



# Armadale Masters Swimming Club

Newsletter – July 2017

## Club Contacts

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

Head Coach | Jeffrey Sanders, 0411 750 767, [AMSC.CoachJeff@gmail.com](mailto:AMSC.CoachJeff@gmail.com)

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Club Captain | Colin Gibson, 0447 143 881, [AMSC.Captain@gmail.com](mailto:AMSC.Captain@gmail.com)

## IMPORTANT INFORMATION FOR YOUR DIARY!

We now have an extra training lane on Endurance Swim nights.

There are two lanes for endurance and two for training. No excuses not to turn up!

## UPCOMING DATES

- Sunday 17 September – Riverton Masters LiveLighter 400/800 Swim meet
- Sunday 17 September – MSWA Coaches and Swimmers Open Water Super Clinic

## Captain's Report

### Club Championship Round 7

We had a good turnout of 12 swimmers competing in Round 7 of the Club Championships series on Saturday 5 August under the watchful eye of first time starter, Tim. The format for this round was a 100m and 50m choice of strokes. Top points scorer on the day with 9 points was Fettes in blistering competition form leading up to the World Masters Games in Budapest. There were two PB's set with Derek in his 100m breaststroke and Jeff continuing his merry PB-setting ways in his 50m freestyle. Two new club records were also set with Nigel in his 50m breaststroke and Derek breaking a long-standing record from 2008 in his 100m breaststroke for the 50-54 Male Age Group.

Great swimming everyone ☺

A quick glance at the leader boards shows Gill leapfrogging into the lead from Sue Sullivan and Yvonne Hunt while we have Jeff still out clear in front of Fettes and Hans.

Please see the website for all the reports.

Also, thank you to everyone for your timekeeping and recording efforts, please remember to take just that little bit of extra time to make sure it's all good ☺

Look forward to seeing you all back for round 8 on Saturday 2 September.

Cheers,

Cap'n Col.



**Fettes did really well in the recent FINA World Masters Swimming Championships, turning back the clock a couple of years and setting some quick times:**

- He swam his fastest 50m free time in 2 years, beating his 2015 time by 0.21 of a second;
- His best 100m free time since 2015;
- And he beat his 2015 200m free time by nearly 2 seconds.

Read more on page five...

**Congratulations!**



# Jeff's Monthly Exercise Tip (Core Strength - The Plank)

A strong core is important for fast swimming. It helps in many aspects of swimming like a more powerful dolphin kick, quicker flip or tumble turns. It gives a powerful connection to pull, push and kick. It helps keep your body aligned, helps keep your legs up and thus less drag.

This month's tip for a strong powerful core is a simple exercise called the plank.

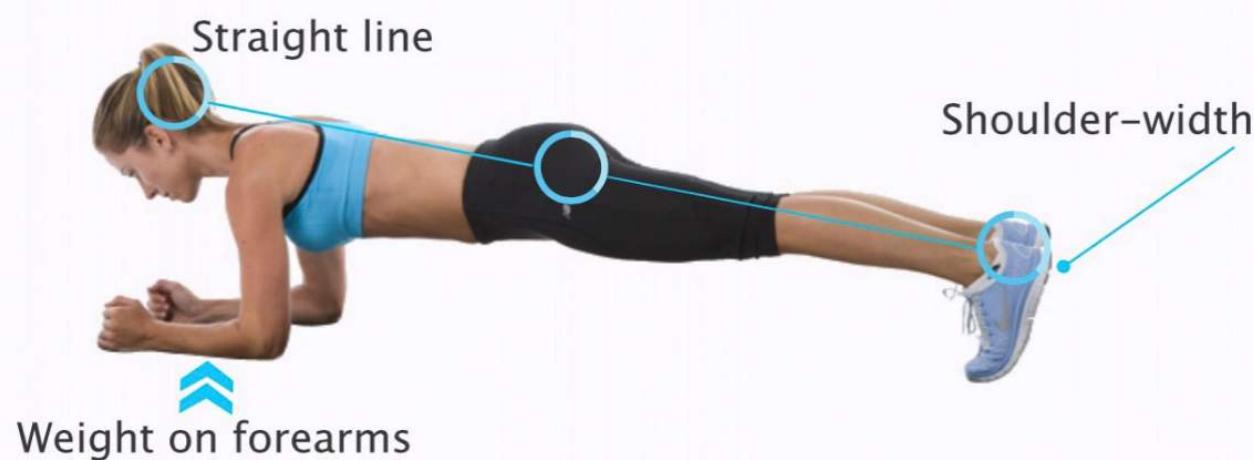
## ***What does it cost to do?***

Nothing – You can drop to the floor right now and do a plank.

## ***How is it done and how often?***

- Support yourself on your forearms and toes. Keep your elbows directly below your shoulders.
- Hold your abdominals tight and squeeze your butt to achieve a straight spine.
- If you're new to these, start off aiming to hold this position for 30 seconds. Increase your time as your ability improves. Let me know when you can do 4 minutes.
- Your mid-section will want to sag towards the floor – do not allow this to happen. If you start to sag then drop to your knees and end the exercise. The point of the exercise is to keep your body and head in a straight firm line.
- Don't forget to keep breathing.
- Repeat 3 times with a 30 second rest between each plank.
- Do every other day.

## ***What does it look like?***



# RAMOS



## Regular Armadale Masters Ocean Swimmers

Hi Present and Hopefully Future Members of RAMOS,

For those who have forgotten, RAMOS is Regular Armadale Masters Ocean Swimmers - a catchy acronym for those brave souls who risk life and limb and partake in ocean swimming. Both Masters Swimming WA and Swimming WA hold regular ocean swims at all Perth beaches and some lakes throughout the summer months. These will start in November.

They are a very social gathering of swimmers of all abilities, some competitive, to swim designated courses around buoys over different distances.

This year there are more options varying from a short 400m or 500m up to 10km.

See Masters Swimming WA calendar below or visit their website.

A small fee is required and registration is online. We generally have several members attending these swims and always enjoy a breakfast after to enhance the overall experience.

If you love swimming and the ocean it is the perfect start to the day.

If you have any interest, please have a chat to myself and any members that are regulars - Jeff, Col, Gill, Rowie, Ross, Charles, Heather, Liz, Hicksy, Heather J, Vanessa.

Hope to see you on the beach.

Greg



## 2017/18 LIVELIGHTER MSWA OPEN WATER SWIM SERIES

### CALENDAR

DATE	EVENT & VENUE	DISTANCE/S	ORGANISER	CONTACT
Saturday 28 <sup>th</sup> October 2017	SWA Bonus Round – Cottesloe	5km, 2.5km, 1.25km & 500m	Swimming WA	David Johnson <a href="mailto:David.johnson@wa.swimminng.org.au">David.johnson@wa.swimminng.org.au</a> <a href="http://www.openwaterswimming.com.au">www.openwaterswimming.com.au</a>
Sunday 12 <sup>th</sup> November 2017	LiveLighter MSWA OWS Round #1 31 <sup>st</sup> Lake Lechenaultia Open Water Swim	1600m & 400m	Maida Vale Masters	Andrea Williams <a href="mailto:andreaswim12@hotmail.com">andreaswim12@hotmail.com</a> <a href="http://maidavalemastersswimming.com">www.maidavalemastersswimming.com</a>
Saturday 9 <sup>th</sup> December 2017	LiveLighter MSWA OWS Round #2 Fremantle Ports Swim Thru incorporating LiveLighter MSWA Novice swim	5km, 2.5km, 1.25km & 500m	Fremantle Masters	Louise Ainsworth <a href="mailto:fredsports@swimthru.com">fredsports@swimthru.com</a> <a href="http://www.fredswim.com">www.fredswim.com</a>
Sunday 17 <sup>th</sup> December 2017	MSWA Open 10KM Coogee Beach	10km (with optional accompanying paddler)	MSWA	Samantha Noall <a href="mailto:sam@mswa.asn.au">sam@mswa.asn.au</a> <a href="http://www.mswa.asn.au">www.mswa.asn.au</a>
Sunday 30 <sup>th</sup> December 2017	SWA Bonus Round - Mullaloo Beach	10km, 7.5km, 5km, 2.5km, 1.25km & 500m	Swimming WA	David Johnson <a href="mailto:David.johnson@wa.swimminng.org.au">David.johnson@wa.swimminng.org.au</a> <a href="http://www.openwaterswimming.com.au">www.openwaterswimming.com.au</a>
Sunday 21 <sup>st</sup> January 2018	LiveLighter MSWA OWS Round #3 2018 Swim Thru Perth	5km, 2.5km & 1.25km 250m Try It	Clairemont Masters	Elena Nesci <a href="mailto:info@swimthruperth.org">info@swimthruperth.org</a> <a href="http://www.swimthruperth.org">www.swimthruperth.org</a>
Friday 26 <sup>th</sup> January 2018	LiveLighter MSWA OWS Round #4 Mandurah Masters Australia Day Ocean Swim	4km, 2km & 1km	Mandurah Masters	Wayne Cable <a href="http://www.mandurahmannas.org.au">www.mandurahmannas.org.au</a> <a href="mailto:mbmannas@hotmail.com">mbmannas@hotmail.com</a>
Sunday 11 <sup>th</sup> February 2018	SWA Bonus Round - Shorehaven	5km, 2.5km, 1.25km & 500m	Swimming WA	David Johnson <a href="mailto:David.johnson@wa.swimminng.org.au">David.johnson@wa.swimminng.org.au</a> <a href="http://www.openwaterswimming.com.au">www.openwaterswimming.com.au</a>
Saturday 3 <sup>rd</sup> March 2018	LiveLighter MSWA OWS Round #5 Rockingham Ocean Classic incorporating LiveLighter MSWA State Championship	4km, 2km (States) & 1km	Rockingham Masters/MSWA	Erica Thomas & Samantha Noall <a href="mailto:rict@bigpond.com">rict@bigpond.com</a> & <a href="mailto:sam@mswa.asn.au">sam@mswa.asn.au</a> <a href="http://www.mswa.asn.au">www.mswa.asn.au</a>
Sunday 11 <sup>th</sup> March 2018	LiveLighter MSWA OWS Round #6 Coogee Jetty to Jetty Swim XXII	1500m & 750m 250m Try It	Cockburn Masters	Nick Wyatt <a href="mailto:jettytojetty@cockburnmasters.org.au">jettytojetty@cockburnmasters.org.au</a> <a href="http://www.jettytojetty.org.au">www.jettytojetty.org.au</a>
Saturday 31 <sup>st</sup> March 2018	LiveLighter MSWA OWS Round #7 Albany Masters Harbour Swim	4km (Solo, Duo & Quad)	Albany Masters	Kaye Bolger <a href="mailto:albanymastersswimming@gmail.com">albanymastersswimming@gmail.com</a> <a href="http://www.albanymastersswimming.org.au">www.albanymastersswimming.org.au</a>

\*MSWA members are encouraged to participate in these highlighted SWA events to gain points towards their overall MSWA LiveLighter OWS points tally. (Distances less than 750m are ineligible for points)

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Hi all,

As all club members will know, while the Armadale pool is closed we have extra costs to pay for lane hire at Cannington pool. When we swim at Armadale the pool hire is free.

To this end we are pushing fundraising as you all would have noticed with the Saturday morning raffles. These have been very successful and we will be continuing them.

**WE NEED PRIZES FOR THE RAFFLE!!!** Please if you have a small raffle item, especially home grown/made items they would be very welcome. Please feel free to bring them on any training night.

#### **UPCOMING FUNDRAISING EVENTS**

- **BUNNINGS SAUSAGE SIZZLE** at Maddington Bunnings 1 October. All 4 shifts still need workers, please let Greg know if you can help out.
- **MOVIE NIGHT** on Wednesday Evening 27 Sept at Grand Cinemas Armadale with tea after. Tickets will be \$18.00 each and available through Greg. Available to all friends and family. Please support this night as it always great fun.
- **BIG CASH PRIZE RAFFLE**  
\$1000 CASH FIRST PRIZE, \$250 SECOND PRIZE, \$100 THIRD PRIZE  
Limited to 118 tickets only at \$20 each. I propose to allocate 3 tickets per member to sell. This will be our major fundraiser. The raffle will be drawn at our club Xmas Windup on the 9 Dec. Tickets should be available shortly through Greg.





## A 'short' report from Fettes...

Contracting the gastro - bug 2 days before flying to the Budapest FINA World Masters was certainly a kick in the guts.

All that extra training effort wasted, or so I thought.

The first race, 100m freestyle in lane 8: I made sure positive thoughts would ensure a finish within a satisfactory time. The thoughts did, to some extent, until the lactic acid kicked in about 15m from the finish. An awful amount of psychological and physical effort was required to force my arms over to keep me from sinking.

Best was watching the final heat where Alan Brown of Australia beat his archrival, Richard James de Lacy, by a finger tip in a time of 1 min 7 seconds.

Bloody hell! 20 seconds faster than my speed.

This made me seriously think about withdrawing from the next day's 200m freestyle. However, I awoke early and felt maybe I should give it a go in order to satisfy all that training effort back in Perth, pushed by many of you in the pool, especially Jeff. If I had a chance of getting in the top 20 it was more likely to be in the 200.

As a result of not checking the approximate start time of the 200 I arrived far too early. I warmed up twice. I felt good in the water. Lovely water by the way. Very little need for chlorine because the water is pumped fresh from the huge artesian basin under the Hungarian Plain.

In the call room the butterflies started up big time. Some hilarity released the tension. The heat before ours was sitting in front of us. There was only one competitor! A Japanese. Maybe the others got cold feet? When the lone competitor was called out on deck we gave a loud cheer. He stopped in his tracks, turned and gave us a gracious Japanese bow from the waist. We cheered even louder.

All 10 lanes were occupied in my heat. There was a lane 0. I was in lane 9 with the slowest time.

I had Charles's instructions ringing in my ears... long strokes. I followed them. However, the energy required for the first tumble turn signalled that not much was left. Just before the 100 mark I thought of climbing out to record a DNF. I somehow struggled on. Rod Clarke, the Australian 200m specialist in lane 4, plus the other 8 were waiting for me. Being in lane 9 and closest to the steps I was out first and on the bus within minutes so as not to have the ignominy of explaining my melt down. I never even looked up to see my time on the digital board.

A few days later on leaving Budapest I spoke with a New Yorker who informed me that he withdrew from the 200 as result of ill health, as did a few others he knew.

I plucked up courage in Bratislava and checked the 200m results. I made the top 20! In fact I came 18th. There were only 20 finalists. About 15 had withdrawn.

I did a much better than expected time in the 50m the day after the 200. For my heat I was seeded in lane 4... the lane that is expected to win the heat. The Italian on my left dragged me into second place.

I felt better with that result.



# NATIONAL CHAMPIONSHIPS

# 2018

PERTH



Find us on Facebook! <https://www.facebook.com/MSANationals2018/>

Photography by Travis Hayto

**18 – 21 April 2018 | HBF STADIUM**

**WED 18th**

400 Free  
50 Back  
200 Fly  
100 Free  
4x50 Men's & Women's Medley Relays

**THURS 19th**

400 IM  
50 Fly  
100 Brst  
200 Free  
4x50 Mixed Medley Relays

**FRI 20th**

800 Free  
50 Brst  
100 Fly  
200 Back  
4x50 Mixed Free Relays

**SAT 21st**

200 IM  
50 Free  
100 Back  
200 Brst  
4x50 Men's & Women's Free Relays

