



# Armadale Masters Swimming Club

## NEWSLETTER

### JANUARY 2015

---

#### CLUB CONTACTS

**President:** Ross Doherty 9496 2821  
[AMSC.President@hotmail.com](mailto:AMSC.President@hotmail.com)

**Coach Coordinator:** Heather Croft 9390 9177  
[AMSC.CoachingCoordinator.crofbrigh@aol.com](mailto:AMSC.CoachingCoordinator.crofbrigh@aol.com)

**Secretary:** Lexie Rankin 9398 6857  
[AMSC.Secretary@hotmail.com](mailto:AMSC.Secretary@hotmail.com)

**Club Captain:** Colin Gibson 9498 3931  
[AMSC.Captain@hotmail.com](mailto:AMSC.Captain@hotmail.com)

---

#### IMPORTANT NOTICES

**AGM March 7<sup>th</sup> – Please put this date in your diary  
this will be held after swimming in club rooms**

#### MEMBERSHIP RULES

In line with "The MSWA Constitution" From January 1<sup>st</sup> 2015, all members must have paid their membership fees to be allowed to swim. This is in line with the liability insurance and coaches will have to carry out this rule.

#### TEA ROSTERS FOR FEBRUARY

Sat 7 <sup>th</sup>	Greg	Heather Croft	Charles
Sat 14 <sup>th</sup>	Nick	Rebecca	Lexie
Sat 21 <sup>st</sup>	Rottnest Virtual		
Sat 28 <sup>th</sup>	Colin	Graham Bamford	Gillian

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

## GENERAL INFORMATION

Reminder that Health forms are now due – please give to Mary Plant.

Left behind in change rooms –toiletry bag, clear plastic with a purple zip top. If found please contact Jenny Findlay.

## DATES TO REMEMBER

### 2015 MANDURAH'S AUSTRALIA DAY SWIM

Entries for this close at midnight on January 25<sup>th</sup>, to register go to [Mandurah Masters](#) and follow the links.

### 2015 NATIONAL CHAMPIONSHIPS

Entries are open for this event to be held in Hobart from 8 – 11 April. Registrations are open online via MSA or Masters Tasmania Websites.

## OTHER EVENTS TO NOTE FOR YOUR DIARY

31<sup>st</sup> Jan – 30<sup>th</sup> Swanny Swim Thru – Cott to Swanny Ocean Classic  
Feb 1<sup>st</sup> – BHP Billiton Aquatic Super Series – Swan River  
Feb 8<sup>th</sup> – Busselton Jetty Swim – Busselton  
Feb 13<sup>th</sup> – 15<sup>th</sup> 2015 Aust Open Water Champs – Bathers Beach, Freo  
Feb 14<sup>th</sup> Swim Thru Leighton Beach  
Feb 21<sup>st</sup> – Rottneest Channel Swim and Virtual Swim

### 2015 LIVELIGHTER POOL EVENTS CALENDAR

These calendars are in the club trolley – please remember to pick one up

### ROTTNEST ISLAND SWIM



**Rebecca Yip** This is Rebecca's first Rottneest Channel swim and if that is not enough she is participating as a solo swimmer. We wish her every success and hope the weather gods are kind to her on the crossing.

## WELCOME TO OUR SWIMMING TEAM

Nick Kumar and Rebecca Yip. A warm welcome to you both.

## BIRTHDAY WISHES



Maree Lim 31<sup>st</sup> January

Nitin Kumar 26<sup>th</sup> February

Yvonne Hunt 23<sup>rd</sup> February

Liz Dunn 28<sup>th</sup> February

Birthday wishes to all.

Celebrate well and enjoy your day

## SWIM THRU PERTH

Congratulations to our members who did the Swim thru Perth. In the 4K swim we had Charles, Gillian, Rebecca and Jeff. And in the 1.6k event we had Graham Hicks, Heather Adams, Heather Croft and her daughter Kylie.

Well done to all

## VALENTINE DAY BLUES

Blues in the Araluen Amphitheatre Saturday 14 February 7pm – 10pm

Featuring Mike De Velta & Kim Bettenay

Tickets \$20 adults children free.

Tea, coffee & food on sale or bring a picnic and BYO alcohol. Contact Liz Dunn

## CHRISTMAS FUN DAY SATURDAY 20 TH DEC 2014

-  
This was well supported with some 18 plus keen swimmers full of the joy of Christmas turning up on a beautiful sunny morning.

As is the usual occurrence on these occasions pandemonium reigned supreme. Who would be an adult educator!

The first 30 minutes was dedicated to at least trying to do some exercise and laps, but as the excitement built so did the lack of structure and quickly the well laid plans of the organiser went to mush.

Two teams were formed and the fun began, Novelty relay races, treasure hunts, water logged jelly beans and of course the quiz, the competition was fierce with rules and fair play seeming to take a back seat for most of the morning.

Finally 10 o'clock came around, reluctantly the swimmers dragged themselves from the pool after much fun was had by all in a wonderful relaxed, happy and friendly atmosphere.

We are lucky to be members of such a welcoming club that each and every one of us help make it so.

Tradition held true with a magnificent festive feast supplied in the clubrooms after.

Many thanks for a great morning

Greg



Swimmers lined up and ready to carry out the fun filled challenges.



Front swimmer was the ‘arms’ and the back swimmer the ‘legs’



In this challenge one swimmer hangs on for dear life while the other was able to sit back in style

**RAMOS REPORT COTTESLOE CLASSIC MILE SAT 3 JAN 2015;** (Regular Armadale Masters Ocean Swimmers)

Oh what a beautiful morning! sun shining little breeze, flat ocean, minimal swell. All was well in the world, well at least at Cottesloe beach at 8 am

A great turn out of club members turned up for the iconic classic swim 1 mile in the old book 1.6 klm. Standing waste deep start , out a few hundred metres to a right hand bend , then head parallel to the beach towards Triggs, right around another floating buoy now heading towards the beach for a quick 60 metres sprint then another hard right to head back towards the concrete spit quick left around it and into the finish line.

- Club members, Gill and Colin, Liz and Hans, Heather and Charles and Ross and I all completed the course with some highlights to boot.
- Superstar Heather came first in her age group with a blistering time of 36 min 22 sec fantastic effort from our super coach, Gillian the superfish came in a convincing first with our group with a 28 min 22 sec sensational time, Gill placed 5<sup>th</sup> in her age group , Hans competing in his 2<sup>nd</sup> only Ocean swim did a great job coming in at 38 min 24 sec, I wonder who can remember the first days of Hans swimming at the pool, the change has been nothing short of amazing well done. Also great to see Liz back in the waves. The regulars all did credible times with Charles only just over a minute behind Gill the superfish. Ross still easing his shoulder back into battle, Greg and Colin just trying to get back to some level of stamina and fitness after interrupted preparations ( well Greg really trying to get rid of 300 cakes and croissants, then turkey, ham, beer, pudding etc. etc.) .
- Heather and Charles represented the club and stayed for the presentations, well done!! While the rest of us slinked off and found a great café for a well-earned breaky
- As usual a fantastic morning and swim with great company, It was my first ocean swim for several months and look forward to many more this season, next swim is Davey Scarborough swim Sat 10 Jan.
- Join in and have a go at the club Coogee swim coming up and soon you too can be a Ramos member. See you all in the drink. Greg



## RAMOS REPORT DAVEY SCARBOUROUGH SWIM 10 JAN;

Again another early start for the determined few on the beach this time at Scarborough. Numbers were down with only Greg, Gillian, Colin and Charles attending, a few of the regulars are away, Hixie still on Hol's Ross in Singapore, Heather a bit gun shy of the waves. Liz and Hans?? As usual when Heather does not turn up the seas are becalmed and the ocean was like a pool, with a gentle 300mm wave to step over when entering the water.

Question, who is C T C, ponder no longer it is our own Charles The Champion who with courage and persistence completed the 5 klm course in a wonderful time of 1 hr 28 min 28 sec a fantastic effort and achievement, during the post-race discussions Charles noted that it was all good training for the upcoming Busselton jetty swim that he aims to smash.

Capt Col was a touch off on the morning as had a lingering case of the "thunder from under" so opted for a leisurely 1 klm swim rather than the 2 k he had signed up for. Gilly the superfish and I headed off on the 2 klm swim and both enjoyed it with only 16 secs separating us at the finish line, If you think about a poor defenceless fish (ME) just going about its business trying to finish with some level of decorum still intact, then having this awful feeling of dread descend on you and realise that the superfish was gaining with every stroke, grim determination set as she powered through the water in pursuit and damning the foot of the swimmer that caught her in the stomach at the start of the race and winded her, setting her behind from the start. Gee it is so lucky that we are not competitive.

Anyway after a nice warm shower we adjourned to the surf club rooms for a wonderful spread of fruit, cereal, yogurts, fruit, bread and crumpets, coffee, tea and juice of course, a well-deserved feast.

Good luck to the RAMRS (Regular Armadale masters River Swimmers) who next weekend tackle a marathon 4 klm course complete with mud, grime, slime and HUGE jelly fish (although harmless), it also has 1.6 klm event to cater for all levels of swimmers, But I am sure Superfish, C T C, Jeff, and Ross as well as others will do well on the 4 k course

Look out for the Australia day ocean swim 2.2klm 26 Jan in Mandurah,

See you all in the drink

Greg

## MEMBER NEWS

### Lombok Turtle Rescue 2014



As you may know or not I am a Scout Leader in my spare time. For my first ever trip out of Australia I was given an opportunity to travel with a group of 45 scouts from Western Australia to Indonesia. We had a mission! Rescue turtles! The islands of Indonesia have large populations of turtles due to the warm water and the reefs. The Australian contingent travelled to Bali where we met a group of 30 scouts from Singapore. Then we all travelled to the tiny (1 km by 2 km) island of Gili Meno. On Gili Meno there is an Indonesian gentleman who goes by the name of Buloung who has dedicated his life to preserving turtles. To this end he has built a tiny sanctuary where he raises baby turtles to 8 months to increase their survivability (<http://gilimenoturtles.com/>). He does this all through donations and hard work. The scouts raised money for several months and donated a freezer to allow him to store fish for feeding the turtles and an outboard motor so he doesn't have to borrow a boat to go fishing. While we were on Gili Meno we collected rubbish from the beaches and the ocean, learned about water quality, and helped at the turtle sanctuary. It was brilliant fun and we all learned a lot about turtles.

Louisa Cockram



Thank you Louisa for sharing this with us.

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*