

# Armadale Masters Swimming Club



## NEWSLETTER

### OCTOBER 2014

#### CLUB CONTACTS

**President:** Ross Doherty 9496 2821  
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**Coach Coordinator:** Heather Croft 9390 9177  
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**Secretary:** Lexie Rankin 9398 6857  
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**Club Captain:** Colin Gibson 9498 3931  
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#### In This Issue

Captains Report  
General information  
Club member news

Coaches Report  
Sausage Sizzle

Dates for your diary  
Club Dinner

#### CLUB CAPTAINS REPORT

##### **Club Champs Rd 9 – 6<sup>th</sup> September**

10 swimmers  
6 swimmers producing personal best swims  
10 club records  
Next Club Champs is on Sat Nov 1<sup>st</sup>

##### **Club Captains Meeting Sat 20<sup>th</sup> Oct.**

The main topic of discussion centered on the State Championships event and possibly changing the name (Masters Open or LLCC \_\_\_\_\_?) and format and how to increase participation in the Club Challenge Series. Formats suggested included 2 Day's with Day 1 for serious comp and Day 2 festival of swimming, 1 Day event, no trophies. The feedback given to Masters Swimming by a survey of clubs found that only 30% of Masters Members compete. Geraldton feedback from State Champs was the lack of numbers at the event, especially from some of the larger Perth clubs.

Also discussed was how to encourage more members to look at becoming officials, possible travel reimbursements etc.

2015 CC Series events were discussed with clubs nominating their event to host dates.

Next year is Masters Swimming WA 40<sup>th</sup> Anniversary and suggestions for an event to celebrate in 2015 are being called for. Eg weekend in Margaret River.

#### Cap n Col

## **CLUB COACHES REPORT**

It has been a smooth and successful return to Armadale Pool. Most swimmers have told me that they are very happy to be outdoors again.

We are coming up to our full number of coaches on deck with Fettes back from overseas and Greg due back in early November. I will put Greg back onto the roster in December and Fettes in January as he is off to New Zealand soon.

Louisa and Graham need to do more deck time to successfully complete their coaching course. Louisa is keen to coach from mid-November when her work load settles down.

Heather Adams has indicated that she is happy to teach and improve turns so I will organise this now that we are back at Armadale Pool.

Rebecca Yip, who is a potential member, is also a coach in training and needs to do her deck time, so hopefully she will do that with us.

**Heather Croft**  
Coaching Coordinator/Head Coach

## **DATES FOR YOUR DIARY**

Nov 9 <sup>th</sup>	Lake Leschenaultia Swim Contact Clair Ware 0428695427
Nov 9th	Sausage Sizzle at Bunnings Maddington See information below
Nov 16 <sup>th</sup>	Swimming WA OWS round 2. City Beach Contact Bobby Jovanovich 93284599
Nov 22 <sup>nd</sup>	BBB River Swim Biction Baths Contact Peter Maloney 0404819614
Nov 29 <sup>th</sup>	Swimming WA OWS round 3 Coogee Beach Contact Bobby Jovanovich 93284599
Dec 6 <sup>th</sup>	Swim thru Rottnest, Rottenest Island Contact David Cummins 0419468230
Dec 13 <sup>th</sup>	<b>Club Presentation Dinner</b> See flyer below



### **CLUB PRESENTATION DINNER**

TIME: 7pm

WHERE: Hot Rock Restaurant, Rock Inn Tavern, Brookton Highway  
Karragullen

COST: Swimming Club Member \$40  
Guest/Partner \$47.50

PAYMENT: Bank Transfer - Armadale Masters Swimming Club BSB: 066 131 Account No. 10193933

RSVP: Monday 24 November 2014  
Liz Dunn – 0414 939 794  
Email: [lizdunn889@hotmail.com](mailto:lizdunn889@hotmail.com)

**When making the bank transfer please make sure you put your name against it.** Please make cheques payable to Armadale Masters Swimming Club and send to Liz Dunn, 35 Mackie Road, Roleystone 6111.



## CLUB CHRISTMAS RAFFLE

We will be having another Christmas raffle at the end of the year – This is also a fund raising event which last year saw many members going home with some wonderful Christmas food hampers.

The raffle will be drawn on the night of our club presentation dinner.

I would appreciate if members could start bringing some items for the hampers ie, wine, chocolate, plum puddings, shortbread biscuits, pretzels, lollies etc.

I will collect items on Saturday mornings thank you - Yvonne.

## **SAUSAGE SIZZLE NOVEMBER 9<sup>TH</sup> FROM 10AM AT BUNNINGS MADDINGTON**

The Sausage Sizzle in drawing near – this is a huge fund raising event for our club – please mark your calendar and contact Hans if you can help on the day. If you are not able to help please call in and support by enjoying a really good quality sausage sizzle and pass the word around to your friends.

## **GENERAL INFORMATION**

**Aerobic Swims** When aerobic swims are held on a Sunday – if anyone is wanting to do a long distance swim i.e.  $\frac{1}{2}$  hr  $\frac{3}{4}$  hr or 1 hour swims please contact Ross one week in advance.

**Busselton Jetty Swim and Virtual Rottnest Swim** – If you wish to participate in either of these swims please contact Heather as soon as possible.

**Mandurah Australia Day Swim** – Please contact Colin if you wish to enter for this swim.

**MSWA** are wanting swimmers to think about becoming officials to assist at swim meets to assure that there are enough accredited officials at swim meets. Please give some thought to attending one of these courses as they arise.

**Lake Argyle Swim** – Registrations are now open. Ross and Greg did this swim last year and I am sure they will give good advice if anyone wants to enter the 2015 swim. Registrations open November 1<sup>st</sup> and last year places were sold out within 6 hours. Here is the link

[Lake Argyle Registration](#)

**Welcome** A big welcome to our swimming club to Pamela Pearson and Pauline Southall. Welcome back too to Leanne Wheelock it is lovely to see you back in the pool again.

## **BIRTHDAY WISHES**



Birthday wishes to all our swimmers born in the month of October

Heather Adams November 7<sup>th</sup>

Celebrate well Heather and enjoy your day

## **CLUB MEMBERS NEWS**

ALBANY TO PERTH BIKE RIDE – Catriona, Heather, Ross and Alasdair Adams.

Catriona

The team went down on a big bus on Saturday and our ride started on Monday (My brother Alasdair has been riding as well)

Monday was Albany to Cranbrook 90km and was very wet for the first half. Tuesday was Cranbrook to Katanning 81km. Wednesday was Katanning to Wagin 55km, today was Wagin to Pingelly 101km and very long, tomorrow we are off to York which is about 85km I think and then Saturday is York to Perth about another 100km.

Mum, dad and Alasdair are riding for SIMaid 'girls off the street' and I am riding for Compassion Australia. SIMaid works to rehabilitate and counsel girls who have been sold/rescued from prostitution in India and Bangladesh and Compassion Australia works to free children from poverty in many countries around the world.



## Rowena

My sister Tamasin married Alexander Schultz on 17th October at the Schultz family farm, half an hour out of Deniliquin NSW. It was a beautiful wedding, and a wonderful time was had by all. As a bridesmaid, I even had hair and make up done - only the second time in my life I have had make up on.

After the festivities, I managed to fit in a swim. The local pool was still empty (awaiting the warmer weather in November!) so I had to make do with the Edwards River. "Cold" doesn't begin to describe the water temperature.

Our wonderful trip was topped off with an overnight stay in the airport when we failed to find any accommodation between Bendigo and Melbourne - including the WHOLE of Melbourne. Some 70 000 Jehovah's Witnesses were in town on Caulfield Cup weekend, and Australia was playing England in netball in Bendigo. Wooden airport benches are not the best thing for a good night's sleep, but at least they were free!



Rowena's little sister Linden, parents Glynn and Sue, bride Tamasin and Rowena



Rowena had a 'cold swim' in the Edwards River

Mary

Hello swimming club members, Yvonne has asked me to give you a short run down on our holiday in Canada, so here goes.

The things I remember most is the amount of fresh water just everywhere, the greenery, and of course the magnificent scenery.

We started off staying with friends in Vancouver for 4 days, where the weather was absolutely beautiful, it was even a bit hot for me. I mean it was 38 degrees in Whistler, and people were still skiing, (one run left open).

I went swimming in a lake in Whistler, and the water was beautiful.

We then went on a 7 day Alaskan cruise (the inside passage) which was very cold in most places.

Glacier Bay, the Hubbard glacier the White rail pass, all were unbelievably beautiful, so different from anything we had ever seen.

The same could be said of the Rocky Mountains, but unfortunately there were lots of forest fires which made some sights hard to see. Nevertheless, Lake Louise, Banff etc. were just like all the photos we had seen.

We then flew from Calgary to Toronto, where we joined a coach tour to Ottawa, Montreal and Quebec City. This lasted 7 days and was quite tiring as we had to be on the coach every morning around 7.30. am.

Our friends picked us up in Quebec and we drove to their cottage by Skiff Lake in New Brunswick for the last 3 weeks, before flying home.

During this time we crossed the border into the USA for shopping, as things are much cheaper there, which was an experience, I can tell you, as Alan and I apparently didn't have all the correct documents, and we were put through the third degree for about an hour before being let to go on our way.

Anyway, a wonderful 2 months, and another experience I will never forget.



White Rail Pass in Scagway



Mary & Alan at Hubbard Glacier



Skiff Lake



Mary going over Grand Falls on a Zip Line

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Catriona, Rowena and Mary – thank you for your contributions to our club member news.

**REQUEST** – Now that we are back at Armadale and enjoying our morning tea I would like to introduce a space for favourite recipes – who would like to be the first to send a recipe to me.

This is our club newspaper and we love to share the good things that happen  
Please email your holiday, sporting or any other good news to  
Yvonne at [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)

*Hon Ed*