



# Armadale Masters Swimming Club

## NEWSLETTER

### OCTOBER 2015

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#### CLUB CONTACTS

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#### **!!RAFFLE!! – DRAWN SATURDAY 24 OCTOBER**

Not many left and time is running out to get your ticket for the raffle which is drawn NEXT Saturday 24 October 2015. See Greg at swimming or contact him – [mrgregfrey@iinet.net.au](mailto:mrgregfrey@iinet.net.au) or 0408 924 082 Don't miss out – you could be the winner of a great prize to help you on your way to a great holiday.

## **BUSSELTON JETTY SWIM 14 FEBRUARY 2016.**

Entries are filling quickly with 565 solo and 79 teams already registered. If anyone wants to swim in a team they should get their entry in as soon as possible. If you are doing this swim this year it will be advisable to book your accommodation early as it is also Valentine Day weekend.

### **SPECIAL COACHING SESSIONS**

The next two hour coaching sessions with Kareena are:

Tuesday 24 November – 6.00 pm - 8.00 pm  
Saturday 28 November – 8.30 am - 10.30 pm

### **ANNUAL PRESENTATION OF AWARDS DINNER – 28 November**

A reminder to members to please let Mary or Yvonne know if you are attending and Mary will collect your money. There are some members who have registered with Mary but yet to pay.

There are also some members who we feel sure would want to attend the dinner but as yet have not let us know. It's always a great night and we would like to see you there.

### **DONATIONS FOR HAMPERS**

While on the subject of the dinner, donations for the hampers are still needed so if you can bring along your contributions and give to Yvonne, or, if she is not available, Mary, or any of the committee members will oblige. Yvonne is also asking for any unwanted baskets if you have any to spare. Your generosity is greatly appreciated.

### **SAUSAGE SIZZLE**

Many thanks to Greg once again for organising the recent very successful sausage sizzle at Bunnings, Maddington.

Thanks also to the helpers on the day for their time and effort and enthusiasm.

Well done everyone – you are much appreciated.

## FROM THE COACH

Kareena has come to our club twice in October. It was pleasing to see that both sessions were well attended. I think the use of four lanes worked well, especially on the Saturday morning. Hopefully everyone got something out of the sessions and are working on their core strength.

Kareena will be coming to Armadale Pool on Tuesday the 24 November commencing at 6.00 pm for two hours and again on Saturday 28 November from 8.30 – 10.30 for her final session.

Now that we are back at Armadale Pool, the focus will shift slightly to the open water swims. This is easier to achieve in the 50m pool as swimmers can spread out more in the lanes and if there is no-one else in the pool, we are able to spread out slightly more.

Our final club championships will be held on Saturday 7 November so hopefully we will have good numbers for that event.

Heather Croft

## UPCOMING EVENTS

### October

24<sup>th</sup> - Nth Cottesloe Cold Water Classic

### November

7<sup>th</sup> - Club Championships Round 8

8<sup>th</sup> - LiveLighter MSWA 29<sup>th</sup> Lake Leschenaultia Open Water Swim

21<sup>st</sup> - LiveLighter MSWA BBB River Swim Bicton Foreshore

CONGRATULATIONS to Rowena and Rebecca (Melville) for successfully achieving Technical Official status.

Technical Officials Courses **are** open to all members and we encourage anyone who is interested to let the committee know and if there are enough members participating, the Technical Education Coordinator, Ken Phillips, is willing to bring a course to our club.

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## SATURDAY MORNING TEA ROSTER

Would members please note your day for morning tea duties which you will find on the Monthly calendar. If the date on which you are rostered to bring along morning tea is not suitable please arrange to swap with someone else who is available.

## LATEST REPORT FROM ROWENA – OUR ROVING SWIMMER

### **MSA National Swim Series Round 7 – MSNT Long Course Branch Championships, Parap Pool, Darwin, 3 – 4 October.**

The start of October saw me packing my bags yet again for another weekend away racing. This time, I was headed for the warm and croc infested waters of the Northern Territory. The competition wasn't due to start until 4pm on Saturday, so I had plenty of time to wander around the Parap markets and knock off a bit of Christmas shopping in the morning. October is the start of the build-up in the Top End, so it was already quite humid by mid-morning. I opted for spending the rest of the day in air-conditioned comfort studying (or possibly napping...) rather than sight-seeing!

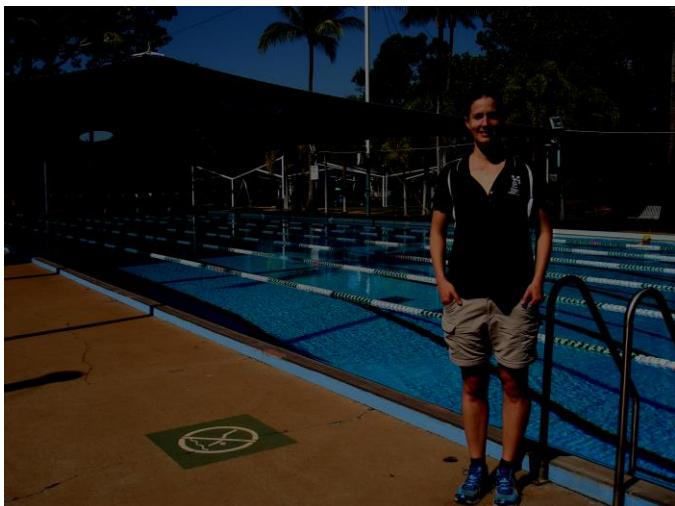
Eventually, 4pm rolled around and I trundled off to the pool. They do things a little differently in that the pool closes and the lifeguards go home, then the host club the Darwin Stingers sneak in through their own entry. I was hoping to see some of the Alice Springs swimmers there, but apparently they hardly go to Darwin and vice-versa. The Parap Pool is getting on in years now and measures in at 50.3m – or 55 yards for the more senior amongst our members. It was a perfect temperature for swimming, although the locals tell me it gets up to around 32 degrees in summer. Not much good for cooling off!

My first event of the day was the 200 backstroke. It was a struggle to make it to the ends after training over 25m all winter, but I had good competition to keep me kicking and finished in 3:19.09. With only 35 swimmers entered, I barely had time to catch my breath before I was on the blocks again for the 100 breast. Although my favourite stroke, it is definitely not my preferred distance, but I was happy with a time of 1:39.24. My last event of the day was the 200 fly, and for a while it looked like I would be swimming it all on my own! Luckily, the other competitor turned up just in time to keep me company. I held back in the first 50 and gradually built myself up to come home with everything I had left to knock 6 seconds off my PB and record 3:15.70. All those 400s and 800s are starting to pay off!

The day finished with some very speedy freestylers lining up to show us how a 1500m should be swum – something to aspire to! The swimming done, I headed home for a bit more study (and napping!).

Day two of competition kicked off at 7.30 in the morning, before the pool opened. I only had two events and led the all girl field home in the 200 breast to finish in 3:32.11. The last event of the meet was the 200 IM, and I drew a lane next to a VERY fast young bloke who left the rest of us choking on his bubbles. My time of 3:13.87 was slower than Bunbury a few weeks ago, but was pleasing nonetheless. The swimming was all over and done with very quickly, leaving plenty of time to socialise over a bbq breakfast (I did spare a thought for my compatriots turning sausages at Bunnings back in Perth!)

With all the swimming done, I took a walk along the coast to the Mindil Beach Sunset Markets and was treated to a spectacular top-end sunset. I did learn the hard way that the beach only has a short section of sand, with the rest being made of shoe-sucking tidal mud flats! All in all, it was a great weekend away, and the Darwin Stingers a very welcoming group of people.



If you get a chance to head up that way – you won't be disappointed!



Flying the Armadale flag in Darwin – Parap Pool.



Tide is out on Mindil Beach

Watching the sun set over Mindil Beach.

### **HAPPY & BELATED BIRTHDAY WISHES**

#### **October**

20<sup>th</sup> Greg  
28<sup>th</sup> Vanessa  
29<sup>th</sup> Jeff

The Last Word./s...

\*\*Get Well wishes to Yvonne who has recently had an eye operation.\*\*

Fill In Hon Ed.

