



ARMADALE MASTERS SWIMMING

CLUB NEWSLETTER

APRIL 2021

CLUB CONTACTS

President	Colin Gibson	0447 143 881
Club Captain	Rowena Burch	0415 192 373
Secretary	Liz Dunn	0414 939 794
Treasurer	Hans Vosbergen	0439 998 564
Head Coach/Coordinator		
	Jackie Briggs	0413 322 070

The AGM for Armadale Masters Swimming Club was held on Saturday March 6th at 10am in the club rooms.

All outgoing committee members were thanked for the hard work that was carried out during their term. Especially during the difficult year and uncertainty during the Covid 19 Pandemic. Their dedication and work behind the scenes that keeps our swimming club such a progressive and happy club of which we are all immensely proud members was warmly appreciated. Our new committee were welcomed.

Colin Gibson - *President*

Charles Croft - *Vice President*

Liz Dunn - *Secretary*

Hans Vosbergen - *Treasurer and Pool Liaison*

Rowena Burch - *Club Captain*

Heather Croft - *Vice Captain*

Jackie Briggs - *Coaching Coordinator/Head Coach*

Hans Vosbergen & Pamela Pearson - *Endurance coordinators*

Pamela Pearson, Rose Fenton and Graham Cragg - *Committee members*

Yvonne Lovegrove - *Newsletter Editor*

In addition to above. Jeff Sanders as the coach for the early morning group the “Emeralds” and maintaining the website.

Also Graham Hicks as the registrar and maintaining Team Manager.

Captains Reports

AMSC 2021 Club Championships Round 2 – 10 April 2021

Twelve members braved the cool April 'breezes' to compete in our slightly delayed 2021 Club Championships Round 2. Presumably everyone else was having a sleep in to recover from hot cross bun and chocolate bunny eating the weekend before...

Two events were on offer – 200m choice and 50m choice.

Sarah Carr was top point scorer of the day on 8 points, followed by Wayne Sams-Haynes on 5 points.

Sarah continued her dominance of backstroke events with a new club record and personal best time in the 200m. Club Captain Rowena Burch also managed a club record in the 200m individual medley. Not to be outdone by these 'young' whipper snappers, Hans Vosbergen set a new club record in the 200 backstroke.

In the Men's competition, Wayne has grabbed an early 2 point lead, with Graham Hicks nipping at his heels. New member Sridhar Munusamy (Sami) has shown improvement in his form to sit in 2 points behind in equal third alongside Hans and Charles Croft.

In the Women's competition, Sarah didn't quite manage to nudge Pamela Pearson from her perch at the top of the leader board. Sarah shares equal second, 1 point behind, with Natalie Metcalfe. Alicia Sams-Hayes and Jennifer Findlay are another point behind in equal third.

With plenty of rounds left in the season, anything can happen! Club Championships are designed so that you are competing against yourself, so you don't need to be the fastest in your age group to score big points.

Hopefully we'll see a few more swimmers braving the next club championships – first Saturday in May.

Masters Swimming WA State Short Course Championships

Mandurah – 27 to 28 March 2021

Four intrepid swimmers represented team Armadale at the recent (and much anticipated) Masters Swimming WA State Championships. MSWA aim to hold a state championship every year, with rotations through short course format and country locations. Mandurah ticked the box for both in the one meet. The meet was blessed with perfect weather, and cursed by bees hovering over the lanes.

Sarah Carr, Colin Gibson, Charles Croft and Daniel Douglas all swam individual events. Unfortunately, Armadale didn't have quite the right mix of swimmers to field a relay team this year.

Congratulations to Sarah who achieved a state record in the Women's 35-39 100m Backstroke in 1:14.47. This was also a club record. Sarah also achieved club records for her 50m freestyle and 200m breaststroke.

Congratulations also to Daniel who swam two personal best times for his 50m and 100m freestyle, and notched a club record for his 200m freestyle.

Charles showed his dominance in breaststroke, with a clean sweep of club records for his 25m, 50m, 100m and 200m events.

President Colin completed a full set of eight individual events and was observed to swim butterfly one not one, not two, but on three occasions. There may also have been some muttering about open water swim fitness and a lack of an ability to sprint...

Thanks to Heather for coming down to support Charles and do plenty of timekeeping, and to those swimmers who did a spot of timekeeping in between swimming. Thanks also to starter extraordinaire Gillian who volunteered as a non-swimming official for the two days of the meet (alongside yours truly).

Head Coach

Hi everyone!! hope you have been well rested from the covid break and ready to jump back into the pool. The calendar for May is below. If you do have any suggestions/ideas to be included in training I am happy to have a chat or for you to send an email (amsc.coachingcoordinator@gmail.com). There is not much else to say other than I look forward to seeing everyone at the pool.

Thanks, Jacky



Armada Masters Swimming Club Club Calendar MAY 2021



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
1 st	Saturday	Club Championships (2x 100m choice) Bring a plate morning tea.	Colin	50m pool
3 rd	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
4 th	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	25m (1 lane) & 50m (3 lane)
5 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
6 th	Thursday	Squad Training (6.30pm-7.30pm)	Peter	25m (3 lane)
8 th	Saturday	Squad Training (9.00am-10.00am)	Alex	25m (2 lane) & 50m (2 lane)
10 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
11 th	Tuesday	Squad Training (6.30pm-7.30pm)	Colin	25m (1 lane) & 50m (3 lane)
12 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
13 th	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Fettes Hans	25m (3 lane)
15 th	Saturday	Squad Training (9.00am-10.00am)	Jacky	25m (2 lane) & 50m (2 lane)
15 th	Saturday	Stadium Masters Livelighter 1500m	Rowena	HBF Stadium
17 th	Monday	Squad Training (9.00am-10.00am)	Jeff	50m pool
18 th	Tuesday	Squad Training (6.30pm-7.30pm)	Alex	25m (1 lane) & 50m (3 lane)
19 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
20 th	Thursday	Squad Training (6.30pm-7.30pm)	Derek	25m (3 lane)
22 nd	Saturday	Squad Training (9.00am-10.00am)	Jeff	25m (2 lane) & 50m (2 lane)
24 th	Monday	Squad Training (9.00am-10.00am)	Jeff	50m pool
25 th	Tuesday	Squad Training (6.30pm-7.30pm)	Jacky	25m (1 lane) & 50m (3 lane)
26 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
27 th	Thursday	Squad Training (6.30pm-7.30pm)	Peter	25m (3 lane)
29 th	Saturday	Squad Training (9.00am-10.00am)	Fettes	25m (2 lane) & 50m (2 lane)
31 st	Monday	Squad Training (9.00am-10.00am)	Jeff	50m pool

Update on new swimwear.

The Committee has agreed to go ahead with the pelican design which will be black bathers with green panel and white pelican design. Rose will soon have the price and design to show you at swim training.

MEMBER NEWS

This photo was supplied by Fettes.
it reminds swimmers of the need
to be aware of the danger of
swimming while thunder and
lightening are around. An appropriate
reminder for this time of year.



Lexie would like to thank everyone for the “get well” card and all the good wishes she has received during her recent health issue.

Welcome to Sridhar (Sammy) who is now swimming with us in lane 8. Apart from swimming, we hope you enjoy the camaraderie and social side of being a club member.

Belated happy birthday to Alex, hope you enjoyed your day. Also, thank you for being our previous newsletter editor. Your words of wisdom were much appreciated.