

## Armadale Masters Swimming Club

### NEWSLETTER

DECEMBER 2014

### CHRISTMAS EDITION

Wishing all our club members and their families a very happy Christmas and thank you to all our club members who during the year have contributed to our club newsletter.. Don't forget this Saturday is our annual fun day where we mix fitness with a good dose of fun.

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#### CLUB CONTACTS

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**Club Captain:** Colin Gibson 9498 3931  
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#### IMPORTANT NOTICE

This is a reminder that all members must rejoin by the 31<sup>st</sup> December 2014. Members who fail to rejoin by the end of December 2014 will not be able to train from January 2015 until their membership fee is paid. This is because they will not be covered by MSA Insurance policy

When renewal has been made please remember to give Mary Plant our safety officer your updated health forms, these can be downloaded when you pay your membership fees on line.

## AWARD PRESENTATION DINNER

2014 Award Presentation Dinner was also a celebration of 30 years for the Armadale Masters Swimming Club and we welcomed and thanked past member Ann Kosick and her husband Anthony along with Nicole Badani, Life Member for AMSC for their attendance.

The Dinner was held at the Rock Inn in Karragullen and was attended by 39 members and partners. We are pleased to say that the night was a wonderful success with much fun and friendship – not much fitness!

Fettes, as MC did a great job and we thank him for that. He also presented some humour, as only Fettes can do with a little song to Hans sung to the tune of Neil Diamond's 'Sweet Caroline' which was well received even though it sounded like a mob of old drunks.

The raffle was a huge success and many went home with a 'prize' Thanks to members for their contributions towards the hampers and to Yvonne for organising the baskets and prizes. The raffle raised over \$200.

Our thanks to Liz for organising and co-ordinating the dinner and the committee would like to thank everyone for their attendance for helping to make the night an enjoyable experience.

Awards and were handed out to many – some expected and some surprises.

Congratulations to all winners and those not so lucky – there is always next year.

### 2014 Award Winners

Club Championships	1 <sup>st</sup> Heather Jeps	2 <sup>nd</sup> Gillian Caruso	3 <sup>rd</sup> Yvonne Lovegrove
	1 <sup>st</sup> Jeff Sanders	2 <sup>nd</sup> Graham Hicks	3 <sup>rd</sup> Hans Vosbergen
Club Aerobics	1 <sup>st</sup> Gillian Caruso	2 <sup>nd</sup> Zita Badger	3 <sup>rd</sup> Heather Croft
	1 <sup>st</sup> Jeff Sanders	2 <sup>nd</sup> Graham Hicks	3 <sup>rd</sup> Ross Doherty
Open Water Swims	1 <sup>st</sup> Gillian Caruso	2 <sup>nd</sup> Heather Croft	3 <sup>rd</sup> Heather Jeps
	1 <sup>st</sup> Graham Hicks	2 <sup>nd</sup> Charles Croft	3 <sup>rd</sup> Greg Frey
Pool Comp Swims	1 <sup>st</sup> Gillian Caruso	2 <sup>nd</sup> Heather Jeps	3 <sup>rd</sup> Heather Croft
	1 <sup>st</sup> Graham Hicks	2 <sup>nd</sup> Jeff Sanders	3 <sup>rd</sup> Charles Croft
Club Swimmer	1 <sup>st</sup> Gillian Caruso	2 <sup>nd</sup> Heather Croft	3 <sup>rd</sup> Mary Plant
Of year	1 <sup>st</sup> Graham Hicks	2 <sup>nd</sup> Jeff Sanders	3 <sup>rd</sup> Charles Croft

Coaching Training Award      Rowena Burch

Dave Green Award      Hans Vosbergen

Masters Swimming WA 2013/14 HBF State Open Water Series – Highest Average Club Points - Armadale

Club open water swimmers who contributed to the club winning the trophy:

Heather Jeps, Gillian, Sue, Jannette, Heather Croft, Mary, Nigel, Colin, Greg, Jeff, Ross, Graham Hicks and Charles.

## TEA ROSTERS FOR JANUARY

3/01/2015	Mary	Heather A	Graham B
10/01/2015	Yvonne L	Linda	Graham Cragg
17/01/2015	Heather J	William	Liz
24/01/2015	Greg	Louisa	Derek
31/01/2015	Ilyaas	Fettes	Hans

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

## GENERAL INFORMATION

### BUNNINGS SAUSAGE SIZZLE

We again had a really good result from our sausage sizzle at Bunnings. Our profit on the day was \$823. This was about \$150 more than the previous year.

The day was really hot and it is probable this had some effect on our level of sales.

This is an important annual fundraising event for our club and we would like to thank everyone who was able to spare some time to come and help. It was especially nice to see some partners were willing to come down and assist as well. We are very grateful.

Thanks also go to Gaynor Sanders for donating our surplus bread buns to charity.

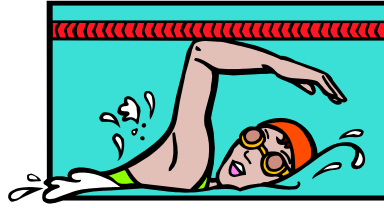
We are booked to do it all again next year, this time on 4th October 2015, the day following the AFL grand final. Note your diaries.

## CONGRATULATIONS



To Catriona Adams on completing her degree, Catriona is now a qualified Exercise Physiologist. Well done and good wishes for any further study you undertake.

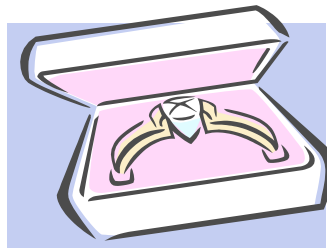
## CONGRATULATIONS



To Rowena and Rebecca while swimming for Melville. Their relay team set a new state record at this years WA State Championships at Challenge Stadium. With a bit of luck hopefully they will be swimming for Armadale this year

Event 8 Women 72-99 200 LC Meter Freestyle Relay  
1 Melville 2:29.16  
1) Lacey, Sarah W22 2) Lacey, Claire W20  
3) Burch, Rowena W30 4) Yip, Rebecca W26

## CONGRATULATIONS



To Heather Jeps and Alistair on their engagement. Great news and best wishes for your future from all your swimming buddies.

## 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

**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 Rottneest 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 January

Jan 3<sup>rd</sup> Pamela Pearson    Jan 6<sup>th</sup> Gillian Caruso    Jan 11<sup>th</sup> Jannette Edwards

Celebrate well and enjoy your day

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**RAMOS** (Regular Armadale Masters Ocean Swimmers)

The latest Masters Open Water Swim was held at South Beach, South Fremantle last Saturday the 13 December. Charles, as usual, told me it was going to be flat water with no wind at all - does he think I'm really thick. Sure, there was no wind at 6.00am in Armadale, but by the time the race was going to start at 8.30 there was a bit more than a breeze whipping up.

Yay, I was a winner before we started as I somehow got a spot prize of a kickboard and goggles much to the disappointment of the rest of the team. Not a very supportive lot when it comes to raffles and spot prizes. Jeff won a raffle prize. I think he picked up the biggest prize but he wasn't sure what to do with it. I think it was an air purifier??

Anyway, we bravely waded in - wish I was taller. Charles was in the first wave to go. They all cheated as they took off before the hooter went off. Apparently Charles was talking to somebody, then realised the rest had started swimming.

The next wave of swimmers included Gillian, Jeff, Graham Hicks, me and Ross who was trying out his bad shoulder. We were much more controlled and waited for the hooter.

The next wave had Liz - nice to see her back in the ocean, and Hans making his debut for Armadale.

It was all smooth sailing swimming north but things changed when we turned at the far buoy to make our way back to the finish. All the way back I was wondering again why I was doing this



ocean swimming thing but after swallowing most of the ocean and not being sick thanks to Kwells, I finally made it back. Obviously I only do it for the water melon they give you at the end.

Poor Gillian still felt sick even though she had had her fix of Kwells too.

Ross's shoulder seemed to hold up well.

I think I'm supposed to give the order of finishing which was: Gillian, Charles, Graham Hicks, Ross, me and Jeff. Liz and Hans finished together and after a bit of pushing, Liz got her way and got over the finish line ahead of Hans - well done Liz!! I think that was all of us. Hans didn't look that excited to do another swim, but I'm sure we will talk him into it.

Next Masters swim is on 18 January at Matilda Bay in the Swan River with distances of 4km and 1.6km. Hmm, wonder which one I'll do. Hopefully we'll have a big team come along now that I've made it sound so attractive.

Heather Croft,

### **Some of our RAMOS swimmers**



## Ode to Open Water Swimmers

Open Water swimming versus pool swimming - quite entertaining!!

Masters Swimming South Australia

A light hearted bias view on Open Water Swimming by **Desi Renford**.

We have just finished the season of interclubs. I see the swimmers go through the motions of doing a few laps but in their hearts they realise that it's not real swimming. Wistfully they dream of a summer of real swimming.

I'll state it now real swimming is Open Water Swimming. (I may be slightly bias).

Open Water swimmers:

- Don't need a black line to guide them.
- Can justify a snag, egg and bacon washed down with a beer at 10am at the Seacliff Pub.
- Realise that sledging is socially acceptable at the start of a race.
- Start in a crooked line not a perfectly neat line like the soft poolies.
- Love Vaseline.
- Manage to swim 2km in a 1500m race.
- Hate Chlorine.
- Swim at Noarlunga and takes wine home as part of the raffle.
- Don't worry about times, they worry about who snuck in just ahead of them.
- Understand shrinkage.
- Are patriotic. They know Australia Day means swim between two jetties.
- Have heart. As you go around the last buoy with five others and still push yourself even though you are spent.
- Can party all night in Port Augusta and still front up the next day and swim 5km.
- Hate drafting.
- Have one swimmer they always want to beat.
- Socialise after the race.
- Believe that seaweed down their cleavage is sensual.
- Love the smell of salt water in the morning.
- Are tough. They don't need lane ropes to protect them from contact.
- Enjoy waves
- Think racing 200m in a pool is soft and anything less is even softer.
- Love surf lifesavers.
- Realise that the best thing about Brighton Jetty is that its 4kms to Glenelg Jetty and you get to see a reef.
- Love their 10km time last year (It was definitely 10km, perhaps more and I'm sticking to it!!)
- Are elite athletes on the inside?
- Love the variety of currents, waves and wind.
- Don't tumbleturn in a race.
- Think that changerooms are a luxury.
- Know that cold water makes you feel alive and saves you from the dreaded lurgy.
- Know that the most important handicap event in Australia is the Melbourne cup.
- Know that the Pub to Pub handicap comes in a close second.
- Love the dolphin.
- Realise that there is nothing more Aussie than mates and beach.
- Can change out of their togs balanced on one foot with a towel.
- Have something to talk about to impress their work colleagues on Monday.
- Occasionally get a lift from the lifesavers if they end up on the wrong side of the reef at Noarlunga
- Love nature and its elements.
- Realise that zig zag swimming across the course is a skill and a story.
- Love food after the race.
- Know if the starting hooter doesn't work you start by consensus.
- Partners know they can enjoy a coffee and watch the Marion swim with elevated views.
- Love uncertainty and variety.
- Burping a gutful of salt water is socially acceptable after the race.
- Look forward to Port Elliott as it has real waves.

- Hate just getting pipped at the end.
- Love helicopters.
- Know that jellyfish don't really hurt.....much.
- Thrive on the wave hitting you as you try to breathe.
- Love swimming stroke for stroke and looking their competitor in the eye.
- Realise that most years at the Charles Sturt race you can float to the end.
- Have a sense of humour and camaraderie.
- Love sunburn cream.
- Check that everything is in place as they get up after a rough race.
- Realise that "Girt by" means "designed to race in the" in our National Anthem.
- Store carbs on Christmas Day so they can swim well at Glenelg.
- Are intelligent, good looking, modest and salt of the earth citizens.
- Don't need warm water and if they do they make their own.
- Love the Aussie battler that struggles in at the back of the field proud as punch that they have beaten the ocean.
- Realise they are a good chance to pick up a random prize during the season.
- Covet the Open Water Legend Towel that they receive for swimming every race.
- Know there is nothing better than Open Water Swimming.

The soft poolies may snigger and scoff at this article. The swimmers that haven't yet had the exhilaration and pleasure of Open Water swimming may doubt. But the Open Water Swimmers know it's all true

## **CLUB MEMBERS NEWS**



My daughter Jacqueline 28 was married to Troy Hawkins 36 in the beautiful island of Phuket in Thailand at the Le Meridian Hotel, a fantastic hotel set by itself on a private beach just 5 minutes out of the main tourist town of Patong.

Some may ask why get married overseas? Well that is a very good question, one that I asked them. The answer is complicated, Jacqui has been to this hotel many times since she was very young, several times with both my mum and Kays Mum on family trips, both Mums are no longer with us and she felt a connection with them at this place, add to that Troy proposed at the same hotel a few years ago and it is a magnificent venue it all seem to fit.

The ceremony was held on the beach , it was a small gathering with a total of 26 guests who made the trip over, most stayed for the week before so had a holiday as well.

It ticked all the boxes, beautiful sunny afternoon , magnificent flowers, , rose petals on the beach, Ice carving Yep ice carving go figure, simple but elegant ceremony and a crowd of bikini,speedo,boardshorted spectators all clapping and cheering. A really great time, as the sun started to set and photo's were taken



we ambled down the beach to a beach bar for a few cocktails and drinks with some speeches. At 7 we all headed for the hotel open air restaurant for a magnificent buffet meal with entertainment including fire dancers, singers and more, this was the normal entertainment for the hotel that night. Many more drinks and cocktails disappeared which was handy when we all left and headed for the downstairs disco bar for a few songs and those that could still stand hit the dance floor. The bride was stunning the groom handsome, bridesmaids beautiful and groomsman scrubbed up ok as well, all in all a day that a father and mother were very proud of.

For all the family and friends that could not attend we are having an after wedding party at our place on the 13 dec, yes the swimming club wind up, so sorry I will not be able to make it. Just a small gathering about 130 freeloaders

Many thanks for the club lending me the video camera, it was well used

See you in the pool

Greg

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  
[amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)

*Hon Ed*