



Armadale Masters Swimming Club

NEWSLETTER

January
2017

CLUB CONTACTS

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PLEASE READ: IMPORTANT INFORMATION FOR YOUR DIARY!

- **Round 1 of the 2017 Club Championships has been brought forward to Saturday 28th January.** Here is Cap'n Col to explain why:

Please note – owing to February being a busy event month, and to avoid a clash with a club favourite, and well attended, the Swanny Ocean Classic swim, the first round of the 2017 Club Championship series will be held on **Saturday 28th of January**. Swims are 200m and 50m choice. Warm up starts at 8.00am and first event is at 8.30am. The club monthly calendar on the website has been updated. Look forward to seeing you all there to kick off the 2017 Club Champs series ☺ Cap'N Col

- **Our Annual General Meeting will be held on Saturday March 11th at 10 am ...after Saturday morning swimming. A new committee is elected for 2017. The present committee is calling for nominations. Two or three committee members are stepping down. They need to be replaced. Do your bit to assist in the running of our club. Nominate yourself, or nominate someone else. Nomination forms available from Vanessa Toop amsc.secretary@hotmail.com**

- **2017 LiveLighter Pool Events Calendar**

This year MSWA have opened up the LiveLighter Club Challenge events to all clubs. We have embraced the open event policy and the following 7 events are open to all Armadale Masters members to compete and score points

- **Newman Churchlands LLCC – Sunday 19th Feb**
- **Mandurah Masters LLCC – Sunday 2nd April**
- **MSWA State Championships – Saturday 29th and Sunday 30th April**
- **Swan Hills LLCC – Sunday 2nd July**
- **Stadium Masters LLCC - Sunday 24th Sept**
- **Fremantle Masters LLCC – Sunday 29th Oct**
- **Melville Masters LLCC – Sunday 26th Nov**
- See calendar below for more details. We will be promoting each event as normal and we will be targeting a couple of our favourite events for a full team effort to get that elusive 1st place!
- Please send me your nominated events and times as usual.

Captain: Colin Gibson

CLUB	DATE	VENUE	DISTANCES	Course
Newman Churchlands LiveLighter Club Challenge	Sunday 19 th February	Newman College	200m Free, 100m Breast & Fly, 50m Fly & Free, 50m Back, 4 x 50 Women's Free Relay, 4 x 50m men's Free Relay	LC
Pre-Nationals	Sunday 26 th February	Newman College	To be Advised	LC
Beatty Park LiveLighter 50's	Friday 24 th March	Beatty Park	50m & 4 x 50m relays	LC
Mandurah Masters LiveLighter Club Challenge	Sunday April 2 nd	Mandurah Aquatic Centre	100m all 4 strokes, 100IM, 50m all 4 and 25m all 4 strokes	SC
MSWA- State Championships	Saturday 29 th & Sunday 30 th April	HBF Stadium	Long Course Open Meet – Program to be advised	LC
Thornlie	Sunday 7 th May	Leisureworld Thornlie	400/800m	SC
Maida Vale Masters	Saturday 13 th May	Darling Range Sports College	1500m	SC
Stadium Masters	10 th June	HBF Stadium	1500m all strokes	LC
Bunbury Masters	17 th June	SW Aquatic Centre	Bunbury Skins	LC
Swan Hills LiveLighter Club Challenge	Sunday 2 nd July	Swan Park	200/100/50/25m, Mixed Medley & 4x25m relays	LC
Leisure Park	Sunday 23 rd July	Leisurepark	400/800m short course	SC
Claremont	Saturday 5 th August	HBF Stadium	Golden Groper State Relay	LC
Somerset	Sunday 6 th August	Aqualife East Victoria Park	1500m	LC
Riverton	Sunday 10 th Sept	Riverton Leisureplex	400m & 800m	LC
Stadium Masters LiveLighter Club Challenge	Sunday 24 th Sept	HBF Stadium	200 (IM,FS,BRS & BK) 100 (FS,BK,Fly,BRS) 50 Fly, Brs, Free, 50BK, 4 x 100 women's FS & FS Relays.	LC
Fremantle Masters LiveLighter Club Challenge	Sunday 29 th October	Fremantle Leisure Centre	200 (choice of Free, BK or BRS) 50 Fly, 50 FS, 50 BRS, 50 BK, 4 x 50 Mixed FS & Medley Relays	LC
Melville Masters LiveLighter Club Challenge	Sunday 26 th November	Leisure Fit Booragoon	100m All Strokes, 50m All Strokes, 4 x 50 medley relay Women and Men	LC
Perth City	Saturday 23 rd Dec	Perth College	100 x 50m and 100 x 75m Long	LC

Vale Peter Lindegger



Peter Lindegger joined Armadale Masters Swimming Club in February 2005.

Being a large mountain of a man Peter immediately made a big splash in and out of the pool. A most jovial man -full of wise cracks - he fitted in very quickly. His Hippo noises in the pool will long be remembered.

His swimming skills were very much evident. Peter was South Africa's Breaststroke Champ back in the late 60s. Had it not been for sporting sanctions against Apartheid South Africa there was every possibility he would have represented South Africa at the Olympics.

Instead, he represented Armadale Masters at many swimming events.



Peter, Michelle, Yvonne and Graham after their team's Busselton Jetty swim. This may have been the event where Peter was bitten by a Wobbegong shark when warming up. He saw a discarded beer bottle in the sea weed, dived to retrieve the litter and was bitten on the hand by a lurking Wobbegong. His telling of the event had all in stitches.

Peter enjoyed organising and was on our club's committee.



Peter, Pam and Liz canvassing for new members
At the Armadale Shopping Centre.



A Christmas party was held at Peter's house.
A hilarious time was had by all.

REPORTS

SATURDAY 24TH DEC 2016: XMAS FUN DAY



On a spectacular morning , the day before Xmas,

some 21 of the Armadale Masters regulars enjoyed the company of each other epitomising the Masters' logo of Fun Fitness and Fellowship.

The Twinkle Twinkles and Shining Stars went head to head in a series of epic battles including, Human underwater tunnel ball, Noodle races, Under & Over, Volley ball to name a few, combined with a Xmas quiz to get everyone in the mood.



We were the envy of all the other swimmers on the

day who looked on with wide smiles at these lucky bunch of oldies having such a good time as laughter rang out over the pool area.

As usual the feast with tea & coffee that followed was spectacular.



I hope all members and families had a safe, happy and wonderful Xmas, I for one look forward to another great year in 2017

Greg

RAMOS REPORT COTTESLOE CLASSIC MILE 7TH JAN;

We have a brand new Ramos member, Rose, the happiest swimmer I have ever met, competed and completed in her first ocean swim (well, for a long time anyway), and absolutely smashed it. The huge grin that Rose had when coming up the steps after the race was great to see. She suggested she would sign autographs later!

Welcome Rose! We hope to see you at many more events.

The Cottesloe Classic is a favourite for many of the swimmers, it did not disappoint again this year with nice, not perfect but nice conditions, a slight swell and a few waves made the start and finish a touch interesting. However, calmer seas once out in the deeper water, and not a stinger in site, made for a very pleasant swim.

A break from tradition this year gave a longer swim option to the standard 1.6 km, Ross and Greg decided to test their fitness levels in preparation for Busselton and did the 3km course, while Superfish Gilly, Champion Charles, Fabulous Fettes, Capt Col , Heroic Heather and Raging Rose all completed the 1.6km course.

The stewards investigation is still ongoing following a sensational swim by Champion Charles, 28 min 12 sec who came in first just 5 sec in front of Gilly 28 min 17 sec.

Times as below with again extended times assuming the same speed swimming for the Busselton swim 3.6 km

Greg 3km	55 min 47 sec	66.06 min
Ross 3 km	1 hr 06 sec	79.56 min
Charles	28 min 12 sec	62.53 min
Gilly	28 min 17 sec	62.67 min
Fettes	31 min 20 sec	69.66 min
Colin	32 min 50 sec	73.11 min
Heather	35min 45 sec	80 min
Rose	46 min 09 sec	102.38 min

Congrats to all swimmers; a great effort as usual,

Next swim for the Ocean lovers will be the Mandurah Australia day. This is a great shallow water protected swim, Hopefully we may see another member make their Ramos debut ... Amanda?

For those dedicated few the next swim will be amongst the Jellyfish in the river, good luck to all those brave souls.

And remember:

No matter how slow you go, you are still lapping everybody on the couch.
Splash! Greg

Swimming WA OWS Round 8 – Harvey Dam

Early starts are part of the open water swimming experience, which can be a problem for those who are less bright eyed and bushy tailed first thing. Given that I am one of those so inclined, the Harvey Dam swim had a lot going for it with a 2pm start time.

The main attraction of the swim was a rare chance to swim in fresh water and have a bit of a day out. No stingers, no sharks, just an optimistic warning from the Water Corporation not to swallow the water...

Vanessa Toop and I represented Team Armadale, with Vanessa being sensible and signing up for the one lap 1.25km swim, and me being a sucker for punishment and entering the 4 lap, 5km version.

Conditions were perfect and the water was surprisingly balmy in spots and chilly in others. The scenery was pleasant with forests to greet you at every breath. The 5km swimmers set off first, and I met up with former Armadale member Beck Yip and swam the first lap with her. She soon left me wallowing in her wake as her kick boxing muscles and my lack of fitness started to make a difference.

The demons were getting particularly vocal at the start of the third lap, with the compulsory race cap giving me a headache. It was a struggle to round the orange buoy and head out again, especially knowing that Vanessa was already nice and dry back on land. By the fourth lap, I had beaten the demons into submission, the cap had slipped back and let the blood back to my brain and I was able to pick up the pace and finish the 5k.



Finish times were Vanessa 26:02.00, Beck 1:33.46.20 and me, bringing up the rear, in 1:36:02.70.

All in all, it was a good day out and one to put on the calendar for future years.

Rowena Burch

COACHING REPORT **JANUARY 2017**

Those doing open water swimming are in full training. I believe most people feel fitter as they do more swims.

Nationals in March: Anyone interested in going to the Gold Coast? The States are in April so need to get members organised for that as well as the other pool swimming events.

CPR coming up on 28 January 2017 at Armadale Pool after training.

Coogee training on Sunday 15th January was well attended. It was decided to swim jetty to jetty as it was a very nice day. Charles was in charge as I was away. Apparently no stingers, or anything else nasty. Amanda and Rose gave it a go to prepare for their Mandurah swim.

Thanks to Greg for organising and running the fun day on Christmas eve. It's a shame we don't remember the answers from year to year.

Virtual Rottnest swim is pretty much organised now. I have changed Heather Jeps into the Novelty team and Danny has taken her place in that team of four.

Heather Croft
Coaching Coordinator/Head Coach

BELATED BIRTHDAY WISHES

Shane Matthews 6th January
Janette Edwards 11th January



WE HOPE YOU ENJOYED YOUR DAY

Advertisements follow:

Hello fellow Armadilians,

Can I take a few minutes to tell you of the newest fund raising activity?

As background to this idea, you will remember that when the Armadale pool closes this summer it will be closed for an estimated 2 summer seasons while the major renovations take place.

You may be aware that as we are the local club the Armadale council does not charge us for lane hire at Armadale pool, however over the next couple of seasons we will have to be paying lane hire at Cannington over the winter and at the summer location (still to be determined).

To this end I will be conducting raffles on every Saturday morning. The cost will be \$2.00 per ticket. This will give us an estimated \$20-\$30.00 each time towards the lane fees.

The raffle prize most times will be a surprise. If anyone has anything that they wish to donate for the prizes it would be much appreciated. Please pass on to Greg.

Hopefully we can all manage a small contribution each week .

See you in the pool

Greg

About the Australian Masters Games

The Australian Masters Games is a biennial sporting event that is regarded as one of the premier and largest participation sporting events on the Australian sporting landscape. In 2017 the 16th edition of the Games will be hosted in Tasmania from Saturday 21st to Saturday 28th October.

It is expected over 6,000 participants will compete across over 40 different sports.

The Australian Masters Games provide an occasion to:

- make the wider community aware of the benefits of sport;
- encourage and engage the masters sport demographic in ongoing activity that is beneficial to their long term health and wellbeing;
- encourage a positive active lifestyle in the community that is balanced with social outcome and opportunities;
- reaffirm with all levels of sports administration the importance of mature-aged sports people who are seeking opportunities to participate; and
- demonstrate the myriad of attractions of sport: skill, achievement, competition, social interaction, and satisfaction.

<https://2017amg.registration.fusesport.com/page/Games-Info-x-7073-35-166.html>

----- Here is a very well written article on a swimming holiday, pregnancy and getting on with life through swimming. Please find time to read this edited extract from “Leap In: A Woman, Some Waves And The Will To Swim”, by Englishwoman Alexandra Heminsley:https://www.theguardian.com/lifeandstyle/2017/jan/06/open-water-swimming-last-chance-alexandra-heminsley-leap-in?utm_source=esp&utm_medium=Email&utm_campaign=GU+Today+AUS+v1+-+AUS+morning+mail+callout&utm_term=207314&subid=18505567&CMP=ema_632

Anyone for a swimming holiday around the Greek Islands?