



Armadale Masters Swimming Club

NEWSLETTER

October 2020

CLUB CONTACTS

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Note From the Editor

Hello, swimmers!

I've had a busy month in my personal life – I've had a lot going on. I might have a kid or two to cook for and drive to sports. They take some work, almost as much as watering my indoor plants. As a result of my fatigue, I can't think of anything especially interesting to say in my Note From the Editor. It's not like me to be lost for words, but I do have plenty of words and photos to share from others this month. So, I hope you will all enjoy the newsletter.

I do have one interesting thing to say actually. New(ish) member Pete gifted me an Armadale Masters shirt this month. I think it looks nice but I suppose if anyone disagrees you may tell me on pool deck – at your own risk! I'll admit that the green and white wasn't striking me as being a lovely combination. I've never heard of that combo showing up on a red carpet; have you? But I've pushed the vanity aside for now and really, it looks much better than the colours would have suggested.

In the end the social joy of my Masters friends all wearing the same uniform as me, seemed to matter a lot more than if the shirt was pretty anyway.

So there you have it, my fascinating, entertaining introduction for October 2020 saying that I have a new shirt. You're welcome.

Until the next riveting Note From the Editor to come in November,

Alex.

Head Coach's Report

Hello everybody.

It is nice to see that attendance has picked up since moving outdoors to the 50m pool. We are lucky to have such a great facility to train at, with access to the 50m pool.

I hope everyone has been enjoying the Sunday Endurance Swims.

Here's the whiteboard with some key dates for November on it.



Here's the November Club Calendar.



Armadale Masters Swimming Club

Club Calendar NOVEMBER 2020



DATE	DAY	ACTIVITY / EVENT	Coach Organiser	Venue
1 st	Sunday	Endurance Swims (8.30am - 10.30am)	Natalie	Armadale
3 rd	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	Armadale
5 th	Thursday	Squad Training (6.30pm-7.30pm)	Peter	Armadale
7 th	Saturday	Club Championships 8.30am warm up – 1 st race 9.00am 100m/100m different strokes Bring a plate morning tea	Colin	Armadale
8 th	Sunday	Lake Leschenaultia Masters OWS Distances: 400m, 800m, 1600m, 3200m	Self	Lake Leschenaultia
10 th	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	Armadale
12 th	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims (6.30pm-7.30pm)	Derek Natalie	Armadale
14 th	Saturday	Squad Training (9.00am-10.00am)	Colin	Armadale
15 th	Sunday	Fremantle LLCC – Long course	Colin	Fremantle
15 th	Sunday	Bunnings Sausage Sizzle	Colin	Armadale
17 th	Tuesday	Squad Training (6.30pm-7.30pm)	Fettes	Armadale
19 th	Thursday	Squad Training (6.30pm-7.30pm)	Heather	Armadale
21 st	Saturday	Squad Training (9.00am-10.00am)	Fettes	Armadale
24 th	Tuesday	Squad Training (6.30pm-7.30pm)	Colin	Armadale
26 th	Thursday	Squad Training (6.30pm-7.30pm)	Charles	Armadale
28 th	Saturday	Squad Training (9.00am-10.00am)	Tim	Armadale
30 th	Thursday	Squad Training (6.30pm-7.30pm)	Colin	Armadale



Have a good month at training.

Heather.

Captain's Report

Hi swimmers!

This month at Club Championships we had 15 swimmers competing, with a number of age group records set.

On Sunday 25th October was the Stadium Masters LiveLighter Club Challenge. 6 swimmers competed at this event.

We have a few upcoming events;

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

The next Club Champs is **Saturday 7th November**. Two 100s events are planned for this day.

WOW Swims – Open Water Swim Series:

Sunday 8th November is club favourite Maida Vale Master's Lake Leschenaultia Lake swim and registrations are now open.

As usual, there are four distances you can choose from.

- 400m—Non-competitive ‘Go Jump in the Lake” event is open to swimmers 9 years & over on the day
- 800m—11 Years & over on the day
- 1.6km—11 years & over on the day
- 3.2km- 12 years & over on the day

You can register by clicking the link below;

<https://www.registernow.com.au/secure/Register.aspx?E=41098>

For details on all the swims in the WOW Swim series, click on the link to the WOW Swims events calendar - <https://www.wowswims.com.au/events-1>

As mentioned above, on **Sunday 15 November** is Freo Fins LiveLighter Club Challenge.

Sunday 15 November is also our club fundraiser – the Bunnings Sausage Sizzle. Please come to help out here. It is necessary for our club to continue to fundraise.

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

Keep swimming.

Cheers,

Cap'n Col

Other notable Committee Business

- Please everybody offer your in-person support at the Bunnings Sausage Sizzle on the 15th November. This is an important role for all the swimmers, as we all benefit from fundraising by funds earned for the club. Please get involved in supporting the club by coming to do a shift at the Sausage Sizzle.
- On 30th October, Armadale Masters participated in the Swim Together Campaign. Charles coached on this morning. Thank you, Charles!
- Club Presentation Dinner is on 5th December! Put it in your calendars! See the flyer which I've put below. Also the swimmers have received this via email. Text Liz with your RSVP by 1st December.



Armadale Masters Swim Club Presentation Dinner.

Venue: Roleystone Club, Wygonda Road, Roleystone

Date: Saturday 5th December

Time: 6.30pm

Cost: \$25 Coaches, \$35 Club Members and Partners \$45

Please transfer into the club account or see Natalie if you prefer to pay cash.

BSB: 086 116

Account: 323723684

It is a 3 course meal with a choice of two mains and two desserts plus a vegetarian option with a choice of two mains. Please let me know if a vegan option is required.

DRINKS: Can be purchased at the bar

Raffle and trophy presentations will take place during the evening.

Please email or text Liz on 0414 939 794 if you are attending so I can confirm numbers by 1st December.

It is always a fun night so please make sure you come along.



Here's my collection of photos from October. Remember to send me any that you'd like to share for future newsletters!



This is Alex, Rose, Gillian, and Mary – at Lake Leschenaultia Swim in 2019. (Greg was there too but had left already when this photo was taken). If these smiling faces don't make you want to book in to one of the Lake Leschenaultia swims for this year, I don't know what will! Come along if you think you may like to give it a go; it's a fun morning at a beautiful location.

Mary receives the credit for this photograph being dug up from last year, and re-used for this edition of the newsletter. She came up with the idea and put it to me at a training session. Thanks, Mary!



Look at Rose! How lovely is she??? Rose has learned how to be our starter for Club Champs! She's a natural at it. Thank you, Rose.



Here's Jeff imparting some wisdom. Jeff tried to escape the camera to give Rose the attention for her skills and work, however I took this photo despite him! It seemed nice that he was explaining things to Rose and that's why I included this photo. A lot of shared knowledge helps our club to run smoothly and to be a place of friendship and growth for many of us.



Rose seems to be enjoying her new role! The swimmers look a bit nervous though – that's Adele, Rowena, and Sarah.



This is Adele talking with Rose.



Rose in action!



Here's Rowena and Heather officiating at the Stadium Masters LiveLighter Meet at HBF Stadium.



Heather's first day as a starter! GO HEATHER!!!!!!



Armadale Masters' relay team at Stadium Masters meet. This is Sarah, Gillian, Rowena, and Julie.



Gillian's Victory Dance!



Here's the final photograph from this month - friends Pamela and Adele. They've both been smashing their goals after regular attendance at the EMERALDS sessions.

Just For Fun

I looked up some swimming pick up lines, and chose some of my favourites to share here!

- Is your name 100m Butterfly? Because you take my breath away!
- Are you a slippery pool deck? Because I'm falling for you.
- Are you the flags in a backstroke race? Because I've been looking for you forever.
- Is your name Taper? Because you're everything I've been waiting for!

Here's the swimming meme for this month!

When you get invited out with a couple and feel really awkward third wheeling



Have a fabulous month, swimmers!

