



Armadale Masters Swimming Club

NEWSLETTER

September 2020

CLUB CONTACTS

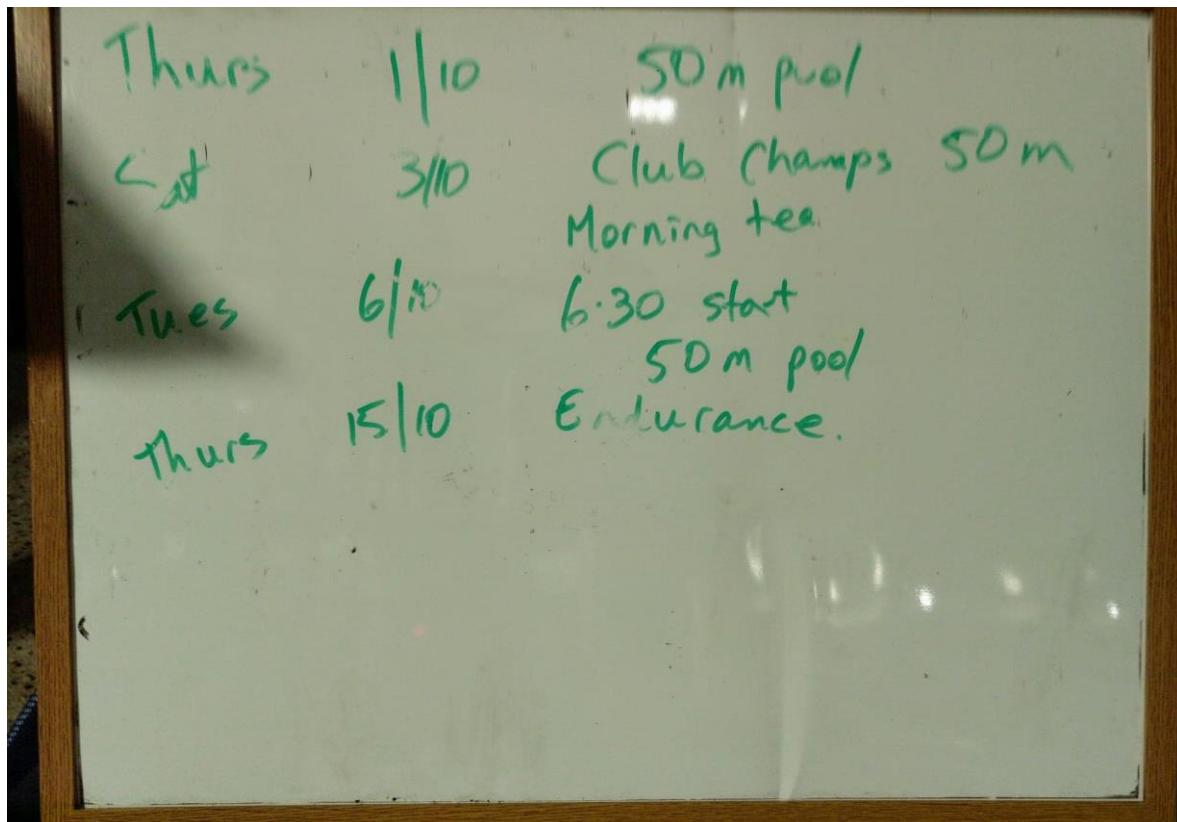
- **President: Charles Croft 0407909332**
AMSC.President@hotmail.com
- **Coaching Co-ordinator: Heather Croft**
0406 528 303 AMSC.HeadCoach@gmail.com
- **Secretary: Liz Dunn 0414939794**
AMSC.Secretary@hotmail.com
- **Club Captain: Colin Gibson 0447143881**
AMSC.Captain@gmail.com

Note from the editor

Hello to all the swimmers and any others reading the September newsletter for Armadale Masters Swimming Club. The weather is warming up now so we are going back to the outdoor 50 metre pool from 1st October - YAY!

Heather has been displaying this (below) sign at all of the training sessions lately. (I think she wants to remind us about moving back outside!)

If you show up to training at any point and nobody is there, perhaps you're actually the one who's not there! In this case it might be time to walk outside to the 50m pool where everybody will be sympathetic and understanding of the difficulty in remembering to change training pools.



The image is a whiteboard and the notices on it are;

Thursday 1/10 50m Pool

Saturday 3/10 Club Champs 50m Pool, Morning Tea

Tuesday 6/10 6:30pm start, 50m pool

Thursday 15/10 Endurance night

The Club Morning tea is coming up this Saturday too. It's on the first Saturday of each month, at the club room which is at the deep end of the 50m pool. It will be after Club Champs - bring some food to share with your swimming buddies. We all manage to push through our Club Champs events with thoughts of the coffee and treats waiting for us afterwards!

See you all around the (50m) pool soon!

Alex.

P.S. GO TO THE 50M POOL NOT THE 25M POOL!!!!!!

Head Coach's Report

Hello swimmers,

Recently we had nine of the coaches complete their CPR training. I mentioned CPR last month but I want to thank the coaches again. Their commitment supports the club and its swimmers.

We are returning to the 50m pool soon, check the calendar for information about that. The club calendar is available on the website in the Training section, and also on the club Facebook page.

We've had some discussions lately about Endurance events, which are events where swimmers can be timed for long distance swims and have the swims counted toward Club Endurance Points over the year. This has been a discussion I've put a lot of thought into as Head Coach, with consideration towards the many swimmers in our club who don't tend to participate in Endurance events.

I am available to support swimmers by timing them if they would like to have opportunities to do Endurance events outside of officially organised Endurance sessions. Please contact me if you'd like to do this. As Head Coach, I want to support swimmers to meet their goals.

I have also reached out to swimmers to let them know about the option to arrange their own Endurance sessions for our club community. So, there are new opportunities now for our members to access Endurance swims.

Heather.

Captain's Report

Hi Swimmers.

We have another inter club swim meet coming up, the open water swim series calendar has been released and next month we are back outdoors in the 50m pool for training.

Upcoming Events;

Sunday 25th October is Stadium Masters LiveLighter Club Challenge Series Meet at HBF Stadium. This is a Long Course Meet in the indoor 50m pool. Please see the flyer for more details. It has been emailed out to everyone.

You can swim in 3 events and let me know if you would like to be in a relay as well.

Please have your nominated events, times, and \$20 entry fee (includes pool entry) to me by Saturday October 10th.

Sunday 15th November is Freo Fins LiveLighter Club Challenge Series Meet at Fremantle Leisure Centre, more details to come.

The 2020/21 WOW Open Water Swim series calendar has been released with the usual first event being club favourite Maida Vale Master's Lake Leschenaultia Lake swim on Sunday November 8th.

For more details go to <https://www.wowswims.com.au/events-1>

At the end of August, we had four swimmers - Charles, Julie, Natalie, and Alex - competing at the Claremont Just 100's at HBF Stadium. Daniel attended as a supporter.

At Club Championships in early September, we had 19 swimmers attend. Charles and Heb implemented a new method for running the morning, which went great.

We had one swimmer at the Leeming Masters 400m/800m event at Cockburn Arc - Alex. We did also have Rowena, Gillian, and Heather attending as officials. Janine was there too, in their role at the Arc.

Finally, a reminder that we will be back outdoors in the 50m pool for training from Thursday 1st October. Tuesday training times will be back to 6:30pm – 7:30pm.... Hooray, I hear you say!

As always, let me know if you have any questions or feedback.

Keep swimming.

Cheers,

Cap'n Col

Other Notable Committee Business

- The annual Club Dinner and Presentation Night will be on 5th December at the Roleystone Club. More information to come!
- We have a fundraising event coming up – a Sausage Sizzle at Armadale Bunnings (not Maddington as in previous years). Be ready to help out!

This month, Jennifer is the star of the newsletter! She's been in the news recently for her caregiving work. (I may also have an older newspaper clip with a photo of Jenny, on the page after). Check this out first, though. It's by Southcare, and appeared in the Examiner Newspaper in August 2020.

Page 8 – THE EXAMINER, AUGUST 19TH, 2020

BORN TO BE AN #AGEDCARESUPERHERO



"A people person with a gift of the gab" is how Jennifer Findlay describes herself and as a Community Support Worker with Southcare these skills have seen her invited into 300 homes to look after our State's most vulnerable.

"My friend", "cheerful", "kind", "thoughtful" and "considerate" is how her customers describe her and why she has been recognised as one of Southcare's #agedcaresuperheroes as part of Age Care Employee Day

celebrations on August 7.

"Aged Care Employee Day is an official day to thank, honour, recognise and celebrate those who work in the aged care industry across Australia," Dr Howe, Southcare CEO said.

"We've been celebrating our Southcarers for almost 40 years and have a tremendous team who deserve every accolade from their peers and their customers. #thanksforcaring to our #agedcaresuperheroes.

Not that Jennifer sees herself as a hero of course. "I just love people and I love this job, we are like one big extended family," Jennifer said.

"There is always a strong level of professional respect - that goes without question - but care, compassion, empathy and all the qualities are also inherent making for a life-long friendship," Jennifer said.

Jennifer's story as an #agedcaresuperhero extends way

beyond her work at Southcare, she also is a full time carer for her husband and daughter who is receiving treatment for bowel cancer.

"I became a professional carer later in life and I do think I was born for it using my life experience and healthy dose of people skills helps me thrive in this work," Jennifer said.

"This job is all about giving - giving time, giving attention and of course giving essential service to help those that sometimes aren't able to help themselves. "The irony is that while so much of my time is spent giving, I am actually the one who is receiving too."

"I love that my job allows me to both give and receive, it may have taken me 58 years to fully realise that, but has truly been worth the wait. "As people age, many feel a loss of self independence and purpose but isn't it great that by their very nature of allowing me into their homes, they are actually helping me find mine."

Here is an online version of this, on the Southcare website,
<https://www.southcare.org.au/news/born-to-be-an-agedcaresuperhero/>

Here is something else about Jennifer in the news. In this picture, she is pictured with Heather Adams and Pam Vincent – this is at the 1999 Masters Games. You can tell this is old because there is no 9 at the front of the phone number listed in the article!



In case you are asking – well, why does Jennifer get all the attention this month? The answer is, we of course all love Jennifer, she's friendly and kind to everyone plus always very respectful to the coaches and fellow swimmers. She is on the committee and choosing to support the club that way which is cool too. But also – Jennifer is the longest standing member of Armadale Masters and has been a member for 29 years!! (Source – Jeff). Is there a prize for this??

Next, here are two photos of other things from the month. There was less time than usual between this newsletter and the previous one, so I don't have very many photos for September. Members can send me photos whenever they'd like for inclusion in the newsletter.



Here's Graham and Natalie on a Saturday morning. Natalie is not training at the moment but she continues to do Behind-The-Scenes work for the club. In a future newsletter I will be explaining a bit more about the work that Natalie, Graham, and Jeff do. Maybe you don't know what that is but you can read about it soon!



This is a bit of a terrible picture but it's the only one I have from this event! It's from Leeming Masters 400/800 meet at Cockburn Arc. You can see Gillian, Heather, and John (John is timekeeping in Lane 4). I'm not sure if Rowena is in this photograph or not. Can anyone spot her?

Just for Fun

September sport Quotes:

“The breakfast of champions is not the cereal, it’s the opposition”
Nick Seitz, sports writer.

“The only way to prove that you’re a good sport is to lose.” Ernie Banks, baseball player.

“I figure practice puts your brains in your muscles.” Sam Snead, professional golfer.

“I’m trying to conquer swimming. I’m getting there. I’ve gotta conquer it. I had a fear of drowning and tunnels and flying. I started flying and got my pilot’s license, so I conquered that. Now, I’m onto swimming and tunnels.” Tyler Perry, actor.

“Do activities you’re passionate about - which make your heart and soul feel perky - including things like working out, cooking, painting, writing, yoga, hiking, walking, swimming, being in nature, being around art, or reading inspiring books.” Karen Salmansohn, author.

Lastly, here's a butterfly swimming meme, from swimjim.com



Enjoy the month everyone!