



Armadale Masters Swimming Club

NEWSLETTER

February
2019

CLUB CONTACTS

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- 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.

We are going to be swimming in our home pool as from Tuesday 12th March at 6.30pm.



You ought to become a Foundation Member of the Armadale Aquatic Centre before the 11th March for you will get a big discount. Seniors only have to pay \$8 a week for the pools.

For pools, spa, gym etc. the cost will be only \$12 a week.

Fees are a bit more for non - senior membership.

However, as a Foundation member it is still going to be much cheaper than normal membership after the 11th March.

So, purchase your membership NOW.

Where to apply:

- **on line through Armadale City Council**
- or
- **present personally at the ARENA offices on Townley Street off Forrest Road at Gwynne Park. (This is the better option)**

[We need You to be a committee member.](#)

Our AGM will be held at Armadale pool on 23rd March at 10.30 am after our Saturday swim training. After the AGM we will celebrate with a 'Welcome back to Armadale Social Function'. For further information keep checking your emails.

Armadale Masters Swimming Club Committee thanks Armadale City Council for assisting with the smooth transition to the new pool.

Sat 26th Jan – WOWSwim Round #5 Mandurah Masters Australia Day Swim at Doddi's Beach, Mandurah. Another great Australia Day swim with the usual open water swimmers enjoying the sun, swim, bacon and eggs rolls and coffee and Rowie doing the officiating bit.

Sun 3rd Feb – Club Training swim at Coogee Beach

Sun 10th Feb – Busselton Jetty Swim 2019 – Another Jetty swim done and dusted in great conditions with good times all round, both in the water and on land, except Hans who nearly went blind... 😊

Sun 17th Feb – Newman Churchlands Masters LiveLighter Club Challenge at Newman College Pool. The Crofts represented the club, Rowie was Meet Referee and Heather Jeps was on officiating duty.

Upcoming Events

Sat 2nd Mar – WOWSwim Round #6 MSWA State Championships at Mullaloo Beach

Sun 10th Mar – WOWSwim Round #7 Coogee Jetty to Jetty Swim XXII

Sat 16th Mar – Club Championships Rd 2 – 100m Choice and 100m Choice
(must be different strokes)

Fri 22nd Mar – Eastern Hills Club Challenge #1

Sun 24th Mar – Melville Masters LiveLighter Club Challenge

- MSWA LiveLighter OWS 2018-19 calendar is now available on MSWA's WOW Swims website - <https://www.wowswims.com.au/>
- MSWA Pool events calendar available to download from MSWA website - <https://mswa.asn.au/swimming/pdp-downloadable-events-calendar-2019/>
- **Medical forms still outstanding!**

Club Coach's Report: Club Championships Round 1, 2019

Even with several swimmers from lane 6 missing due to a clash with the open water swim at Cottesloe we still had 15 swimmers giving their all in the 200m & 50m Choice events.

Points Scored:

Bill with his bionic hips and now swimming with his legs up and in the streamlined position was our top point's scorer on the day with a total of 10 points followed by Sue our top female with 9 points. Well done guys.

PB's:

Just the one PB swum on the day - Sue stepped up to the blocks and showed us her new dive technique and then swam a huge PB reducing her previous 200m time by an incredible 11 seconds. Well done Sue

Club Records:

3 new club records were set, 1 of which was a vacant new age group club record and, 2 existing club records were lowered. Nichola, with her powerful 2 beat kick, reduced the existing 200m freestyle record by nearly 4 seconds, Linda knocked off 0.8 of a second off the 50m breaststroke record and Rowena, even though starved of iron, red blood cells, haemoglobin, oxygen and vitamin B12 still managed set a time of 3:47.65 in the gruelling 200m IM. Well done ladies.

Well done everyone, and I look forward to seeing you all again for round 2 on the 2nd of March when we will be swimming 100m choice and 100m choice, but they must be swum with different strokes to score points in both events. Thanks to those that turned up for the training session and ended up swimming the Club Championships in order to help me with writing up new programs for when we hit the new indoor pool at Armadale in April. Jeff (CC – Chief Coach?)



Our Australia Day Team at Mandurah 2019

Our 2019 Busso Jetty Team (Who is missing? Who is the odd one out?)



RAMOS Reports

R. A. M. O. S. ?

REGULAR ARMADALE MASTERS OCEAN SWIMMERS.

BUSSELTON JETTY SWIM 2019

I love a sunburnt country, a land of sweeping plains, of ragged mountain rangers, of droughts and flooding rains. I love her far horizons, I love her Jewel seas.

Yep! Jewel seas, an apt description of the magnificent Geographe bay that greeted eight current and one recently lost member of the Armadale Masters Swimming Club.

Oh what a beautiful morning. And; Oh what sensational swimming conditions. Just a breath of wind, flat seas, clear water and NO stingers

The Busselton Jetty swim is really the highlight of the open water swimming calendar.

It is a 3.6 km swim, with a very simple course, you start on one side of the jetty, swim to the end , and come back the other side.

This year the total number of swimmers, including relays, came close to 2700, a record attendance. Some 1900 were solo 3.6 km swimmers, and all of our amazing Armadale swimmers completed the solo course.

This should be recognised for the massive achievement it is; our swimmers this year excelled around the course coming in, in excellent times ranging from 1 hr 2 min to 1 hr 34 minutes.

Champion Charles was the best of the lot with an amazing time of 1 hr 2 min 54 sec, a clear 55 sec in front of super-fish Gill, with fat boy Greg just 5 sec behind Gilly. The order in after that was; Capt. Col, Heather, Fettes, Rossco, Liz and Hans.

A special goggle award should go to Hans, who sustained an eye injury some weeks earlier when he lost a fight with a wayward branch; this combined with some salty, grainy, sea water in his goggles caused him some discomfort. Glad to report all is now well.

It is hard to put into words the elation and self worth one feels after completing a swim like this. As we all know; swimming is a very individual sport, we all battle with our own demons along any ocean swim.

But the reward, when gathered after at The Goose Restaurant, for a hearty breakfast, and as we relive every stroke, kick and breath, is well worth it.

The crew, those that can stay, always get together for a meal on Sunday evening. This, as usual, was a very relaxed affair, enjoying each other's company along with the partners and wives.

Many thanks to Bill and Elina, Kay, Marie and Anne for being the cheer squad, much appreciated.

We look forward to Bill being in the water with us next year.

I encourage all members, who would like to have a go, to take the challenge and join us for the 2020 jetty swim.

Will it be hard? Hell yeah! Will it be doable? Absolutely! Will it be rewarding? YES!

Anyway, we all have 12 months of practice and training to go.

See you all in the Drink

SPLASH (by Greg)

Thought for the day;

“What you get by achieving your goals is not as important as what you become by achieving your goals”

Addendum (by this Editor):

Those stunning Crofts are swimming faster than ever! We know all their strenuous preparations for the coming National Masters in Adelaide will result in excellent times. We wish you, Heather and Charles, all the best.

In addition to Greg's 'take' on our Hans here is the Editor's:

‘Hans emerged on the beach, removed his goggles only to be confronted with the stinging realisation that he could hardly make out the concerned features on Bill’s face, apart from everything else. To the First Aid tent Bill led him. More saline was dropped into Hans’ eyes. Understandably, this had next to no effect. After nearly 5 hours of weeping – eye - pain Liz eventually relented and drove Hans to the Busselton hospital where the doctor administered more powerful medicine for sore eyes. The next day Lizzie drove Hans back to Roleystone.’

Lizzie’s Sad Song (with apologies to Julian Lennon’s big hit song ‘Saltwater’. You can ‘try’ and sing along: <https://www.youtube.com/watch?v=ql1EnjVYrZM>)

We swam in waves
Under a golden sun
Thousands of swimmers
Rolled into one
So when I think
About Hans and
The red in his eyes

Saltwater wells in my eyes

He swam to the one end
Often so very fast

Only to have to swim back again

Down the jetty’s other side

Trying not to come in last

Whilst sea water got in his eyes

I cannot abide

The grit that scratched

The glint from my man’s eye

Saltwater wells in my eyes

He swam for my love
Even when I said

That’s not enough

But now I see my Hans was trying
(And now I'm crying)

And now I regret

The crocodile tears I shed

As the red tears Hans bled
Start drying

Saltwater wells in my eyes

RAMOS REPORT: FREMANTLE OCEAN CLASSIC (FOC) 16/2/19

And then there were 3, well just about 3.

Fremantle Ocean Classic, held at Leighton beach, a 1.6 km swim, a simple rectangle 1 lap course.



Capt Col, Super-fish Gilly and Fat boy Greg, presented themselves for the event.

Poor Gilly was not all that flash. As we all know; Gill sometimes likes to feed the fish along the swim route. Well, this time she started early, with some unexpected visits to the water's edge. A stomach bug had Gill feeling very unwell and uneasy.

Q. When you feel crook do you take on a 1.6 km swim in not so friendly sea conditions?

A. If you are made of the stuff that our Gilly is the answer is most definitely YES.

And so it came to pass that all three of the Ramos stalwarts, did start and finish the race.

The conditions were a little bumpy, especially on the Southern leg. However, with a nice sea push down the Northern leg to the finish made for a nice swim.

I am sure the organisers would have been disappointed with the attendance as approximately only 80 swimmers took part in the 1.6 km swim.

This made for a very easy swim with none of the argy bargy at the start and turning buoys.

A quick cup of coffee after the race, and home for a lay down was the order of the day.

Catch you next round, at the Mullaloo surf club on the 2nd March

Written by Splash Greg



To: Yvonne Hunt 23rd Feb

Liz Dunn 28th Feb

Graham Hicks 3rd March

Colin Gibson 4th March

Sue Sullivan 10th March

Bill Stevens 13th March

Linda Cragg 14th March

Charles Croft 21st March

Have a splendid day.

In the swim for health and fitness

A GROUP of seniors in green and white bathing suits has become a familiar sight at Armadale Aquatic Centre.

Known as the Armadale AUSSIs, they are part of the AUSSI Swimming Club.

The veterans' swimming club has been running for about 30 years. It originated in New Zealand and is now Australia-wide.

Armadale AUSSIs have been enjoying the thrill of the swim for nearly five years.

"The motto of our club is fitness and fun," committee member Jennifer Findlay said.

"Swimming is a wonderful sport for all people – it's relaxing, it helps reduce stress and it doesn't put a lot of pressure on joints."

The team of 35 at the Armadale AUSSI Swimming Club ranges from beginners to life-long swimmers.

"Members are welcome to participate competitively or socially – people can swim at their own pace and there's no pressure to achieve," Jennifer said.

Although not compulsory, training is held on Tuesday and Thursday and aerobic swims are conducted on Saturday mornings.

Four times a year members have the opportunity to show their style in ocean swims.

"They are held in the summer months and usually about four of our stronger swimmers compete," Jennifer said.

"Other activities include inter-club meets every third month and even in these you swim against people of your level."

Being part of the Armadale AUSSI club has many benefits – for a small cost members can attend several health-based lectures during the year.

"The last one was conducted by Glen Campbell from The Heart Foundation and was most interesting," she said.

"Throughout the year there are inter-club swim meets and other special events.

"Armadale AUSSIs provides a great opportunity to meet people – we're all like one big happy family."



In the swim: Armadale AUSSI club members show their enthusiasm. PHOTO: STEPHEN WHITE.

A club photo (taken 20 years ago?) Find Jenny and Heather A.