr 2 min 12 sec Rod Baker 85 - 89 age group an incredible 38 min 29 sec and the grand master Eli Kitay at 91 yrs old 1 hr 3 min and 7 sec .

All look like they are decades younger than their actual age no doubt in a big way due to the benefits of swimming.

To our results, all swimmers enjoyed the flat conditions and some red hot times resulted.

Greg 34 min 54 sec, Graham h 36.24, Charles just behind with a great swim 36.28 Gilly 37.17, Rosco 42.33, Jepstar 44.21, Jeff 45.22, Super coach Heather 45.42 and Last but no means least a fantastic swim from Jannette in 58.17.

As is the norm with these events all of the Ramos team stay on the beach at the finish line to give support and a big cheer to those finishing, we then after a quick shower enjoyed a fresh breaky while waiting for the presentations, Graham and Chaz (again ) picked up a nice spot prize.

Well done to all for this season as I do not think any members are travelling to Albany for the last swim, details about Ross and Gregs fabulous Lake Argyle crocodile hunt/ swim in May to come.

Nice picture of the swimmers attached

And remember;

"The water does not know how old you are, age is just a number, achieve your dreams at any stage of your life."

Dara Tores

See you in the drink

Greg



.....

## **UNIFORMS**

Masters uniform order given to Westate Embroidery on the Thursday 3rd April, I will keep everyone informed when payment is due.

Jennifer

---

## **SAFETY OFFICER**

Please make sure you are well hydrated before, during and after swimming.

There are still some members who have not handed in their health forms.

Copies of these are on the swimming trolley.

Thanks.

Mary.

---

## **LANE ETIQUETTE**

Now that we are training in a 25m pool it is very important to be aware of 'lane etiquette' to avoid swimming into each other. A very good report on 'lane etiquette' has been produced and sent to us via MSWA and this has now been sent to all members. It is a good reminder to us all.

---

## **DATES TO REMEMBER**

|                       |                                               |
|-----------------------|-----------------------------------------------|
| May 24/25             | State Championships.                          |
| June 22 <sup>nd</sup> | Mandurah Inter Club. (At Aqua Jetty Warnboro) |
| July 12 <sup>th</sup> | Social Event at Araluen                       |
| Dec 13 <sup>th</sup>  | Club Presentation Dinner                      |

---

## **BELATED & HAPPY BIRTHDAY FOR APRIL PLUS MAY BIRTHDAYS**

|                        |                   |                        |                  |
|------------------------|-------------------|------------------------|------------------|
| 17 <sup>th</sup> April | Michelle Hollamby | 27 <sup>th</sup> April | Heather Jeps     |
| 2 <sup>ND</sup> May    | Dereck Bishop     | 4 <sup>th</sup> May    | Lexie Rankin     |
| 20 <sup>th</sup> May   | Heather Croft     | 29 <sup>th</sup> May   | Yvonne Lovegrove |

---

## **TRAINING AT CANNINGTON LEISUREPLEX**

If you had a multipass last year then you are able to renew it for this year by phoning the Leasureplex or arranging your renewal over the counter. If this is your first time at this pool then all the information can be found at

<http://www.canning.wa.gov.au/images/stories/aquatics.JPG>

We meet for morning tea after our swim at the pool café – to speed up our orders Graham has an order form on the equipment trolley for you to fill out..

---

## **MEMBERS NEWS**

Best wishes to Charles Croft and Heather Adams as they prepare for the 2014 Nationals.

---

Although we congratulated Heather Adams in our February Newsletter – this article relating to her award was found in a newspaper. To read in full go to page 12 of the HAVE-A-GO NEWS April issue.

## **Outstanding volunteers recognised at Masters Swimming**

Excellence Award for 10 Years' Service: Armadale's Heather Adams has contributed to MSWA in many areas including a stint on the Board as Director of Coaching. Qualified as a referee in 2003 and has held the position of Membership Protection Information Officer since 2009.

---

## **NEWS FROM FETTES AND HIS VISIT TO THE GALAPAGOS ISLANDS.**

Hi

Have had a most pleasurable cruise around some of the Galapagos Islands, on a 12 berth sailing ship, Encantada, (Enchanted). Only 11 of us turned up. I was given a cabin to myself, which made me feel even more comfortable and the cruise more enchanting.

Birds breeding... Frigates, Boobies (I love Boobies) blue and red footed, Darwin's Finches, the most graceful Tropic Bird and much more. Sea Lions and their pups. Marine and Land Iguanas. Snorkelling magic. Underneath me a swarm of golden rays glided silently into the dark blue, manta and sting rays followed, and then the almighty Hammerhead shark ... head swinging from side to side in search of food. A few reef sharks sleeping in caves. One black tip seemed to be aiming for me in its search for food. I was up and out of there and sitting on a wave beaten rock before it even saw me. Such large electric coloured tropical fish had me sucking in my breath in delight. The most astonishingly beautiful: the King Angelfish. Watched for over 8 minutes a Marine Iguana feed on algae without it needing to come up for breath.

And all this with the animals oblivious to us homo sapiens.

On one occasion, when I did not snorkel and preferred to lie on the beach... this, the result of a severe allergic reaction to something I could not tolerate in the lunchtime dessert ... a lava lizard lay on my chest ready to pounce on any unwary insect. I felt most privileged. This, our most knowledgeable guide had not heard of before. The black T shirt I was wearing I am sure made me resemble a sea lion!

I then had 3 days to do my own thing in the Enchanted Isles.



Image of a Lava Lizard

More from Fettes to follow in next newsletter. Hon Ed