



## Armadale Masters Swimming Club

### NEWSLETTER

JUNE  
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.

- Our July 'social' plans were to go ten-pin bowling early one July evening in Cannington. This has been postponed.
- Instead, Liz is arranging a lovely 'shortish' (4 km) walk starting at the Jarrahdale historic cemetery after which luncheon will be partaken in the old Jarrahdale pub (There is a Seniors' menu!). Please inform Liz of your desire to attend this club social.
- Other possible 'socials' may involve a car rally and a movie. Stay tuned.
- Greg has once more put up his hand to organize our fundraising Sausage Sizzle on the 29<sup>th</sup> September. Onya Greg. Enjoy your French holiday.

- **Most important: Coaches are getting a bit miffed about certain members not getting out of the water in time to place their swimming equipment in the trolley. Most coaches have other lives and want to get back home for various unknown reasons.**
- **To reiterate: Rose is our New Safety Officer. Do not mess with this fearsome woman: your safety could be put at risk. So...think safe, act safe; get your gear into the trolley as quickly and as safely as possible.**
- **Now letting everyone know: there is no change to Club Championship points as was first suggested by your Committee.**

## Captain's Report

June 2019

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Sat 1<sup>st</sup> June – Club Championships Rd 5 – 10 swimmers doing off the wall starts.

Our Cap'n Col has been pole-axed by 'manflu'... which, according to Physicians, is a real thing. And, all males know this, but most females do not wish to accept this truth.

His report is understandably light on:

### Upcoming Events

Sat 6<sup>th</sup> July – Club Championships Rd 6

Sun 7<sup>th</sup> July – Riverton Masters LiveLighter Distance Meet – 400/800 State Distance Championships.

Sun – 28<sup>th</sup> July – Riverton Masters LiveLighter Club Challenge – 200/100/50 all strokes.

Sat- 3<sup>rd</sup> August. Golden Groupers Relay Comps.

MSWA Pool events calendar available to download from MSWA website -

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

Here is a report from our Jeff re Club Championships Round 5 2019

With many away for the long weekend we only had 10 swimmers for our first Club Championships in the AFAC indoor pool. No start blocks so most of the times were slower. Graham Hicks turned up just as we completed the last race. Someone mentioned he just came for the food but we made him swim all 3 events one after the other before allowing him to get stuck into Sue's egg sandwiches and Yvonne Hunt's Lumberjack cake. Great to see Yvonne Lovegrove swimming 2 club champs in a row even though she has been told to take things easy.

Points Scored: Sue Sullivan again was our joint top point's scorer on the day with 9 points. Top male points went to Hans. PB's: No PB's this round and will be difficult to get any in the future with no dive blocks or backstroke handles to help get a good start.

Club Records: 2 existing club records were lowered by Maree Lim in both the 50m breaststroke and 25m backstroke. Well done Maree and great to see you back at the club.

Thank you to Lexie and Rose for helping out with the timing and paperwork. Well done everyone, and I look forward to seeing you all again for round 6 in July when we will be swimming 200m choice and 25m choice.

Jeff



Drawn by this editor!



**15<sup>th</sup> June: our second social/  
eating gathering. NB. Heather Jeps's dad enjoying our company  
and we his.**

## **Exercise**

Researchers at Yale and Oxford may have proven exercise is more important to your mental health than economic status.

Scientists found that regular exercise created less bad feeling days/'blue' days than non-active participants... in fact non-actives experienced 35 days more on average.

Sports that involve socialising are more positive on mental health.

A Lancet study collected data about the physical behaviour and mental mood of over 1.2 million Americans.

Researchers found that physically active people feel just as good as those who do not do sports but who earn around an extra \$25,000 more a year.

Keep on swimming is the message.

### **June Birthdays:**

**Mary Plant 13<sup>th</sup>**

**Jacky Briggs 15<sup>th</sup>**

SCIENTISTS HAVE DISCOVERED THAT

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