



Armadale Masters Swimming Club

NEWSLETTER

August 2020

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Note from the editor

Hello everybody! How are you all? I've decided to continue on with my Note from the Editor section in the newsletter. Perhaps I will run out of things to say in time... that seems like an unlikely possibility, however!

How amazing is Yvonne's club book?! Please take the time to thank her and provide your feedback about it, when you see her at the pool. She put a lot of time into collecting everybody's stories and photos. I was most annoying with not submitting mine until the last moment; thanks for your patience Yvonne!

We haven't seen Bill back at training yet – Fettes has told me that he had surgery and is still recovering. We hope to see you back soon, Bill!

Thank you very much to everyone who passed on their feedback and thanks, about the previous newsletter. It was a bit daunting taking on this job but I feel more confident now, after kind words from members.

Please send me any photos you have which you believe could be used in future newsletters. My preferred method to receive photos is over Facebook Messenger, so please send anything there if you have something. My goal for the newsletter is to showcase the diversity of our club; I think Armadale Masters is a wonderful, inclusive club and I want the newsletter to reflect that. I think anybody could join our club and feel happy and respected within our community. I believe the newsletter which is available on our website, is a great tool to allow potential new members to learn this. I also think it matters that the diversity of our club be represented for the benefit of current members.

Alex.

Captain's Report

Hi swimmers,

Great to see so many of you again at Club Championships on Saturday and thank you to Chas and Heb for a smoothly run event!

Upcoming events are;

Sunday 13th September at 11.00am at Armadale Settlers Common East - Club walk and picnic.

There is an undercover picnic area that has picnic tables/benches but it would be a good idea to bring a chair and of course a picnic lunch. You will see there are various walks you can do and the wild flowers are stunning at the moment plus rest areas along the way for those you want to sit and take in the view.

There are 2 small parking areas on Canns Road either side of the Churchmans Brook Road turn off also plenty of parking along the road.
Map attached.

Sunday 20th September – Leeming Masters LiveLighter 400m/800m swim meet.

This is a short course event at Cockburn ARC in the indoor 25m pool. Cost of the event is \$10, see attached the flyer I have emailed to all members for more details. Please email or see me with your event nominations, entries close next Sunday 13th.

Keep swimming

Cheers,

Cap'n Col

Head Coach's Report

Hi everyone,

The coaches are doing well and it is nice to see!

We had a meeting recently and coaches requalified in their resuscitation training. Your coaches all have certain minimum qualifications to ensure you are being looked after well and getting the most out of your training.

The next month or so you might notice that the coaches are focussing heavily on technique, as a deliberate way to support the swimmers. As always, please discuss with your coach if you have anything specific you'd like help with. All of our coaches want to help you meet your goals, whatever they are. Thank you for your efforts, coaches!

Heather.

Summary of other notable committee business from August

- Pamela has been welcomed into the committee! Yay! Thank you very much for your service to the club, Pamela.
- Hans is taking on a role within the committee related to fundraising and grants. We know Hans will be excellent at this position, thank you Hans! Additionally, he has also taken on the newly created role of AFAC (Armadale Fitness and Aquatic Centre) Liaison Officer. We appreciate your work to support the club and its swimmers, Hans.

Here is an old newspaper article that many of us won't have seen before. Have a read and learn something about one of our long-time members. Who is this siren? It's Liz!

Liz, I'd pretend to drown so you would rescue me for sure!



Liz Dunn will compete in this year's Rottnest Channel Swim.

Liz masters swimming

LIZ Dunn, of Roleystone, said she could hardly swim a lap of a full-length pool when she joined Aussi Masters.

Now she has three crossings to Rottnest under her belt.

Liz joined the Armadale branch of the Aussi Masters Swimming Club, which caters for swimmers older than 25, in 1999.

She said at first she battled to swim a couple of lengths of the pool at the local Aquatic Centre.

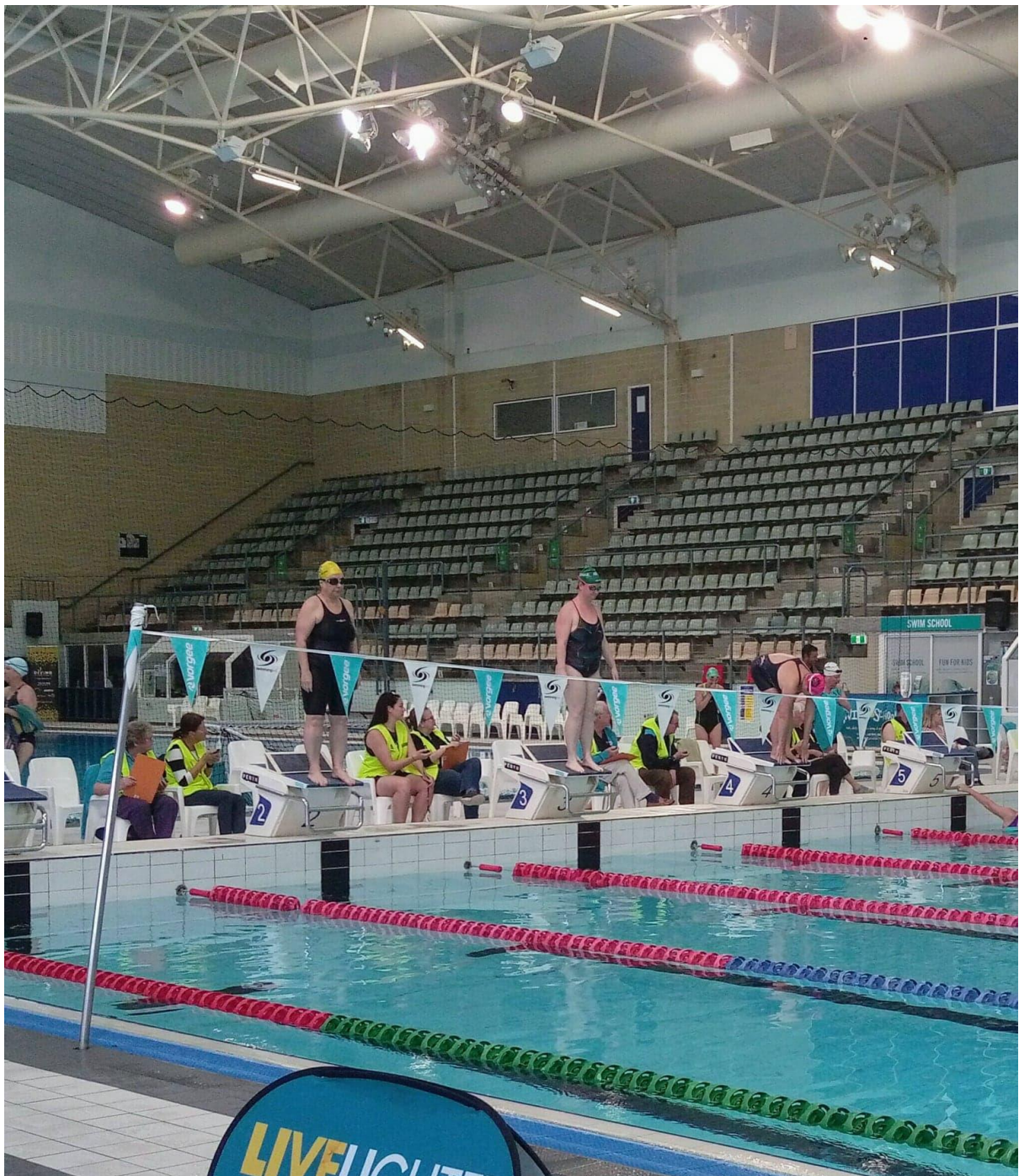
"Now we do 2.5 kilometres in a training session and I can swim that distance with ease," she said.

Liz and three other members entered as a team in the 2002, 2003 and 2004 Rottnest Channel Swim.

She said she was looking forward to this year's open water swim on December 4.

This year Liz will swim in the 55 to 60 age category and hopes to complete the 1.6km in 30 minutes, shaving two minutes off her previous time. For details about the Armadale branch of Aussi Masters call 9496 1711.

Now, here are some photos of members from the past month!



Natalie at her first ever Masters meet! She rocked it! Nat is in Lane 3 at HBF Stadium. This is the Claremont Just 100's.



Here is Julie competing at the Claremont Just 100's. What graceful breaststroke! This image was taken by Tarquin Bateman from Masters Swimming WA and is being shared here with permission.



A selfie of Alex and Natalie at the end of the day. Charles was the 4th swimmer from Armadale Masters to compete in the Claremont Just 100's however I don't have any photos of him to include! My apologies, Charles.



Here's Rowena officiating at the Claremont Just 100's! Photo by Tarquin Bateman, used here with permission.



Heather was an official too, at the Claremont Just 100's. This photo is also by Tarquin Bateman.



At a recent Saturday morning training session, in the indoor pool. Other swimmers chose to train in the outdoor 50m pool.



Alex and Janine at the pool after Saturday morning training. The children in the picture are – Fable and Quinlan (Alex's kids), and Ocean and Teak (Janine's kids).

Here are some athlete quotes to support you all over the next little while.

Believe in yourself, not only in swimming but in life itself. You always have to have fun. You have to have an open mind. If you're not enjoying it, don't do it. Life's too short - Debbie Meyer.

When the earth floods from global warming, the swimmers will rule the world - Unknown

Mainly, I like to have fun. Swimming is all about having fun, and I am a firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself - Scott Goldblatt

Have a great month everyone!