



Armadale Masters Swimming Club

NEWSLETTER

**FEBRUARY
2016**

CLUB CONTACTS

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GENERAL INFORMATION

Read important information at end of newsletter re Saturdays swim

HEALTH FORMS

Some health forms still need to be handed in – See Mary at Poolside.

CHAMPIONSHIP ROUND 2 will be on Saturday 5th March

Swims will be 100m choice and 100m choice. Warm up from 8.00am first even 8.30am

EVENTS.

Friday March 18th at Beatty Park Leisure Centre.
Saturday March 26th MSWA Albany Master Harbour
Sunday March 27th Southern Ocean Classic Mile
Sunday 17th April at LeisureFit Booragoon.
If interested see Capt Col at Poolside

LiveLighter 50s OPEN MEET
ALBANY
DENMARK
LiveLighter Club Challenge

BREAST STROKE TRAINING

Expressions of interest are invited from club members to take part in a breast stroke training with Kareena Preston. There would be a small individual cost for this lesson. Please see Heather Croft at poolside if you are interested.

WELCOME

A big welcome to new members David Berrie and David Kennedy. We hope you both enjoy your training and meeting other members.

TEA ROSTERS

MARCH 5 TH	Mary – Colin – Jannette
MARCH 12 TH	Greg – Liz - Gillian
MARCH 19 TH	Lexie – Fettes – Graham Hicks
MARCH 26 TH	Derek – Pamela - Jeff

BIRTHDAY WISHES

FEBRUARY

23rd February - Yvonne Hunt 28th February – Liz Dunn

MARCH

3 rd March – Graham Hicks	4 th March – Colin Gibson	13 th March – Bill Stevens
14 th March – Linda Craggs	21 st March – Charles Croft	21 st March – Tim Pillay



Enjoy your day and celebrate well.

ROWENA

Wishing you a wonderful swim when you enter the Port to Pub swim on 19th March.

This is a very special solo event and we wish you well on the day and look forward to hearing all about it after you have completed the swim.

BUSSELTON JETTY SWIM 2016

Why do most Busselton Jetty swimmers roll up for registration on Saturday at 3pm sharp? It's not for love of signing waivers and standing in queues. It's not for the show bag, which for once looked useful but apart from the t-shirt, cap and timing band, wasn't. But it's the vibe, the anticipation, the reminder of nerves and the excitement of staring at the end of the jetty. So many people gathered in one place with a common interest in ocean swimming - all happy, friendly and excited about the sport, the ocean and the challenge.

So the evening comes and typically for Busselton, the south westerly is cold. The recently renovated 'Equinox' provides a bit of shelter for those downing the swimmers' carbo-loading pasta meal, which is pretty average but saves having to do dishes at the holiday rental. Will the load of carbs play a big part tomorrow? A local cover band is performing in the distance and doesn't sound exciting enough to warrant going home for warm clothes. Tonight's the night for quiet, less alcohol and a good night's sleep.

7am Sunday morning, the fig tree and rotunda area is buzzing. First pelican to arrive (at 6am) is Jeff, how keen is that? The atmosphere builds as the other pelicans arrive. They compare accommodation, remark on the stillness of the ocean, share some sunscreen and discuss cap colours. We're all doing solos and naturally worried about the state of the ocean 1.8 km out. A slight SE breeze blows and ocean is like glass. But will it stay that way?

The world's longest briefing takes place while swimmers put on finishing touches of sunscreen, pop the quells and make final comfort stops - or maybe not this time - 100 nervous swimmers into three toilets is not a good fit, nor good planning (might have to do a warm-up before the swim).

The slow walk to the start is a sight - 2100 swimmers and about as many supporters. We gather on the starting beach with great anticipation. A children's choir sing the national anthem (beats a Troy Buswell speech from years gone by). It's time to enter the water. Countdown - the gun goes off and we're racing! (And here comes the south easterly).

For a non-contact sport, five minutes of clashing arms and legs and being well within the personal space of other competitors is not much fun. Eventually, turbulence settles, breathing is under control, the stroke comes back and we're now in business. And hundreds of arm strokes follow.

Nearing the end of the jetty and the first of the relay swimmers emerge and go past. Isn't it strange how much can't be seen when there's a bit of chop? But within 100m of the end of the jetty swimmers come from everywhere. Time to muscle in for an inside run around the pylons and then it's homeward bound, you beauty! Can't see the colour of the finish line yet but it's down there somewhere!

On the homeward leg the wind wave is coming almost head on - time to concentrate on the stroke. "Why am I now on my own? Where is everybody else?" Hundreds more arm strokes and the mind wanders. "...that pink buoy looks important but what does it mean - 1km (or 1,000 strokes) to go? Should have listened to the briefing"! Some colour at the finish line appears but it's still a long way off and the body's starting to feel it.

We finally reach the line of yellow buoys and lost swimmers come back into view. Can see the black and white chequered finish buoys - not far now as more swimmers converge. "...pick up the pace - going harder but not getting any closer. It had better come soon; can't keep this pace up much longer..."

With a hand full of seabed, swimmers stand and rip off the cap and goggles. Wow - Jelly Legs! The younger people run for the last 20 metres to the finish line while the rest are happy to sacrifice a few seconds. Fans go wild. Removing the timing band is like a sobriety test. Up the steps, smiling towel ladies wrap one around the shoulders (didn't get that at Swanbourne!). IT'S DONE!

Where's the Watermelon?

The Pelicans slowly gather - everybody makes it - much backslapping - some happy, some not so happy, some just happy to be back on dry land, some tick BUSSO off the bucket list (never to return). Off to the showers - 2100 swimmers into how many showers?? (Save it for the feedback email!)

Off to the Goose - what a restaurant! How many customers and they're still coming? Swimmers are tired, but relaxed and content! One look towards the end of the jetty and typically, the wind has eased. Someone checks bluechiptiming to spoil the party. Chas and Gilly seem happy with their PBs and Vanessa is again the dark horse with a great time. The rest of us make a personal pact to pick up ten minutes over the next 12 months. The world's biggest 'Big Breakfast' arrives in good time - more contentment.

Eventually the crowd thins. Empty tables appear and with that the realisation that it's finally over.

It's Valentine's Day - Spa anyone?

We trudge away with heavy bags - already thinking about next year - twelve months of harder training - need to lose ten!

RAMOS REPORTS

26th Jan 2016

Australia, you bloody beauty,

"There was movement at the station" Banjo Patterson

"Any boss that does not give his workers the day off today is a bum" Bob Hawk

"he really should not have mentioned about the shark" Vanessa Toop

What better way to celebrate our great country, gathering of like-minded soles on a stunning sunny day to swim in the crystal clear waters of Mandurah.

Did the members of the first fleet in 1788 realise what a gem they had arrived at be it the other side of the country. However, we are not British but an individual unique nation and culture, one that revels in adventure, freedom and reckless abandon.

And so we swim, we plunge semi naked into waters filled at times with creatures that do you harm, waves and wind that push and swamp you, to slug arm over arm around large floating buoys and then finally back through the start shoot to relive the journey with our fellow swimmers.

However, this day, apart from the semi naked bit the swim was perfect, beautiful conditions and all who swam had a ball.

Some fantastic times were recorded with most bettering last year's times by several minutes, it is obvious that those swimmers that have taken on the Rottneest channel swim are pushing the limits and being rewarded for the extra training and ocean swims they are doing.

As tradition dictates the swim briefing is started with a rousing rendition of our national anthem, led by the ever young Rod Baker an 84 yr old legend who sets a fantastic example of what can be achieved in our latter years, Rod still swims most events in a not too shabby time as well.

As usual Rowie decided to stay dry and was elevated to the main man (the one with the hooter) and got the race started on time, Thanks Rowie for your overall commitment to our sport. Great to meet Rowies sister who was visiting and also without any training decided to do the 1 km swim, (must run in the family).

Big thankyou to all the Ramos supporters, Spouses and partners who do all the loud cheering & flag waving, well put the sunscreen on any way.

As usual most retired to the local Dome for coffee, food and wonderful company.

Times for the 2 km swim

Greg 34.12, Gill 36.20, Graham Hicks 37.58, Charles 39.25, Vanessa 40.54 (one to watch) Jeff 42.24 Ross 42.25(yep 1 sec between them), Colin 43.05 Liz 46.23, Heather 46.29 and Hans 49.18

Well done to all

Greg

Rockingham round 12 of the WA Swimming calendar Sunday 31 Jan 2016;

The rumour was this was not going to be pleasant, the weather site Sea breeze was predicting strong winds high tides, waves and overall lousy conditions.

Did this deter the small band of warriors that turned up on the registration desk at 7 am, well nearly but we did and were rewarded with maybe one of the best swimming conditions for the year.

Zero wind and calm sea's with just a gentle current to push you along on the Northward leg. The course was a 1.25 km rectangle with options of 1.25, 2.5 and 5 km distances, Heather Croft selected the 1.25 and placed well getting a medal for her efforts, a shining example from the head coach to lead from the front.

Ross, Charles and Greg did the 2.5km.

WA swimming have a different age grouping, after 50 yrs old everyone is in the same category "SUPER LEGENDS", I for one love the title, it conjures up thoughts of adventure, bravery, mystery, you can see and almost feel the sense of awe the small children and younger folk have when we pass among them on the beach. I heard a small child say to his mother "mum why can they wear those small bathers when you said daddy cannot". I stopped knelt in the sand, looked him in the eye and simply said two words SUPER LEGEND.

Well after that is said now can you help me up.

Unfortunately, Ross and I had to bug out straight after the swim, leaving Chaz & Heather to receive all the awards and glory.

Great way to start a day.

Hope to see the normal team next week for Cottesloe to Swanny and welcome Pamela who is taking the plunge

Times were Heather 29.37, Greg 47.00, Charles 51.17, Ross 53.02,

Greg

The Cottesloe to Swanbourne event is a real spectacle, it includes separate events for SUP stand up paddle boards, Mals, Big long surf boards you either lay on or kneel and paddle, a running race and then the 2.2km swim.

As often is the case conditions being perfect, a beautiful warm sunny windless day, with smooth seas, fantastic visibility and little or no stingers.

The swim was in 3 staggers with Gillian the super fish being the only swimmer in the fast group, apparently Greg put in a wrong time!!!

Special mention to Pamela, who made her first ocean competitive swim, not content to try a 500mtr or 1klm, or 1.6klm as many swims are she decided to jump in the deep end and have a crack at a 2.2klm race, maybe she did not do the mental sums and figure that's actually 44 laps nonstop.

Regardless I am pleased to report that Pamela completed the course in a credible 58 min and was greeted with a rousing Ramos welcome when leaving the water and running, yes running through the race end.

At the press conference after I was pleased to hear that she was not put off and will be looking for the next ocean swim with the main aim to swim Busselton 3.6klm jetty in 2017, fantastic goal.

Other swimmers (see face book and our club site for pictures) were Heather super coach and recent medal winner, Chaz, Gillian, Capt. Col, Rossco, Lizzy, Hans and Greg.

The swim itself was a straight line, starting with a deep water start between the Cottesloe pylon and a marker buoy, past several big yellow marker buoys to a right hand turn at the final White buoy and into the beach for the finish, it is a nice swim over rocks and reef with lots of fish and creatures to look at along the way. Some reported due to the big numbers 840 in total over 3 waves, that at times especially the start it was a bit busy and messy however as the field spreads out it calms down, not having the congestion around turning buoys makes a pleasant change.

All the swim times were good as the current was with us to give a nice added push along, Times recorded were

Greg 33.48, Gilly Super fish 35.32, Charles the champion 36.44, Rossco 40.30, Cap Col 41.47, Lizzy 43.39, Heather super coach 44.05, Hans 47.00 and Pamela 58.42, Congratulations to all a fantastic effort.

A bit of confusion for the mandatory breakfast had the group split and some ended up at the OBH for a nice breaky.

May Neptune look after those who are doing the Busso jetty paddle next weekend, and let's hope for calm seas and a windless morning, good luck to those seasoned veterans and first times alike. Remember, "No pain, no gain" "slow and Steady wins the race", "Can't have the full breakfast till I finish".

I am saddened I cannot be along for this one, but family duty calls

Catch you in the drink

Greg

TO ALL OUR SWIMMERS DOING THE ROTTNEST SWIM EITHER IN THE OCEAN OR AT THE POOL
GOOD LUCK AND ENJOY YOUR SWIM

FEBRUARY 28TH COTTESLOE BEACH TO ROTTNEST ISLAND

This year we have two 4 man teams entered in the Rottnest channel swim, A ROSE BETWEEN 3 THORNS Gillian, Colin, Ross & Greg and 4 FROM 7 (clever name, 4 from lane 7) Liz, Vanessa, Jacqui & Jeff.

Weather forecast is for 36 degrees so hopefully a howling easterly as well.

For a quick rundown of the day it starts as follows. Gillian and Vanessa are the first swimmers and they start off the beach at around 7 am, both teams are in different waves, they have to be on the beach and registered 45 min before the start, with around 1500 swimmers, add support staff, friends, paddlers you can imagine it is really busy however a fantastic buzz for all concerned, if you feel like an early start come down it is a great spectacle.

Before they swim they will locate the paddler and make sure they know the location that they will meet up with them, the paddlers cannot join the swimmer until 500 mtrs out.

The first swimmer has to do a minimum of 1000mtr before they can get collected by the support boat and a new swimmer can tag and start, however it is often a real mess with many boats, paddlers and swimmers all looking for their swimmer and trying to change over, often the first swimmer may swim 1500mtrs before they can change over.

Meanwhile the boat skipper and three swimmers have had a real early start, about 4.30 at the boat ramp to then travel to be off shore at Cottesloe waiting an hour before your swimmer starts.

Most teams do about 10 min rotations, so plenty of rest 30 min, all swimmers are lookouts on the boat for other swimmers and teams as safety is a big part of the day.

The swimmer tells the paddler in what location they want him to stay, left-right, ahead a bit etc. and then your only job is to follow the paddler, he moves you move, the paddler is following the boat that has gps and is trying to find the shortest route to Rotto.

Hopefully about 7 hrs later you arrive at Rotto, the boat leaves the swimmers approx. 900 mtrs before the beach, all swimmers if they want to finish as a team have to jump in then, the paddler can stay till about 500 mtrs then he too has to depart.

All that's left is to hit the beach, through the finish line, hugs and handshakes and high fives, medal and photos

A long walk by the swimmers along the beach to find your boat, and one final swim out to the boat, before a well-earned drink

Good luck to all the swimmers, skippers and paddlers, thanks for all those that have and will be supporting us, especially Annie Doherty who is getting up early to get Gilly to the beach

Greg

VIRTUAL ROTTNEST SWIM AT THE ARMADALE POOL

TO THE DEEP END AND BACK FOR 20klms

This year we have two teams of four

Team 1 Hans. Derek. Heather J and Kathryn

Team 2 Jennifer. Rowena. Charles and Fettes.

And one team of nine

Team 3 Mary, Jannette, Tim, Jai, Anita and son Alex. Yvonne L and her daughter Susan and grandson Vincent.

IMPORTANT REMINDER

Be at the pool for 5.30 am for warmup, and receiving your bathing caps.
Bring with you plenty of water to keep hydrated (it is going to be 36 degrees)
Sun Hat, Sun Screen, Spare bathers, Spare T shirts, Towels. Chair. Lunch and Nibbles.
Make sure that one person in your team has a pen for writing in the official time sheets.
The club room will be open for making tea or coffee.

We look forward to having lots of news re Rottnest swims to report in next months newsletter.

Please send any news items to the Yvonne at amsc.editor@gmail.com