



Armadale Masters Swimming Club

NEWSLETTER

APRIL 2015

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@gmail.com

GREAT NEWS

Masters Swimming WA

Armadale has won the 2014 Club Administration Award - McDonald Shield. They have been outstanding in their administration for many years:

- IMG database entries and payments fully on-line – no manual entries, which is a major criteria
- Team Manager entries completed on time and without issues for all swim meets
- Club policies and procedures well developed and implemented – we are sure they can share these with other Clubs?
- Documents and payments always sent within deadlines, no chasing up required
- Proactive with funding applications to MSWA and external bodies

Congratulations Armadale!

UNIFORMS

If any club members are in need of new or 'replacement' uniforms please contact Jennifer on 93907376 for information on purchasing.

A small squad of 6 swimmers participated in the newly named All Club Challenge on the 28th and 29th of March at the newly named HBF Stadium. The event attracted 271 members from 26 clubs with state and national records being set.

The team consisted of Graham Cragg, Jeff, Rowie, Charles, Heather and Colin. We finished 16th out of 25 clubs, a good result considering the size of the other clubs competing.

There were some great performances over the weekend with Graham Cragg winning his age group and setting state records in the 50m, 100m and 200m breaststroke, well done Craggy!.

Rowie was very happy with her 6 Pb's from 6 starts, which I think included a couple of personal highlights involving beating Beck...

Chas also had pb's in the 200m free and 100m breaststroke and Jeff set a pb in his 50m Fly.

Please see the website for the full reports.

So a big thank you to everyone who came along and swam for the Mighty Pelicans!..

Cap'n Col.

Age group winners. Graham Cragg in the photo below at the All Club Challenge Event



GENERAL INFORMATION

MASTERS SWIMMING WA HBF 2014/15 OWS Series Age Group Winners
Congratulations to both Rebecca and to Gillian for this great achievement in open water swimming. Well Done.

Age group 25-29 Rebecca Yip
Age group 40-44 Gillian Caruso.

DATES TO REMEMBER

Sunday 3 May 2015 (Melville LLCC)

Saturday 9 May 2015 400/800 at Thornlie

Sunday 21 June 2015 (Mandurah LLCC)

Let Colin know if you want to enter any of these events

REQUEST

Jeff would like to know if anyone has any hoola hoops that can be loaned to the club for some training we will be doing while at Cannington Pool.

WELCOME TO OUR SWIMMING TEAM



.Welcome Dianne Jeps (Heather Jeps sister) Nice to have you swimming with us.

STATE OPEN WATER SWIM - COOGEE

The State Open Water Swim was held at Coogee on Saturday 21 March. Armadale had a very good turn out with ten swimmers entered and turning up. We were well represented by Gillian, Vanessa and the 3 Heathers (Adams, Jeps and Croft), Ross, Colin, Jeff, Graham Hicks and Charles. Bec who has Armadale as her 2nd club was also swimming and Rowena was again one of the officials. The water looked beautiful at 7.30 when we turned up for registration but as usual I didn't trust that ocean so had a Kwell for seasickness just in case. I also had a Cadel Evans bar to give me energy. I think it kicked in at about 3.00 pm - slightly late for the race.

Anyway, we did the usual "What colour cap are you?" - poor Jeff never knows what colour he's got as he's colour blind. We were all given a pair of socks and yet another water bottle. There were only 2 waves with Gillian, Charles and Graham Hicks in the first wave and the rest of us starting about 5 minutes later.

Once the frantic start was over with, we all had a lovely swim going north, then turned south to swim back past the Surf Clubrooms, when the wind picked up and the chop started - thank goodness for the Kwells. At that stage I was wishing I was a faster swimmer so I could get the next kilometre swum before it was really blowing. At least the water was nice and clear and the temperature was pleasant.

We all got back in safe and sound. I think Jeff was the only one who found the stingers. Gillian took line honours this time from Charles with Graham not far behind.

A satisfying breakfast was eaten while we swapped stories about the swim.

Now we have to wait until November for the OWS to start again. Hopefully we can encourage more members to give it a go and join the Regular Armadale Masters Ocean Swimmers (RAMOS).

Heather Croft

REPORT ON THE NATIONALS – HOBART – 8-11 APRIL 2015

Charles and I flew to Hobart via Melbourne on Tuesday 7 April. As usual, not all smooth with us as Chas realised he couldn't find his wallet the morning we were going so had to travel without his license or credit card – great way to start. Got to Melbourne for the connecting flight to Hobart and found Beck and two swimmers from Melville waiting for the same plane as us.

The first day included the 800m swim. As it was a short course event, the organisers decided to separate the males and females for this event so the women had the end with the diving boards and the men had to dive off the side of the pool. As the women were in the "competition" pool, we also had the big score board to check our times. This was also the format for the 400m on the last day.

Armadale with 3 ½ members and Melville with 2 ½ (Beck being half and half) sat together at the pool and urged each other on. We continued the friendship and fun part of Masters Swimming by having dinner together as well.

Rowena and Beck medalled with Rowena swimming to a silver and two bronze and Beck with two bronzes. Charles just missed out on a bronze in 200m breaststroke. I would like to say that I just missed out too, but the margin was a bit bigger when I swam – although the running joke is that I am "Top 10", which I've been telling everyone. We were all breaking our own records which made me wonder if the pool was a bit shorter than it should be.

Once the swimming was over, Ivan and Cheryl (Melville) and Charles and I went to the closing dinner where it was a 70's theme. Most people dressed in their 70's gear and a great time was had – even Dame Edna made an appearance.

After the swimming, Chas and I hired a car (which I had to drive as Chas didn't have his license) and toured around until coming back home on Wednesday 15.

I would thoroughly recommend everyone considering going to the next Nationals in Melbourne in April 2016 where hopefully we will have more than 3 ½ members.

Heather Croft



Craigie Interclub Meet



All Club Challenge Event

Captains Report

A squad of 10 swimmers headed north on Saturday 18th April for the Westcoast Masters Swimming Club LLCC event at Craigie Leisure Centre. This was the first time the club has participated in an event at Craigie and for some of us the first time competing in a twilight event. The weather was ideal for the event which was run from 4pm – 6pm and held in the outdoor 50m pool.

We finished a creditable third place with all swimmers contributing to the great result. We had a good mix of pb's, age group winners and our freestyle and medley relay teams in the 20-239 age group set club records. Please see the website for all reports.

I will be interested in from all those who participated as to whether we would look to do the event again next year so please let me know.

So a big thank you to everyone who came along and swam for the Mighty Pelicans!..

Cap'n Col.

Ps. Our next event in Melville Masters on May 3rd.

BIRTHDAY WISHES

Derek Bishop May 2nd Lexie Rankin May 4th

Heather Croft May 20th Yvonne Lovegrove May 29th.

Enjoy your day and celebrate well.



A LETTER FROM TWO EX CARINE AUSSIE SWIMMERS

As ex members of Carine Aussie we would like to invite your groups to visit us in Lancelin during the winter months. Our water is a bit warmer than south and Lancelin has some great weather in the winter months (without the wind.) If you don't want to swim then the town is great for walking and relaxing and our lodge is ideal for your group getaway. If you are coming with a group of more than 20 tell us that you are with Aussie and we will give you the YHA discount of 10%. We have 8 double/twin rooms, 4 family rooms and 4 group rooms, All linen is supplied (bring your own towels.) Have a look at our website if you haven't stayed with us before, for those that have been here before, please come back for a fun weekend.

Trish & Trev Pond

Lancelin Lodge YHA

Email accom@lancelinlodge.com.au

Ph 08 96552020

PETS CORNER

Thank you Liz for this months contribution to pet's corner.



Lewis was a dumped cat found at Araluen and looked like he had been badly treated that was 7 years ago, now he is very comfortable at my place.

Meeka and her offspring.

Meeka was a pet belonging to a neighbour but they moved a few years ago and just left her. Now she and the girls stay fairly close to my house eating my garden.

Thank you Liz – It is amazing how rather than us choosing our pets, they seem to choose us.

Please send your pet's photo and story to amsc.editor@gmail.com

MEMBER NEWS

CONGRATULATIONS TO JENNIFER AND TO JANNETTE ON THE BIRTH OF GRANDCHILDREN

Born on March 1st we welcome Matilda, first grandchild of Jannette & Michael Edwards



Ecstatic welcome from Nana & Poppa to Matilda 6lb 13oz. Mother and baby healthy and well

Born on March 11th we welcome Stephanie Anne, first child to Melissa and Roland and 2nd grandchild for Jennifer and Brent Findlay. Below – with maternal great grandfather



~~~~~

**Good Luck** to Nitin (Nick) (lane 8 swimmer) Nick has been offered an engineering job at the Premier Coal mine based in Collie. He thanks everyone for making him feel so welcome. We will miss you Nick and hope you manage to visit when back this way.



Thank you Louisa for a great item and photos.

My first overseas holiday (cause Bali shouldn't count) started off with a nice flight and night in Sydney. Then was a terrifying 14 hour long haul to Vancouver and a little hop to Edmonton. This last flight saw us over the Rocky Mountains on a beautiful sunny morning. It was incredible seeing the mountains with snow glistening out into the horizon (from the plane window). When we got to Edmonton I touched snow for the first time in my life and I loved it! We met up with a group of guys we met when they came to a Jamboree here and took off for the mountains. Again-incredible and I love snowy mountains.



**Banff, Alberta**



**Sunshine Mountain, Alberta**

Another wonderful thing about Canada is hot springs, though at 0°C it was declared “Warm out ey” and time to get Ice-cream! Which was not only open but busy!! I didn't get one...



**Walked out on Lake Louise,  
(Obligatory Canada shot)**



**On the side of the road in BC somewhere**

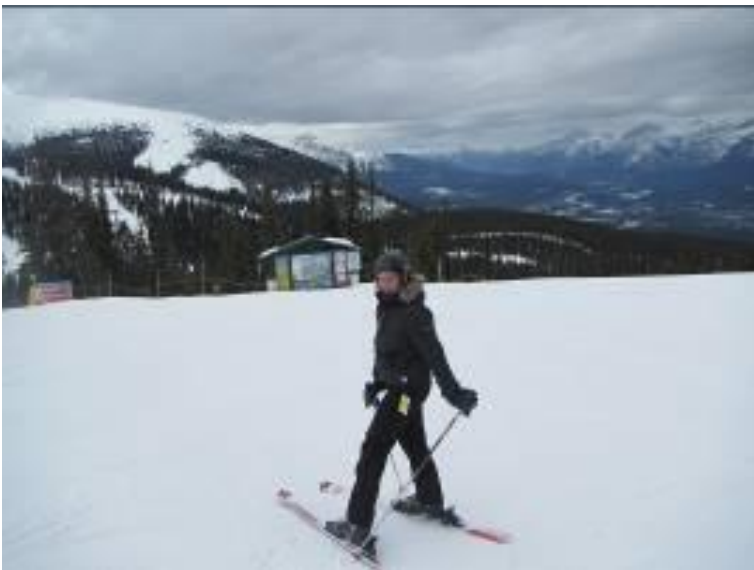
It barely snowed in Canada in Jan and Feb while we were there, so we did little skiing and lots of driving to places to see if the hills were any good there. We also took a side trip into Las Vegas, which was an insane experience, worth it but probably never again! Including dashing through American customs attempting to make a connection flight with 4 blokes, we hit a swim show while we were there which was pretty incredible!

We also got a back stage tour at Edmonton Valley Zoo and got to feed the Lemurs and the Elephants and see the red pandas, wolves, tigers, otters, snow leopards and seals up close! Then we went to Muttart conservatory which is a collection and display of flora, similar to Kings Park but in Glasshouses to keep all the temperatures correct.

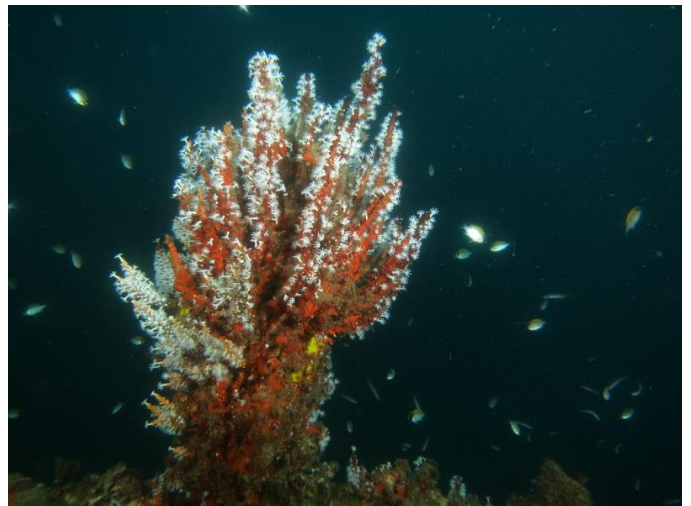




Last off Back in Canada we went skiing again, did Maligne Ice Canyon Walk, Hit the West Edmonton Mall and so many other things!! I loved Canada and would highly recommend it as a beautiful place with wonderful people.



Derek Bishop took these wonderful photos of the ‘underwater world’ while diving in Bunbury. It is easy to see why he loves his diving so much. Thanks Derek.



Please send any news items to the editor at [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)