



Armadale Masters Swimming Club
NEWSLETTER
NOVEMBER
2018

CLUB CONTACTS

- **President:** Rowena Burch 0415 192 373 AMSC.President@hotmail.com
- **Head Coach:** Jeffrey Sanders 0411750767 AMSC.CoachJeff@gmail.com
- **Secretary:** Liz Dunn 0414939794 AMSC.Secretary@hotmail.com
- **Club Captain:** Colin Gibson 0447143881 AMSC.Captain@gmail.com

IMPORTANT INFORMATION ! PLEASE READ.

Wooohooo!



We could be back at Armadale Pool late March 2019. Above is an artist's impression . Get ready!

Please continue reading:

1. This Sunday, 25th November, is our first summer club swim at Coogee. We meet at 7.30 to start swimming at 8 am. After the swim most then have a breakfast at the café.

2. Your committee, especially Greg, has been working hard ensuring we have a fun time this coming festive season.



A Time for Fun and Friendship for all is to be had at our **2018 Presentation Evening on Saturday 8th December 6.30 for 7.00 pm at Roleystone Country Club**. Your committee is **subsidising** the cost: \$40 for members. \$45 for partners. (Normal cost: \$50)

There will be a raffle.

1st Prize is **subsidised** by your committee. It is

a \$400.00 gift voucher valid for 12 months at the Crown Casino complex, available to be used for accommodation, Spa treatments and selected restaurants.

In the raffle there will be a hamper prize. We are requesting donations. Please hand in donations to a committee member.

Roleystone Country Club Christmas Menu

Entrée

Chicken Bruschetta-Tomato, basil, red onion, olive oil and parmesan cheese
(Also can be served as a vegetarian option)

OR

Grilled prawns and seared chorizo with avocado, sweet potato salsa tian
And balsamic glaze

Main Course

Maple glazed Ham with roast chat potatoes, roast sweet potato, asparagus
And baby carrots with creamy honey seeded mustard sauce

OR

Roast turkey with potato gratin, roast pumpkin, asparagus and green beans
With red wine jus and cranberry sauce

OR

Creamy Risotto with roast pumpkin, spinach and mushroom with parmesan
And basil pesto

Dessert

Warm Christmas pudding with brandy anglaise

OR

Mini Pavlova with fresh cream, fruit and strawberry coulis

Includes complimentary tea & coffee station

Book now!

Monies can be paid direct to the club bank. Please add your name and Xmas function as a note.

ARMADALE MASTERS SWIMMING CLUB

BSB 086116 ACC 323723684.

OR cash to Greg or Hans at training.

3. Fettes (and the committee) is organising a 'FUN' swim for the squad training night of 22nd December. Fun suggestions will be considered (eg. dunking Bill)

4. A reminder:

2nd December is our Bunnings sausage sizzle fund raiser. Remember the new Bunnings rule: onions on the bottom then the sausage!

Captain's Report

October2018

Completed Events since the last meeting in October

Sun 21st Oct – Stadium Masters 1500m LC event at HBF Stadium – no competitors, Rowie officiating and Gill made her debut.

Sun 28th Oct – Fremantle Masters LiveLighter Club Challenge at Fremantle Leisure Centre - A small but quality team competed in the Fremantle Masters LLCC on Sunday 28th at Freo Leisure Centre in perfect conditions. Chas, Heather, Colin and Rowie represented Armadale in the pool and Rowie, Gill and Heather Jeps (making her debut) represented in the officiating. Really good day had by all, except no one bagged a raffle prize which is very unlike Armadale and how good was it to swim in an outdoor 50m pool again!

See all the results on the club website -

<https://armadalemastersswimmingclub.com/events/pool-event-results/>

Sun 4th Nov – Club Championships Rd 10 – final round of the club champs series for 2018. 100m, 50m and 25m Choice – 9 swimmers, top points scorer was Heather Jeps, Fettes set a new club age group record with his 25m fly. Thank you to everyone who swam, did timekeeping and recording over the 10-round series. Special thank you to Jeff and Graham Hicks for TM work and getting the results and reports on to the website ☺

Sun 4th Nov – Riverton Masters 400m/800m/1500m State Distance Championships – cancelled due to low numbers

Sun 11th Nov – 32nd Lake Leschenaultia Open Water Swim – 400m, 800m, 1600m and 3200m. The first Masters Swimming WOWSwim #1 at Lake Leschenaultia has been swum and done. A warm welcome to Nichola competing for the first time with the club. Congrats to Greggy for winning closest to his nominated time in his age group and Mary for completing the 800m swim. Unfortunately no raffle prize winners, again.. 😞

Fri 16th Nov – Swan Hills Masters LiveLighter Club Challenge – no swimmers, event cancelled due to low numbers.

Upcoming Events

Sun 25th Nov – Club Coogee Training swim

Sat 8th Dec – WOWSwim #2 Freo Ports Swim Thru at South Beach, Fremantle

Sat 8th Dec – Presentation and Xmas Function at Roleystone Country Club

Sat 15th Dec – WOWSwim #3 Christmas 10km, 6.7km, 3.4km at Coogee Beach, Coogee

- MSWA LiveLighter OWS 2018-19 calendar is now available on MSWA's WOW Swims website - <https://www.wowswims.com.au/>
- Many medical forms are still outstanding!

RAMOS REPORT

It has been a while since the word RAMOS has been heard around the club.

For those new to our club, RAMOS is an acronym for Regular Armadale Masters Ocean Swimmers.

But, RAMOS is for anyone in the club that is interested and participates in the ocean water series, which runs from November to April . Join us for a taste of ocean swimming. Remember: Sunday Nov 25th is the club's training

session at Coogee beach. 7.30 am meet at the café for the 8 am swim of any length of your choice.

RAMOS membership is free, benefits are none, apart from the buzz you get after completing a long distance swim in the ocean, accompanied by several hundred ,sometimes thousands of like-minded crazies. Feel free to ask around and chat to any one of the RAMOS mob for details.

I say Ocean swimming; however, the first event on the calendar is a fresh water swim at Lake Leschenaultia. This was held Sunday last 11 November.

The Lake is pristine and a beautiful location for a swim, with friendly flies. This year 800, 1600 & 3200 metres swim options were available, based around a 800mtr rectangular course.

Following the race briefing, all respectfully stood quiet for a 1 minute silence following the playing of the last post and reciting of the ode. This was a very nice thought by the organisers to remember the 100 yr anniversary of the ending of WW1.

Superstar Mary, just back from picking up their new caravan in South Aus, blitzed the field in the 800 metre swim to come in first in her age group, well done.

The normal crew consisting of Charles & Heather, Gillian & Colin, Hicksey and Greg, all did the 1600 swim.

Great to welcome Nichola to the RAMOS mob, who also completed the 1600 swim and was the best of the Armadale mob, also finishing second in her age group.

Other notable swims, went to super-fish Gill who came in first in her age group, and Greg & Charles 2nd in their age groups , with Heather getting a 3rd in hers.

Our stalwart Rowena was the head umpire official for the day, many thanks Rowie.

It is sort of a custom for the lake swim that a few nibbles are brought along to replenish the stores after the swim. We were spoiled by curried egg

sandwiches, as well as carrot and cheese cake, thanks to the Crofts, Gilly and Kay.

Greg



The Leschenaultia lot!

Armadale Masters Swimming Club is blessed with a good number of qualified coaches. The latest to be certified is Tim. Congratulations Tim.



BIRTHDAY WISHES

Belated wishes to Greg Frey 20th October and Heather Adams 7th November, with apologies from the editor for not including this in the last newsletter.



To Donovan Castelyn for the 7th December. ENJOY YOUR DAY

When will we see you again?