

# Armadale Masters Swimming Club



## NEWSLETTER

### NOVEMBER 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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## IMPORTANT NOTICE 1

Club presentation dinner – time is running out – if you have not yet paid for your dinner can you please do so asap as liz has to finalise the numbers

Make this a priority and contact Liz as soon as possible on 0414939794 or 9397 5080 or 9496 1171 to make your booking. Deadline is December 8<sup>th</sup>. You can also contact her on her email: [lizdunn889@hotmail.com](mailto:lizdunn889@hotmail.com)

WHEN: December 13<sup>th</sup> at 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

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, and Roleystone 6111.

# IMPORTANT NOTICE 2

Last year we had a Christmas Raffle and many members went home with some nice baskets full of Christmas fare – we have bottles of wine but we are in need for other items – i.e. Christmas cake short bread biscuits – mince pies - nuts and nibbles – tin fruit – chocolates etc.

This raffle is a fun way to help our club funds.

Please leave with Yvonne on Saturday morning or if swimming through the week - Thank you

## CLUB CAPTAINS REPORT

We had a good turnout of 9 swimmers taking part in the last round of the Club Championships for the year held on Saturday 1<sup>st</sup> November at our home at Armadale Aquatic Centre. The event provided swimmers with two choices of swim over 100m.

Once again we had a good mix of strokes being swum with the emphasis being on freestyle, with backstroke and fly also popular. Two swimmers tied for top point's scorer on the day, well done Hans and Heather Jeps. Two pb's were set on the day, Rowy in her 100m breaststroke and Heather Jeps in her 100m freestyle. 2 Club records were also set, Graham Bamford for the 100m backstroke for his age group and Rowy for the 10m breaststroke in her age group. Special mention to Jeff for his 100m butterfly, well done Jeffro!

Please see the website for all the reports.

Well done to everyone who swam on the day. Our next round of the club champs will be in April 2015 at Armadale Aquatic. Thank you to everyone who participated this year, the coaches who organised on the day and everybody else who helped out. A special thank you from me to Graham Hicks and Jeff Sanders for their assistance with the reports during the year, thanks gents.

We look forward to seeing you all at the first round of the club champs in April 2015.

## Cap n Col

## DATES FOR YOUR DIARY

Nov 29 <sup>th</sup>	Swimming WA OWS round 3 Coogee Beach Contact Bobby Jovanovich 93284599
Dec 6 <sup>th</sup>	Swim thru Rottnest, Rottnest Island Contact David Cummins 0419468230
Dec 7 <sup>th</sup>	Clubs first Coogee Swim, contact Jennifer at club
Dec 13 <sup>th</sup>	Fremantle Port Swim, 1600m Solo, 400m Novice. Contact Isobel Busch 0416158030
Dec 20 <sup>th</sup>	Our 'fun day' meeting at pool at usual time.

## TEA ROSTERS FOR DECEMBER

6/12/2014	Louisa	Ilyas	Fettes
13/12/2014	Rowena	Gillian	Jennifer
20/12/2014	Heather Croft	Charles	Ross
27/12/2014	Lexie	Jeff	Hans

Please arrange a swap if you are not able to do morning tea on your rostered day

## GENERAL INFORMATION

### Extra Training in the New Year

If there is some interest I'm thinking of doing some extra training on Sunday mornings and this will be directed to members that want to try and improve, or try to reduce that aging slowing down effect or try and achieve a particular goal.

The extra training will cater for all levels and all abilities from lane 8 through to lane 6. This extra training will not be for everyone and is purely being offered to those that want that extra avenue of training. The main ingredient will be a will to train with a bit more intensity.

If anyone is interested then please [email me](#). Just a **“Yes I’m interested”** will do or you can let me know what you may want to get out of this extra training. If there is interest we will have a meeting before swimming in the next couple of weeks where we will discuss the finer points and see if what is being offered suits you and be ready to start in the New Year.

Happy Swimming,

Jeff

**Fun day** We will be having our annual swimming “fun Day” on December 20<sup>th</sup>. Those of us who have done this will know what a good event this is – those of you who have not yet done this – don’t miss out

**Coogee Swim** Our first Coogee swim of the season will be on Sunday the 7<sup>th</sup> December meet at cafe at 0745 for 0800 start - contact Jennifer for details

**Aerobic Swims** When aerobic swims are held on a Sunday – if anyone is wanting to do a long distance swim i.e. ½ hr ¾ 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

### BIRTHDAY WISHES



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

Julie Pender December 18<sup>th</sup>

Jennifer Findlay December 27<sup>th</sup>

Danny Van der Veer December 29<sup>th</sup>

Celebrate well and enjoy your day

**WELCOME TO OUR SWIMMING CLUB to** Ilyas Abdulraman – We hope you enjoy many years of swimming with our team.

## RAMOS (Regular Armadale Masters Ocean Swimmers)

In Greg's absence from the Open Water Swims so far this year, I thought I would write a short report of what's happened in the last two swims.

Gillian, Jeff, Graham Hicks, Charles and I turned up for the Lake Leschenaultia 1600m swim on Sunday 9 November. Colin was the support crew as he's still having trouble with his shoulder. The hooter went off just after 10.00am and we all started off together in the usual flurry with the speedsters taking off - me starting towards the back of the pack. The course was slightly different from last year and I think the water level was a bit higher. We were pleasantly surprised at the water temperature although I don't think Graham's back warmed up at all.

Armadale's order across the finish line was: Charles followed by Gillian, Graham, Jeff and me.

Thanks to Graham and Gillian for bringing along some after swim food - much appreciated.

Then, on to the next swim after I swore I would never do another one. This was yesterday at Bicton Bay. Jeff and Charles (the iron men) decided to swim 3km, while the sensible ones - Gillian, Graham Hicks and I swam 1500m. The day started off cold and wet and by the time we were going to swim, the breeze had also kicked in. The 3km idiots started off first. The rest of us had to wait 10 minutes before we had to be off the jetty and in some sort of line at the start. Gillian and I hesitated on the jetty as it was a bit off-putting watching people hit the water and yell out how freezing it was. Our lovely support person - Colin - thought he might have to give me a push to get me in. Once we were all in, we still had to wait a couple more minutes to make sure we were all frozen solid, then they decided to hit the hooter. My goggles immediately filled up and my morning just kept going downhill. Half way through the race I thought I was seeing big white saucers in front of my eyes. Found out when I got out they were jellyfish. To top it off, when we got out of the water, there was one cold shower to use and Gillian had also been stung by some mysterious thing.

Order of finishing for Armadale: Charles followed by Jeff in the 3km. Gillian, Graham Hicks then me in the 1500m.

Rowena was an official of the event resplendent in her Armadale Tracksuit top and our potential member, Rebecca (Bec) Yip won her age group in the 3km section.

As usual, I went on again about that being my last swim but have already entered for the Fremantle Ports Swim Thru on Saturday 13 December.

Heather Croft  
Coaching Coordinator/ Editor by Default  
RAMOS (Regular Armadale Masters Ocean Swimmers)

NB Saturday 22 November Bicton Bay Swim - WINNER - GILLIAN in her age group for the 1500m.

## CLUB MEMBERS NEWS

**COLOUR RUN** This is a charity run event held each year



Liz Dunn did the colour run this year as did Jeff Sanders.

Jeff's run was a friend's way of celebrating a birthday, finding a fun way of getting friends to donate to charity while having a great time – I think Jeff's team had a Bollywood theme.



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At the Liddlelow arts and crafts exhibition Yvonne Lovegrove won 1<sup>st</sup> prize for the crotchet parasol below and 3<sup>rd</sup> prize with a crotchet doily. 2<sup>nd</sup> prize in pottery hand building and 3<sup>rd</sup> prize in ceramic sculpture. The crotchet doily that won 3<sup>rd</sup> prize will be donated towards our clubs Christmas raffle.



Congratulations to Laurence Barron and Julie Pender who recently completed the Mandurah Half Iron Man.

Derek Bishop recently went diving over at Rottnest Island he grew up in North Beach and always enjoyed the beach. Back in 2003 he started snorkelling on a holiday. That developed into a keen interest in diving. We've got some amazing marine life off our coast. It's also a good chance to get a nice feed. Below some of the photo's Derek took on a recent trip to Rottnest. Great photography Derek.





**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*