



Armadale Masters Swimming Club

NEWSLETTER

June
2018

CLUB CONTACTS

- **President:** Rowena Burch 0415 192 373 AMSC.President@hotmail.com
- **Head Coach:** Jeffrey Sanders 0411750767 AMSC.CoachJeff@gmail.com
- **Secretary:** Presently Ross Doherty AMSC.Secretary@hotmail.com
- **Club Captain:** Colin Gibson 0447143881 AMSC.Captain@gmail.com

IMPORTANT INFORMATION !

- Cannington Leisureplex swimming pool will be closed for 3 weeks from Monday 2nd July and will re-open on Monday 23rd July.
- Armadale Masters Swimming Club will thus be training for those 3 weeks at St Brigid's College in Lesmurdie.
- **Very Important:** Remember to take your fins, board and pull buoy with you. We are leaving the cage behind at the Cannington pool.
- St Brigid's charges \$5.50 per person per training session. There are no concessions.

- **Our Club does not run itself. We need 2 more committee members. We meet once a month for a maximum of 1 hour. Your club needs YOU!**

Captain's Report

June 2018

Completed Events

Sat 2nd June – Club Champs Rd 5 – 12 swimmers, equal top points scorers Jeff and Ross. Jeff had two pb's and Bill set one for his 25m backstroke. Sue, Gill and Jen separated by only 3 points, Jeff has a 10-point lead from Graham and Tim.

Upcoming Events

Sat 7th July – Club Champs Rd 6 at St Brigid's

Sun 15th July – Swan Hills Eastern Region Club Challenge.

Sat 4th August – Claremont Masters Golden Groper State Relay Meet.

Sun 14th August –Leisurepark Masters 400/800m event

- MSWA OWS Swim Series Points results now available. The Club came 4th overall on club points combined male and female and 4th overall on average points per swimmer. We had 3 Age Group Winners, Gill, Chas and Fettes and 6 swimmers in the Top 20, Gill and Heb for the ladies and Chas, Jeff, Graham and Colin for the gents)
- Training attendance figures for YTD – Jan-137, Feb-164, Mar-170, Apr-143, May – 146, June – 95
- 2019 Pool Calendar Planning Workshop Sat 23rd June
- Medical forms still outstanding! **Have you handed in?**

Masters Swimming WA
Open Water Swim Series
2017-2018
Age Group Winners - Top 20 Swimmers

Female Age Group Winners

Age Grp	Swimmer	Club	Points
45-49	Gillian CARUSO	WAM	80

Male Age Group Winners

Age Grp	Swimmer	Club	Points
65-69	Charles CROFT	WAM	82
70-74	Fettes FALCONER	WAM	42

Female Top 20

Age Grp	Swimmer	Club	Points
45-49	Gillian CARUSO	WAM	80
65-69	Heather CROFT	WAM	70

Male Top 20

Age Grp	Swimmer	Club	Points
65-69	Charles CROFT	WAM	82
65-69	Graham HICKS	WAM	58
60-64	Jeffrey SANDERS	WAM	63
50-54	Colin GIBSON	WAM	53



Masters Swimming WA
Open Water Swimm Series
2017-2018
Club Points



Male Points			Female Points			
Clubs	Code	Points	Clubs	Code	Points	Total Points
Perth City	WPC	431	Perth City	WPC	431	862
Mandurah	WMH	305	Mandurah	WMH	497	802
Claremont	WCM	375	Claremont	WCM	423	798
Armadale	WAM	413	Armadale	WAM	229	642
Maida Vale	WMV	185	Maida Vale	WMV	389	574
Westcoast	WWC	317	Westcoast	WWC	212	529
Fremantle	WFR	123	Fremantle	WFR	332	455
Stadium	WSU	262	Stadium	WSU	144	406
Melville	WML	232	Melville	WML	149	381
Swan Hills	WSH	126	Swan Hills	WSH	177	303
Rockingham	WRK	113	Rockingham	WRK	187	300
Cockburn	WSS	108	Cockburn	WSS	188	296

Rowena's Report

June 2018

An invitation to take your clothes off – what's with all the whistles?

Those of you who compete in interclub pool competitions may have noticed an extra whistle has been added to proceedings at the start of each heat. So what is it all about? This relates to the rules governing the responsibilities of officials (yes, we have rules too!) The rule in question states:

“SW 2.1.5M At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform, pool deck or to immediately enter the water (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.”

Yes, that's right – the series of short whistles is an invitation to take your clothes off – thankfully swimwear is an exception!

So what should you do for each whistle?

1. For the **series of short blasts, you should:**

- Remove any towels or clothing you may still have on (most swimmers will already have done this whilst the previous heat is in the water).
- Make sure your goggles and cap are on.
- Step forward and stand beside your block – DO NOT get on the block or in the water.

2. At the **long whistle you should:**

- Mount your block with at least one foot on the front edge of the block **OR**
- Move to the edge of the pool with at least one foot right on the edge of the pool **OR**
- Enter the water and maintain contact with the wall with one hand.
- DO NOT play with your goggles, swimwear or cap! You may be disqualified for delaying the start.
- Listen for the starter's instructions – Take your marks, and go.

3. **Two short blasts at the end of your race:**

- Exit the pool from the side closest to you. Do this as fast as possible, and queue along the side of the pool rather than across the lanes if you are waiting to use the ladder.
- DO NOT climb over the end of the pool.

4. For **backstroke and medley relay starts there are **two long whistles**:**

- First long whistle – enter the water
- Second long whistle – assume a backstroke starting position and listen for the starter's instructions.

Important exceptions to the above:

In reality, there may be only a very, very short pause between the series of short blasts and the long whistle. You should keep an eye on the heat in front of you and be ready to swim before it has finished.

When **over-the-top starts** are used, you will not hear two short whistles at the end of your race. Instead, hold on to the lane rope close to the wall and wait for the next heat to start.

You may then exit the water. When electronic timing is used (the yellow touch pads) avoid making contact with them whilst you are waiting for the next heat to start. At the same time, don't move too far away from the wall or you may enter the "dive zone" and get in the way of the starting swimmer. **Note that over-the-top starts are not used for backstroke** as starting swimmers may injure those who have just competed.

Hopefully this sheds some light on what all the whistles mean. Enjoy your pool competition swimming!

Rowena

Here and There



A Selfie by Fettes (on the leading camel).

In the Moroccan Sahara

A Report from Liz

Hans and I set off in the rain from Porto in Portugal to walk the 250kms to Santiago in Spain on Sunday 29th April. The walk took us through some fabulous places especially in the rural areas of Portugal and Spain and some very interesting accommodation. Our first day was long and tiring as we covered 29ks mainly on pavement, road and cobble stones and the Albergue we were planning to stay at was full so we had to back track 1.6ks to the Monastery which turned out to be one of the nicest places we stayed in. Lots of rooms with single iron beds very

basic and just 5 Euros a night. Our 3rd night was very memorable: we stayed at Casa de Fernanda in the middle of rural Portugal. Dinner that night was the ultimate Camino experience; 17 people at a long table representing 13 different nationalities. The food was wonderful and the home made wine flowed with so much talking and laughing between everyone. Our longest day was 36ks and 11 hours on the track, but as we were feeling good we just kept on walking. The young German hikers thought we were amazing to cover that distance at our age which made us feel just a little bit special.

One of the Albergues we stayed in had a room with 18 other hikers and a communal shower. When I went into the bathroom I saw 3 doors so I thought, that's fine I will take the end one. When I opened the door it was a long area with 3 showers in a row and the doors did not represent privacy! We did have a couple of nights in hotels which were absolute luxury ... to have our own shower and sheets on the bed instead of our sleeping bags... bliss.

To feel part of the this special pilgrim walk I think it is important to stay some nights in the Albergues (hostels) as you get to know so many other people from all over the world.

We arrived in Santiago 11 days later and like so many other hikers attended the Pilgrim Mass at the Cathedral. We were a little sad the walk was over as it is such a freedom putting on the backpack and walking each day and wondering what the night's accommodation is going to be..



Outside Santiago Cathedral

With the walk over we spent 10 hours on a train to San Sebastian, which is a beautiful place and it was easy to enjoy a few days wandering around. Then it was a bus to Bordeaux where we hired a car.

It was pretty nerve racking driving in the traffic out of Bordeaux as we couldn't get a voice on the GPS and Hans telling me to follow the blue line on the GPS and me saying I can't as I am watching the road.

We finally worked out how to get a voice and get through the ticket barrier on the toll roads. We arrived at Greg and Kaye's in the rain and Hans and I still talking to each other!



We had a wonderful night's stay with Greg and Kaye in their beautiful home.

It was our last day with the hire car and we were headed to Chambery to meet my sister who was driving down from Switzerland to pick us up. Stopped for a coffee at a quiet rural café. Came out to find our car had been broken into and our backpacks stolen, leaving us with only what we were wearing. This was one of those times I was grateful for Hans and his obsession of always making sure credit cards and passports were safe in his small backpack which he always carried.

As this newsletter is put to bed we have yet to hear from Jenny and Brent. They were in France heading for Greg and Kaye. Did they get there? We know not. The Editor assumes Jen and Brent are now somewhere in the U.K. having a wonder-filled time.