



ARMADALE MASTERS SWIMMING

CLUB NEWSLETTER

MAY 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

Jacky Briggs 0413 322 070

Captains Reports

AMSC 2021 Club Championships Round 3 – 1 May 2021 Twelve members kicked off the covers and bounced out of bed on the coldest morning of the year so far to compete in round 3 of our Club Championships. For those who don't know, the Club Championships is not about being the fastest swimmer in the club – or even your age group. Points are awarded based on how well you swam that day in comparison to your previous times for that stroke and distance. It is a friendly competition rewarding consistency, effort and having a go. Two events were on offer – 100m choice, and another 100m choice in the 50m pool. Sarah Carr continued her form from April as top point scorer of the day on 6 points, followed by Jennifer Findlay and Rose Fenton on 4 points. Top performance of the day goes to Alex Holt's youngest child Fable, who did an impressive job of timekeeping under the watchful eye of instructor Graham Hicks. In the Men's competition, Graham Hicks on 9 points has edged in front of Wayne Sam-Hayes on 8, followed by Fettes Falconer in third on 5 points. In the Women's competition, Sarah secured the lead on 14 points from April's leader Pamela Pearson, who sits in second on 12 points. Consistent performer Jennifer is not far behind on 11 points. The next round of Club Championships is scheduled for the first Saturday in June. Plenty of time to get some practice in!

UPCOMING EVENTS June 5th Club Champs followed by morning tea. June 20th Riverton 400 and 800.

Other events, Bunbury 3x 400 postal swim in May and June – See Masters Swimming WA website for details.

Captain Rowie

Head Coach Report

Hi everyone!

There is a bit of confusion regarding which pool is being used for training. Tuesdays and Saturdays, we are unable to get 3 lanes inside the 25m indoor pool. If you have a look at the calendar, I have inserted a column indicating where we are training. It would be great if everyone could be at the pool 10 minutes before training to enable us preparation time and so that we can let the lifeguards know if we require all lanes booked. I have attached the roster for next month, please note that the club championship pool and event will be updated closer to the date once we know the weather forecast.

Thanks,

Jacky



Armadale Masters Swimming Club Club Calendar JUNE 2021



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
1 st	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	25m (1 lane) & 50m (3 lane)
2 nd	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
3 rd	Thursday	Squad Training (6.30pm-7.30pm)	Fettes	25m (3 lane)
5 th	Saturday	Club Championships (TBC) Bring a plate morning tea.	Alex/ Jeff	TBC
7 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
8 th	Tuesday	Squad Training (5.30pm-7.30pm)	Peter	25m (1 lane) & 50m (3 lane)
9 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
10 th	Thursday	Squad Training (6.30pm-7.30pm)	Peter	25m (3 lane)
12 th	Saturday	Squad Training (9.00am-10.00am)	Colin	25m (2 lane) & 50m (2 lane)
14 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
15 th	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	25m (1 lane) & 50m (3 lane)
16 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
17 th	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Jacky Hans	25m (3 lane)
19 th	Saturday	Squad Training (9.00am-10.00am)	Alex	25m (2 lane) & 50m (2 lane)
20 th	Sunday	Riverton Masters LiveLighter 400/800m	Rowena	Riverton Leisureplex
21 st	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
22 nd	Tuesday	Squad Training (6.30pm-7.30pm)	Colin	25m (1 lane) & 50m (3 lane)
23 rd	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
24 th	Thursday	Squad Training (6.30pm-7.30pm)	Jacky	25m (3 lane)
26 th	Saturday	Squad Training (9.00am-10.0am)	Fettes	25m (2 lane) & 50m (2 lane)
28 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
29 th	Tuesday	Squad Training (6.30pm-7.30pm)	Jacky	25m (1 lane) & 50m (3 lane)
30 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool

ENDURANCE SWIMS ON SUNDAY MORNINGS – Hans is willing to do timing of endurance swims on Sunday mornings, members will have to let him know in advance so that he can determine whether he will be available and if there will be a need for him to book a lane.

SWIM SUITS – Emails have been sent to all club members re the details of the new swim suits. Please see Rose at poolside – or Liz.

MEMBER NEWS



THANK YOU BREAKFAST

(photo courtesy of Masters Swimming WA)

Masters Swimming WA recently treated technical officials with a breakfast on the South Perth foreshore. The time, expertise and dedication was stated as being very valuable in the running of swimming meets. Armadale Masters are proud of our own club members who give their valuable time to officiate.

LiveLighter Couch to 2k - Armadale

Hey Fettes,

The [LiveLighter Couch to 2k Clinic](#) is happening again, this time at Armadale Fitness and Aquatic Centre each Thursday evening from the 3rd to the 24th of June.

Coached by Kareena Preston, the 4 week clinic aims to help you build up from your base endurance level to an achievable 2km swim.

You will also get advice on hydration and nutrition, take home exercises and experienced coach support.

More information about the LiveLighter Couch to 2k Clinic is available on our [website](#).

Session Times (must attend all):

- [Thursday 3rd June 2021, 6.30PM-7.30PM](#)
- [Thursday 10th June 2021, 6.30PM-7.30PM](#)
- [Thursday 17th June 2021, 6.30PM-7.30PM](#)
- [Thursday 24th June 2021, 6.30PM-7.30PM](#)

Pricing:

- Early bird (until 10pm on 26th May): \$80. Use code **EARLYBIRD** at checkout to claim the discount.
- Regular pricing (after 10pm on 26th May): \$100

One ticket covers all 4 sessions. Pool entry fees not included.

Places are limited, so get in quick to avoid missing out. [Reserve your spot](#) using the button below.

[Get Your Tickets Now!](#)

May 1st Championship Swim. Some good photos of swim starts taken but, the most endearing photo was of Alex' daughter Fable. Fable was interested in watching everyone timing swims, so interested that she paid close attention as to how the time watches worked, she was given a time watch to practice with, there was no holding her back, she liked to compare her time with the official timers which showed she knew what she was doing and her timing skills comparisons were good.



First swim of the season in the indoor 25m pool was enjoyed by Yvonne L. Suzanne and Yvonne H.



Birthday Wishes for May

Wishing all our club members who were born in the month a May a
Very Happy Birthday – Celebrate well, enjoy your day, if this newsletter reaches you after your special day – hope it was a good day for you.

Dereck Bishop May 2nd Lia Long May 3rd Lexie Rankin May 4th
Shaun Williams May 4th Luke Ormerod May 7th Julie Loxton May 16th
Heather Croft May 20th Yvonne Lovegrove May 29th

Birthday Wishes for June

Birthdays to come for the month of June. Happy birthday and celebrate well.

Mary Plant June 13th Donna Lynch June 23rd



Monty Python Fans Group - Join

If any members have an item to put in your club newsletter, send to editor at yvonne.lowe21@gmail.com