



## Armadale Masters Swimming Club

### NEWSLETTER

APRIL  
2019

#### CLUB CONTACTS

- **President:** Rowena Burch 0415 192 373 [AMSC.President@hotmail.com](mailto:AMSC.President@hotmail.com)
- **Head Coach:** Heather Croft 0406 528 303 [AMSC.HeadCoach@gmail.com](mailto:AMSC.HeadCoach@gmail.com)
- **Secretary:** Liz Dunn 0414939794 [AMSC.Secretary@hotmail.com](mailto:AMSC.Secretary@hotmail.com)
- **Club Captain:** Colin Gibson 0447143881 [AMSC.Captain@gmail.com](mailto:AMSC.Captain@gmail.com)

#### IMPORTANT INFORMATION ! PLEASE READ.

We start our winter 25m indoor - pool training on Tuesday 30<sup>th</sup> April. For the very (fool?) hardy you are allowed to brave the outside 50m pool.

On Saturday morning 4<sup>th</sup> May: Round 4 Club Champs (100m choice, 50m choice) will be held in the warm 50m pool where we have diving blocks. Get to the pool much earlier than 9 o'clock for warm up. Bring 2 towels and an extra jacket to maintain warmth while time-keeping.

The next Saturday ie 11<sup>th</sup> May we start our Saturday morning training at 9.30 am. (Enzo! Please do not forget.)

On Saturday 11<sup>th</sup> May, after training ends at 10.30 am, we have

our first 'social' for the year. The committee requests all participants to bring a plate of light-lunch to share. There could be prizes awarded for whatever eg colour co-ordination, obeying instructions/not obeying instructions.

We say thanks to Jeff for being our Head Coach and welcome back Heather (Heb) Croft to the position of Head Coach.

## Captain's Report

April 2019

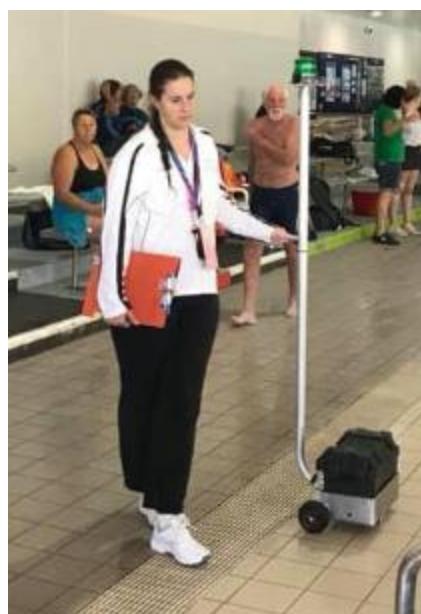
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### **19<sup>th</sup> - 23<sup>rd</sup> - MS Nationals**

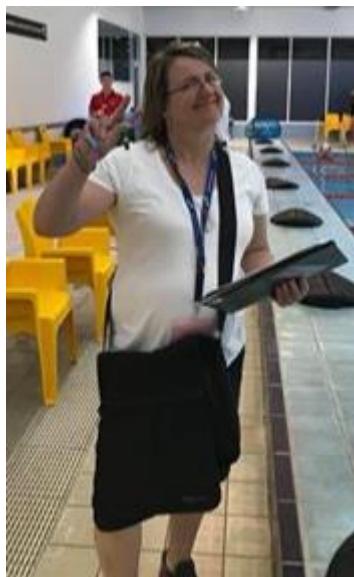
Held in Adelaide, Heather and Charles Croft attended.

### **Sun 24<sup>th</sup> Mar – Melville Masters LiveLighter Club Challenge**

Another small but special team represented the club today at Melville Masters Livelighter Club Challenge. Rowie was at it again, swimming and officiating, Gill and Heather Jeps were also on officiating duty and Yvonne, Sue, Mary and Colin swam. Good fun morning of competing followed by the usual great Melville spread and raffles, winner Colin this time! Thank you to Yvonne for the pics and Mary was there, she just had to leave after her final swim ☺



An officiator full of enthusiasm!



An enthusiastic, peace loving neutral officiator!



A biased over - enthusiastic officiator fraternising with a competitor!

### **Sat 6<sup>th</sup> Apr – Club Championships Rd 3**

11 swimmers turned out for Round 3 of the club championships series, with 3 pb's being recorded by Janine Hunt, Yvonne Hunt and Enzo Lanciano. There were also four new age group club records set with Rowie in the 200m Fly, Gill in both 50m and 200m free and Mary in her 200m free, well done ladies. Great to see newbie Sarah have a go and thanks to Jeff for running the show and getting his evil plan of a Gill v's Janine match race ☺

### **Sun 7<sup>th</sup> Apr – Mandurah Masters LiveLighter Club Challenge**

The Mandurah Masters Club Challenge was swum and done on Sunday 7<sup>th</sup> with a small team representing the club, Rowie (who double dipped as a swimmer and official), Colin and Nichola. Eighteen clubs attended the event on a beautiful Sunday morning in Mandurah, we

didn't come last and we did spot a former club member (Ross) swimming for his new club. Gill who was also on officiating duty and a special thank you to Nichola's Mum, Debbie, who did timekeeping.

### **Upcoming Events**

Sat 4<sup>th</sup> May – Club Championships Rd 4 – 100m Choice, 50m Choice. This will be held in the outside/open air (warm) 50m pool

Sun 6<sup>th</sup> May – Stadium Masters LiveLighter Club Challenge at HBF Stadium

Sat 25<sup>th</sup> – Sun 26<sup>th</sup> May – MSWA LiveLighter State Championships

### **Upcoming Courses**

#### **LiveLighter Pre-competition Superclinic**

This clinic is suitable for swimmers of all levels who would like some additional preparation prior to the MSWA State Championships on 25th & 26th May. The clinic will cover the fundamentals of stroke technique, starts, dives and turns. A Technical Official will also be on hand to advise of any rule changes and assist swimmers in ensuring they're complying with current rules.

**Date:** Sunday 28th April

**Time:** 10.00am - 12.00pm

**Venue:** Indoor 50m HBF Stadium, Mount Claremont

**Cost:** \$30 incl. GST but excluding pool entry

For bookings click [HERE](#)

MSWA Pool events calendar available to download from MSWA website -

<https://mswa.asn.au/swimming/pdp-downloadable-events-calendar-2019/>

- **Medical forms still outstanding! Get them in NOW! Coaches need to know your health weaknesses.**

### **Health benefits of swimming**

Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body. Swimming uses all the muscles in the body so, whether you swim

a **gentle breaststroke** or hammer **butterfly**, you will get a full body workout. Plus, exercising in water makes your body work harder, so 30 minutes in a pool is worth 45 minutes of the same activity on land. Swimming is one of the most effective ways to **burn calories**. A gentle swim can burn over 200 calories in just half an hour, more than double that of walking. And a faster swim would see that **chocolate bar** gone quicker than if you went running or cycling.

- builds endurance, muscle strength and cardiovascular fitness. Inactivity and not ageing is often responsible for people's lack of energy. Just 30 minutes of swimming three times per week can boost your energy levels through increased metabolic rate.
- provides an all-over body workout, as nearly all of your muscles are used during swimming.
- is often a relaxing and peaceful (sometimes) form of exercise
- helps to alleviate stress. Just 30 minutes of swimming three times a week alongside a balanced, **healthy diet** and lifestyle is one of the best ways to stay fit and healthy and maintain a **positive mental outlook**. Do it with friends, and it's even more fun! Whether it is work stressing you out, or just life in general, we all get times we just want to **SCREAM**. Scream under water and very few will hear you. Swimming regularly can **lower stress levels, reduce anxiety and depression, and improve your sleep patterns**. Feeling the mental benefits of swimming takes just a light swim.
- improves coordination, balance and posture
- improves flexibility
- provides good low-impact therapy for some injuries and conditions. As well as being a great form of cardiovascular exercise, swimming just 30 minutes a week can help to guard against heart disease, stroke and type 2 diabetes. Water supports up to 90 per cent of the body's weight. (A bit different in Bill's case). So, if you sprained an ankle getting out of bed or have a long term injury or illness, swimming is one of the best ways of staying active. Keep on swimming in the public lanes Bill.
- providing a pleasant way to cool down on a hot day. If sweating puts you off other forms of exercise, fear not! As a swimmer, you may never feel sweaty no matter how hard you work because the water around you is constantly cooling you down (unless it is tropical tepid water). However, unless you are swimming in very cold water, you will sweat. Swimming increases body temperature significantly and the cooler pool water cools you down a bit and washes away the sweat. Under your swimming cap, you'll be sweating profusely. And if you take a break from swimming and stand at the shallow

end, you'll see sweat (perspiration for ladies) coming out of your upper body. Over 2% of a training pool's water is sweat. Add more for other bodily excrements! Thank goodness for chlorine !

**We wish Gill, Colin and Greg a speedy swim across the cold and murky waters of Albany this weekend. May they emerge warm and satisfied with their efforts.**

## **NATIONAL SWIMMING CHAMPIONSHIPS – ADELAIDE 2019**

The Nationals took place in Adelaide last month in a magnificent pool and very pretty area.

Our little group consisted of Heather, Alexis (Mandurah), Keith (Cockburn) and myself. We spent a bit of time with Rockingham basking in their glory with bags full of medals.

There were swimmers competing from all over Australia and overseas. It was once again an achievement just to make it and competing at States and National level gives us incentive to swim and strive to improve. Like good wine we get better with age!!

Personally there wasn't a lot of hope in achieving a medal but it is inspiring to see the good swimmers doing so well (I'm sure I swim the same as them), and it is also inspiring to see swimmers of lesser ability trying so hard. We all get nervous and it is quite a relief to finish your swim and realise you're still breathing.

The organisation and officials were exceptional and made the event a lot of fun, forgiving minor irregularities and letting the swimmers get on with swimming. WA had quite a few strong swimmers, not the least the Superfins.

The open water event was held at Brighton Beach. It was a good day but a bit of chop and windy. Probably could have had a bigger end buoy as I got a little lost when the woman I was following went astray – well that's my excuse.

The delicious dinner at the end of the event was at a 5 star hotel in Glenelg.

Heather, Alexis and I then took a week off our busy training schedule and toured the beaches and wineries. We had a very memorable swim with the Port Elliot Surf Club at Horseshoe Bay. I was a bit worried about the location as there were big rollers coming in and the surf club swimmers proceeded to swim out through them. When I asked about any sharks, they said “We don’t talk about them”.

Hopefully there will be a few more swimmers representing Armadale in Sydney next year.

Charles Croft

**To Heather Jeps who celebrates her birthday on the 27th April**

**To Derek on the 2<sup>nd</sup> May**

**To Lexie on the 4<sup>th</sup> May**



**And poor ol' Bill was not mentioned in dispatches. The Editor profoundly apologises for leaving out Bill in the March birthday wishes.**

**A belated many happy returns to our dear Bill whose birthday was on the 13<sup>th</sup> March. We hope you had a good one. Hurry up and get back into your proper/official training lane.**