



Armadale Masters Swimming Club

NEWSLETTER

March 2020

CLUB CONTACTS

- President: Charles Croft 0407909332 AMSC.President@hotmail.com
- Coaching Co-ordinator: Heather Croft 0406 528 303 AMSC.HeadCoach@gmail.com
- Secretary: Liz Dunn 0414939794 AMSC.Secretary@hotmail.com
- Club Captain: Colin Gibson 0447143881 AMSC.Captain@gmail.com

IMPORTANT INFORMATION! PLEASE READ.

- Our very safety conscious Safety Officer, Rose, and the rest of Armadale Masters Swimming Club Committee wish all members a safe and separate time.
- When the Armadale pool reopens that will be the time to celebrate.
- We look back on 2019 with fondness

Annual General Meeting 2020

Captains Report

It was another busy year of Club Championships, Endurance swims and Masters LiveLighter Club Challenge events and the WOW Open Water swim series.

The MSWA OWS WOW Swims series started at Lake Leschenaultia in November and culminated in the Coogee Jetty to Jetty earlier this month. Once again it was 10-year age groups for competitors, final results

will be available soon. We had the usual OWS suspects finishing well in their respective age groups and welcomed some new swimmers to the fun of open waters swimming Masters ' style.

The Club Championships for 2019 was again a 10 round series with total attendance of 132, up on the previous year which was good to see considering our move back to home and the new facilities. During the series, 10 individual pb's and 29 new individual age group records were set. The 2020 series has begun with great numbers attending both rounds.

We competed in 8 Masters Live Lighter Club Challenge events during the 2019 pool competition season. Sometimes the numbers were a little low on previous years but generally well attended by the club.

The year also included a return in numbers to the annual State Relay Carnival which produced 2 x new club records and broke 3 existing club records. The LLCC series overall produced 10 individuals pb's and 14 new individual age group club records. We also had a small team compete at the Newman Churchlands LLCC in February this year.

Endurance Swim programs were run for most of the year twice monthly, giving everyone the opportunity to improve on their endurance swims.

So, in summary by the numbers for the year Of 2019.

20 x pb's

43x new individual age group club records

5x new age group club relay records

This is a great reward for effort and highlights how you can always be improving on your swimming if you put in the time and effort.

Thank you to everyone who swam, did timekeeping and recording, didn't delete my emails, pretended they read my emails and put up with my harassment for events.

A special thank you to the number crunchers, Jeff and Graham for all their help with club champs, LLCC results and associated reports.

See you at the pool ... whenever !

Cheers,

Cap'n Col

Head Coach Report

I would like to thank the coaching team of: Colin, Fettes, Charles, Tim, Jeff, Jackie, Derek, Peter and our newest coach, Alex. I work out the roster for the coaches each month. If someone is unable to coach a particular session, another coach has always stepped in. This sometimes happens with only a day's notice so I am very grateful to all the coaches for being so accommodating and pleasant about it.

All the coaches put a lot of effort into working out their programs and I think as swimmers this gives us a lot of variety in our training.

2019 saw us coming back to our home base of Armadale Pool where most of us enjoyed swimming in the outdoor 50m pool. It took us a little bit longer to get used to the 7.00pm start on Tuesdays in winter in the 25m pool.

There was talk at a committee meeting about shortening the number of club championships, especially as the 25m pool has no start blocks. It was decided to keep the 10 club championships format as these mornings of friendly competition continue to be popular.

We have had some outstanding swimmers this year:

- Daniel swam a solo to Rottnest.
- State Relays – 20 swimmers entered which was amazing.
- Alex broke state records in 400m, 800m and 1500m breaststroke.
- Charles and I participated in the Nationals in Adelaide in the pool and open water.
- We had a good showing at Busselton Jetty with a couple of members competing for the first time.
- Coogee Jetty to Jetty and Australia Day Swim at Mandurah were also popular swims

Armadale Masters was invited to take part in the Virtual Rottnest swim (2020). We were allocated two lanes. Alex swam solo 20kms and we also had one team of four and one team of five. Well done to those swimmers. Previous years we have had 100% participation so I will be pushing for more lanes in 2021.

Coogee Beach training swims were popular with the hardy open water swimmers followed by breakfast at the café. I will be organising more for spring and try to make it a social event as well as training.

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Whether you compete or not, I hope you all get something out of the training sessions and reach your own personal goals.

Heather Croft, Head Coach

To remind us of a memorable summer here are a few photographic memories of our last two major events:

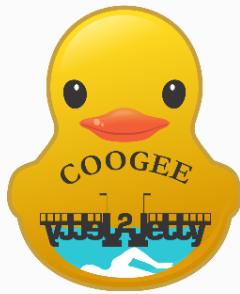
Virtual Rottnest Swim



Yeah for Mum!



Our Tip Top Tim : a volunteer time/lap keeper. Many thanks Tim.



Most of our team



Mum and daughter





Our new President



Our Head Coach



No comment!



March birthdays:

Linda, Charles, Cap'n Col, Graham H., Natalie, Tim, Bill



Wishing you many more to come.

If you are neither keen on philosophy nor science, read no further.

Regarding the present global crisis:

Instead of worrying about what may happen after 'kharking it', Lucretius, the Roman philosopher, who lived around about a hundred years before the crucifixion of Jesus, advised people to focus on keeping their bodies healthy and helping others do the same, because, he said something like this: 'the fear of death is irrational.... once we die we will not be sad, judged by gods or even pity our family we have left behind. We will not be anything at all. We will be nothing but disintegrated material that will be recycled into other living things.'

So Lucretius would say to us swimmers: Look after yourselves, get on with life and assist others.

So, here is the science: In this time of virus crisis swimming in chlorinated water will help to keep dreaded viruses, germs and bugs at bay, help maintain our friendship and our fitness and have fun at the same time.

See you in the pool, whenever, for fun, fitness and friendship.

Some fun videos follow:

Hands washing hands. Don't touch me ... I won't touch you:

https://youtu.be/sPLgsV_Ms3Q

<https://www.facebook.com/contigohastafin/videos/225755675236307/>