



# Armadale Masters Swimming Club

## NEWSLETTER

### August 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.**

- Pamela wants to be part of a team - either two or four - for the Busselton Jetty Swim

#### **Upcoming Meets/Events**

- Stadium Masters LiveLighter 1500m Event - Saturday 7th September.
- Leeming Masters LiveLighter Club Challenge - Sunday 22nd September.
- **Please note the cancellation of the Maida Vale event on Saturday 5th October**
- Fremantle Masters LiveLighter Club Challenge - Sunday 27th October. Awaiting details from the club.

# **Monday & Wednesday Early Morning Training**



## **WHEN AND WHERE?**

5.30am – 7.00am at the Armadale Aquatic and Fitness Centre, commencing the 2<sup>nd</sup> October and runs through to March 2020. October will be just once a week on Wednesday mornings and twice a week on Monday and Wednesday mornings from the 4<sup>th</sup> November through to March.

## **WHAT SORT OF TRAINING WILL WE BE DOING?**

The focus will be on improving aerobic fitness for Endurance 1000 swims and next seasons open water swims. I believe with a bit of guidance and some hard work everyone can improve on their aerobic fitness and achieve their swimming goals. You will be pushed but not broken if you stick with the programs.

NOTE: Stroke correction will not be provided in the early morning sessions as your coach will be in the pool swimming with you. Training will be for the most in the outdoor 50m pool, but we may duck into the 25m indoor pool if the weather is exceptionally bad.

## **WHO ARE THE SESSIONS FOR?**

The sessions will be tailored to suit all swimmers of all abilities.

## **WHAT DO I NEED TO BE PART OF THE EARLY MORNING TRAINING SESSIONS?**

All swimmers will need to have completed a 400m and 800m timed aerobic endurance swim prior to joining the early morning squad. How long it takes you to swim the 400 or 800m is not important but the time itself is as each person will have some sessions individually tailored to suit their swim speed. If you have not done a 400m or 800m swim recently the come to the next Endurance Swim session on Thursday the 19<sup>th</sup> of September.

Bring along your fins, pull buoy, sports watch and Beeper if you have one. Club members can loan one of the clubs stop watches and beeper – First in first served.

Please let me know if you're interested and going to attend so I have the right program ready for you

For more information contact: [AMSC.CoachJeff@gmail.com](mailto:AMSC.CoachJeff@gmail.com) 0411 750 767



***This photo will***

## **be on the Armadale pool's website**

Captain's Report

August 2019

### **Completed Events**

**Sun 28<sup>th</sup> July** was the Riverton Masters LiveLighter Club Challenge at Riverton Leisureplex. The club was represented by Janine, Chas, Graham and Colin in the swimming and Rowie, Gill and Heather Jeps in the officiating. Special thank you to Tim who did timekeeping.

**Sat 3<sup>rd</sup> August** was Club Champs Rd 7 with Yvonne Hunt and Sue Sullivan finishing top of the points respectively.

**Sat 3<sup>rd</sup> August** was the Claremont Masters Golden Gropers LiveLighter State Relay meet at HBF Stadium. We were well represented by a big team of 18 swimmers and we finished a respectable 10<sup>th</sup> out of 14 clubs. We also had Rowie, Gill and Heather Jeps doing their officiating thing. It was a fun and at times, slightly chaotic, afternoon of team relay swimming.

The team set 2 new Club Records and 3 existing Club Records were broken.

### **New Club Records**

#### **Event # 2 Female 200 Medley**

3:00.78S F A Relay 160-199 Armadale Masters Swimming

Janine Hunt, Maree Lim, Alex Holt, Vicki Kelly

#### **Event # 7 Mixed 100 Free**

1:21.85S F A Relay 280-319 Armadale Masters Swimming

Hans, Pamela, Heather Croft, Fettes

## Club Records Broken

### Event # 3 Male 200 Medley

2:39.16S F A Relay 200-239 Armadale Masters Swimming

Graham, Chas, Wayne, Colin

### Event # 5 Female 100 Medley

1:50.44S F A Relay 240-279 Armadale Masters Swimming

Pamela, Heather Adams, Maree, Lexie

## A message from Yvonne Lovegrove:

Last year at the end of year function I won first prize in the clubs' raffle. This was a voucher to use at the Crown Complex to the value of \$400. At the time my name was called out I didn't take it in that I had won until Greg came over to me with the gift. Keith and myself enjoyed a wonderful weekend. We had tickets for the Abba "Bjorn Again" concert so we booked the accommodation to coincide with that event. There was a special offer on at the Crown which turned out to be a very good one being – one night in a King size room, including breakfast for two, cocktails for two, a free movie, and a late checkout. Shortly after our check in, there was a knock at the door and a bottle of champagne with chocolates was gifted to us, compliments of the management. We had a lovely room with views overlooking the city. It was a wonderful prize and well appreciated.

I am collecting items for our end of year raffle. Please hand over gifts to Yvonne at Saturday morning swimming. Many thanks in anticipation.

Yvonne Lovegrove.



Our crown room.



## *Liz and Hans really enjoying Frank's food.*

We had a lovely Jarrahdale walk and lunch. Thanks Liz for organising.

Liz and Hans are off next week for a 700 km trek over the Austrian, Slovenian Alps. We wish them happy wanderings along the mountain tracks.

We love to go a-wandering  
Along the mountain tracks  
And as we go, we love to sing  
Our knapsack on our backs

Val-deri, val-dera  
Val-deri, val-dera  
Ha, ha, ha, ha, ha, ha  
Ha  
Val-dera  
Knapsack on our backs

Hi Fettes and swimmers.

Here is a photo of me at Edith falls 50kms. North of Katherine.

It was a hot day and the water was cold.

Hope everyone is fit and healthy.

Off to Kununurra on Tuesday then south and home eventually.

Love

Mary.



MSWA Pool events calendar available to download from MSWA website -

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



# NATIONAL CHAMPIONSHIPS 2020 SYDNEY

**Short Course Meet**  
15th -18th April 2020  
Sydney Olympic Park

**Open Water Swim**  
19th April 2020  
Lake Parramatta

*Entries Open September 2019!*



## Day One Wednesday

1. 800m Freestyle  
(Form strokes &  
IM permitted)

## Day Two Thursday

2. 400m IM  
3. 50m Freestyle  
4. 200m Breaststroke  
5. 100m Backstroke  
6. 25m Butterfly  
7. 200m Freestyle  
8. 4 x 50m Women's  
Medley Relay  
9. 4 x 50m Men's  
Medley Relay

## Day Three Friday

10. 400m Freestyle  
11. 100m Butterfly  
12. 50m Backstroke  
13. 4 x 50m Mixed  
Freestyle Relay  
14. 25m Breaststroke  
15. 100m IM  
16. 50m Butterfly  
17. 200m Backstroke  
18. 4 x 50 Mixed  
Medley Relay

## Day Four Saturday

19. 50m Breaststroke  
20. 200m Butterfly  
21. 100m Freestyle  
22. 25m Backstroke  
23. 100m Breaststroke  
24. 25m Freestyle  
25. 200m IM  
26. 4 x 50 Men's  
Freestyle Relay  
27. 4 x 50 Women's  
Freestyle Relay

## Day Five Sunday

1km & 2km  
Open Water Swim.  
Lake Parramatta,  
Western Sydney



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**BETTER  
WITH AGE**

VINTAGE 2019



**To those who had their birthdays in August:**

**1<sup>st</sup> August: Rowena and Tony**

**5<sup>th</sup> August: Rose**

**This sent by our archivist Lexie:**

## **Swimming**

by Pulitzer Prize Winner - Dave Barry

Swimming is one of the best forms of exercise, provided you remember to follow these simple safety rules:

### **(1) NEVER SWIM IN A LAKE OR RIVER**

These contain snapping turtles, which have no natural enemies and therefore grow to the size of motel units, plus they tend to be irritable because they mate for life. Lakes also contain giant lake-dwelling carp, which will watch you from the gloomy depths with their buggy eyes, wondering with their tiny brains whether you would fit into their mouths.

### **(2) NEVER SWIM IN THE OCEAN**

The ocean contain creatures that make the giant lake-dwelling carp look like bambi.

### **(3) NEVER SWIM IN A SWIMMING POOL**

People pee in swimming pools. Oh, I know you don't pee in swimming pools, and I certainly don't, but somebody does which promotes the growth of bacteria, which is why swimming pool owners are always dumping in toxic chemicals to the point where there is virtually no actual water in the pool. Just toxic chemicals and dead bacteria and old pee. This is why, as you may have noticed, the actual owner never gets into the pool. He's always off pretending he has to do something important involving the filter.