



Armadale Masters Swimming Club

NEWSLETTER

JULY 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

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CLUB PRESIDENTS REPORT

I'd like to thank Liz, on behalf of the committee, for once again organising and making available Aspro Cottage for our mid-year social get together. I believe everybody who attended enjoyed the uniqueness of the venue and the social interaction at what has become a regular event on our social calendar.

As usual for this time of the year, attendance at regular training is down, however the attendance at recent interclub events is encouraging and this has allowed some creditable individual and team performances. Congratulations to swimmers who have taken part in recent interclub competitions.

The Golden Groper State relay competition, scheduled for August, is another event recommended for members who may be intimidated by the competitiveness of individual interclub competition. It was well attended and enjoyed by members in 2013 and hopefully it is again promoted in 2014.

The Coach PD Workshop, scheduled for 26 July, is fully booked and another workshop is planned for 13 September. Attendance is open for fully qualified coaches and I encourage our coaches to attend to expand their coaching knowledge with accreditation.

Masters Swimming has recently promoted the Vorgee Million Metres awards and I'd like to suggest that we promote this incentive via our newsletter for any members who may be unaware but interested in registering.

Well done to Greg for again procuring a \$500 grant from Dept. of Sport and Recreation. Greg has suggested several ideas for spending the funds, based on members' feedback, and I urge somebody to take on Greg's role during his absence, to promote and coordinate the best use of the funds.

Good luck and good health to all members

Ross

CLUB CAPTAINS REPORT (1)

Club Championships Round 6

Saturday 5th July

We had 13 swimmers take part in Round 6 of the Club Championships held on Saturday 5th July. The event provided swimmers with two distances of choice, 200m and the 25m sprint.

Once again we had a good mix of strokes being swum with the emphasis being on freestyle, with backstroke and fly also popular, special mention to Graham Cragg for his 200IM effort. The notable performances on the day included 5 swimmers producing personal best swims; Jeff in 200m Free, Colin in 200m Free, Heather J in the 200m Free and 25m and Hans in 25m Free.

Well done to everyone who swam on the day. Our next round of the club champs will be on Saturday 2nd of August at Cannington Leisureplex. Look forward to another good turnout of swimmers and more Pb's being set.

Cap'n Col.

CLUB CAPTAINS REPORT (2)

Swan Hills LLCC Challenge Series Event

Captains Report

A squad of 10 swimmers headed out to the Swan Park Recreation Centre to compete in this year's Swan Hills LiveLighter Club Challenge Series Event on Sunday 6th July. The event attracted 96 swimmers from 9 clubs and produced 9 state and 2 national records for the day.

The venue wasn't as cold as in past years, there was no coffee being sold in the café (go figure?) and walking up and down the stand to get our bags and towels was an adventure in itself. There were two incidents to report from the day, please see the individuals concerned for a more in depth explanation of the events. The first involved Gill, a bruised arm, a lump on the bonce and a dent in the finishing wall and some mutterings about Graham Hicks... The second involved Chas, the first of the 50M Fly heats and then Chas doing breaststroke and some mutterings about something...see Chas details.

As for the meet, we finished a fantastic second, beating out Snappers by a point! There were many notable swims for the day, resulting in 3 swimmers recording personal bests –Colin, Heather Jeps, and Hans "Superfish" and 10 club records being set, please see the website for names and details. The 160-199 Age group relay teams for both the 4 x 25M Mixed Medley, Louisa, Chas, Rowy and Colin and 4 x 25M Mixed Free, Rowy, Louis, Colin and Graham set club records in both relay events, great selection work by the captain I heard someone say....

A great effort by everyone involved and we even had multiple raffle winners on the day as well. So a big thank you to everyone who came along and swam for the Mighty Pelicans!..

Cap'n Col.

Upcoming Events

Golden Groper State Relay Carnival @ HBF Stadium (Challenge) on Saturday 16th August

Calling for swimmers

Entries close Friday August 8th

Riverton 400/800 Event @ Riverton Leisureplex on Sunday 31st August

Starts @ 1pm

Cap'n Col.

CLUB COACH CO-ORDINATOR REPORT

It is almost time for the State Relays again, so along with Colin, I will be trying to get as many people entered as possible for this event. We had a good showing last year and it would be great to get just as many swimmers to join in this year. We will be incorporating relay starts and finishes into some of the training sessions leading up to this event.

Now to the coaches: We said a reluctant goodbye to Greg as he coached for the last time last Tuesday for a few months. Greg should be back in November and we wish him well on his trip of a lifetime. Hopefully Fettes will be back in October but will wait to hear from him before I put him on the roster again.

Jeff's trip in August has been cancelled so I have put him back on the roster to coach on two Saturdays in August.

Colin has completed his intro coaching workbook and coaching hours. He will be finalising his coaching credentials in September.

Louisa has been away quite a lot but is keen to finish her coaching hours, so she will coach twice this week and then slot in whenever she can, which will give the coach for that session an opportunity to swim.

Graham Cragg is working through his workbook and is starting his official deck time on Thursday, although he has coached a couple of times for us when we have needed him.

Charles and I are still swimming at Aqua Jetty in the mornings as well as swimming with Armadale so we are getting lots more ideas and programs, which will hopefully help our club.

I will be updating my CPR on Thursday evening. Also Jeff, Charles and myself are going to the Coach PD Workshop in September. The trainee coaches are not eligible to go to this workshop.

Heather Croft
Coaching Coordinator/Head Coach

DATES FOR YOUR DIARY

August 3 rd	Somerset. 1500m swim at Aqualife East Victoria Park
August 16 th	Claremont. State Relay Champs
August 31 st	Riverton. 400/800 Swims Riverton Leisureplex
Sept 14th	Challenge Stadium. Livelighter Club Challenge
Nov 9th	Sausage Sizzle at Bunnings Maddington (mark your calendar)
Dec 13 th	Club Presentation Dinner

THANK YOU

A big thank you to Peter Rankin for repairing our clubs stop watches. We really appreciate you doing this for us.

GENERAL INFORMATION

BIRTHDAY WISHES



August 1st Rowena Burch

August 28th Zita Badger

August 29th Hans Vosbergen

Graham H and Heather C & Zita, don't forget extra carrots for your horses birthday August 1st

GREAT NEWS



Most members will remember Heather Croft's nephew, Aran Bean, who has come to our club to give specialised coaching a couple of times in summer. Aran was selected to swim at an International Swim Meet in Sweden for Allianz Australia. He came 1st in 100 Breast, 1st in 100 Butterfly and 2nd in 100 Freestyle. His small team was 3rd overall.

A wonderful achievement for Aran and his team.



Congratulations to Rowena for completing the Swan River Run and finishing the 14km in 1:10.28. Great times - Well Done.

OUR EVENING AT ASPRO COTTAGE

Thank you Liz for once again allowing us to use Aspro Cottage for our July social and thank you to Derek for this great photography. We had a wonderful evening with members bringing in a variety of tasty mains and deserts. Although it was a winter night we were all very comfortable in the cottage with the new fire. As the evening was enhanced by the full moon, Liz took us all for a walk to look at the park in the moonlight, it was a very refreshing walk and well enjoyed by those who did it.



VITAMIN D

This information is from the Cancer Council of WA but check with your doctor if you have any concerns. [click here](#) for more information.

What is vitamin D and why is it important? Vitamin D plays an important role in maintaining healthy bones and muscles. Vitamin D forms in the skin when it is exposed to UV radiation from the sun. We also get vitamin D from some foods we eat, such as oily fish, eggs and liver as well as margarine and dairy products fortified with vitamin D. However we cannot get enough vitamin D from our diet to maintain the levels our body needs to be healthy. This is why some sun exposure is important, but we must be careful not to get too much.

How much sun do I need to maintain adequate vitamin D levels? Most people get enough vitamin D from the sun exposure they receive through day-to-day outdoor activities without needing to intentionally expose themselves to the sun. Between October and April, most Western Australians can get enough vitamin D through incidental sun exposure in their day to day activities. During this period the focus should be on sun protection. During the months of June and July only, **people living in the southern part of the state (Perth or below)** should go outside without any protection for 30 minutes a day around midday to make sure they have enough vitamin D during winter. For the remaining months, May, August and September, people in the southern region should be guided by their local UV Index forecast and cover up when it reaches 3 or more.

MEMBER NEWS

Linda and Graham's holiday

Linda and I left Perth on 4 April on our way to our sons wedding in Vancouver. We had a couple of days in Bangkok on the way for some dental work so our smiles were at their best for the wedding. We also made a stopover in Manila to check out our sons new home for the next twelve months as he has been posted there with work. We had a fantastic time there getting to know Maryam, our future daughter in law and partook in several Spa visits which were also designed to help us look better. I think it helped Linda but I'm not sure about me. From Manila we flew to Vancouver via Tokyo. When we arrived we were greeted so warmly by Maryam's parents, who we had never met, with a bunch of flowers and an incredible Persian meal. They took us to their apartment and had to return to the airport for our son and his future bride. The next three days were spent snowboarding at Whistler, then shopping and preparing for the wedding. We also threw in a trip to Harrison Hot Springs an hour and a half from Vancouver. Thursday night I had to help my younger son escort Cheyne for his Bucks Party where we met some of his friends did a Pub crawl of Gas Town. We delivered him to his hotel in reasonable order in plenty of time for the wedding that day! At this stage I should mention that our beautiful daughter in law is Persian (Iranian), we therefore had two ceremonies. A civil ceremony on the Friday followed by lunch for the direct family and our close friends and Cheynes God Parents who flew in from Perth and Sydney. The following day was the real celebration. The Persian Wedding. Wow what a fantastic time we had. Boy do the Persians know how to party and celebrate. We travelled in a limo from The Fairmont hotel in down town Van to the base of Grouse Mt. It was a beautiful crisp and sunny spring day. We all travelled to the top of the mountain above the snow line on the gondola. Here we were rewarded with spectacular views across the city and Vancouver Is. for the photos. The celebrations started with a Persian ceremony followed by dinner and hours of dancing. To top it off we had an inch of snow. After two weeks in Vancouver we flew to New York where had a great time living in China Town followed by two days in the Hamptons before returning home.



Linda & Graham at Whistler



The Cragg boys



After the wedding Mt Grouse



Horse & trap ride Fort Santiago in Intramuros, Manila.

MARY – YOU DID WHAT!!!!!!



[From Mary – somewhere in Canada](#)

Mary said the cruise was unbelievable. They saw many glaciers. It is freezing cold especially at the Hubbard glacier.

I took part in the **polar plunge**.

(I think we will have to have more details and hopefully a photo of the event when Mary returns)

We hope to have more news from Mary for the August newsletter including a swim she did in the lake in Whistler.

This is our club newspaper and we love to share the good things that happen – please contact Editor at amsc.editor@gmail.com

Hon Ed