



ARMADALE MASTERS SWIMMING

CLUB NEWSLETTER

JUNE 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



Armadale Masters Swimming Club Club Calendar JULY 2021



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
1 st	Thursday	Squad Training (6.30pm-7.30pm)	Derek	25m (3 lane)
3 rd	Saturday	Club Championships (200m & 25m choice) Bring a plate morning tea.	Colin	50m (2 lane- with lane divider) 25m (2 lane) for non-club champs
5 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
6 th	Tuesday	Squad Training (6.30pm-7.30pm)	Fettes	25m (1 lane) & 50m (3 lane)
7 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
8 th	Thursday	Squad Training (6.30pm-7.30pm)	Alex	25m (3 lane)
10 th	Saturday	Squad Training (9.00am-10.00am)	Jeff	25m (2 lane) & 50m (2 lane)
12 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
13 th	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	25m (1 lane) & 50m (3 lane)
14 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
15 th	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Peter Hans	25m (3 lane)
17 th	Saturday	Squad Training (9.00am-10.00am)	Jacky	25m (2 lane) & 50m (2 lane)
18 th	Sunday	Riverton Masters LiveLighter Club Challenge	Rowena	Riverton Leisureplex
19 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
20 th	Tuesday	Squad Training (6.30pm-7.30pm)	Jacky	25m (1 lane) & 50m (3 lane)
21 st	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
22 nd	Thursday	Squad Training (6.30pm-7.30pm)	Colin	25m (3 lane)
24 th	Saturday	Squad Training (9.00am-10.0am)	Alex	25m (2 lane) & 50m (2 lane)
26 th	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
27 th	Tuesday	Squad Training (6.30pm-7.30pm)	Fettes	25m (1 lane) & 50m (3 lane)
28 th	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
29 th	Thursday	Squad Training (6.30pm-7.30pm)	Derek	25m (3 lane)
31 st	Saturday	Squad Training (9.00am-10.00am)	Colin	25m (2 lane) & 50m (2 lane)

AMSC 2021 Club Championships Round 4 – 5 June 2021

Eighteen members sated their curiosity and turned up for our first short course round of the 2021 Club Championships – in the 50m pool! How is this possible? Thanks to our friends at Armadale Kelmscott Swimming Club, we borrowed their Finis Turnmaster Pros – basically lane width boards attached to the lane ropes that provide a stable platform for starts. This enabled us to hold short course competition at Armadale with dive starts from the blocks.

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.

Three events were on offer – 100m choice, 50m choice and 25m.

Gillian Caruso was top point scorer of the day with 11 points, followed by Charles Croft on 10, and Pamela Pearson feeling fresh after her trip to warmer climates on 8 points.

With 18 swimmers warming their toes in the pool, it is no surprise that 8 club records and 4 PBs were set. This was probably helped by the advantage of dive starts after a couple of years of in water starts for our short course rounds. Club records went to Sarah Carr (3), Gillian Caruso, Shaun Williams (2), Wayne Sam-Hayes, and Charles Croft. PBs went to Wayne Sam-Hayes (2), Pamela Pearson and Charles Croft. Charles' 50m butterfly PB (and club record) is especially impressive as he beat his previous best time from 2015!

In the Men's competition, Wayne Sam-Hayes and Charles Croft are tied for first place on 14 points, with Graham Hicks nipping at their heels in third on 13 points.

In the Women's competition, Pamela Pearson regained the lead on 20 points from Sarah Carr on 17. It's a tight tussle for third with Jennifer Findlay, Gillian Caruso and yours truly all on 11 points.

The next round of Club Championships is scheduled for Saturday 3rd July 2021. As always, let us know what you think of the outdoor short course format. Yes, it was cold, but there's no such thing as bad weather, just bad clothing choices... some sort of shoes definitely recommended if you don't want to feel every single pebble in the concrete!

Captain Rowie

EMERALDS - Early Morning Early Rising Armadale Long Distance Swimmers

I really do think that I have one of the best coaching jobs around, even when it's pouring down with rain or 2 degrees I get to see the dedicated EMERALDS rolling up at the pool early in the mornings and achieving their goals. In just 5 months they have set an incredible 22 club records and 31 PB's!

The EMERALDS squad trains all year round on Monday and Wednesday Mornings from 5:30AM to 7:00AM. We swim in lanes 7 and 8 and all club members are most welcome to join us.

Training will be mostly in the outdoor 50m pool, but we may duck into the 25m indoor pool if the weather is exceptionally bad.

WHAT SORT OF TRAINING WILL WE BE DOING?

The focus will be on improving aerobic fitness for Endurance 1000 swims and open water swims. I believe with a bit of guidance and some hard work everyone can improve on their aerobic fitness and achieve their swimming goals. You will be pushed but not broken if you stick with the programs.

WHO ARE THE SESSIONS FOR?

The sessions will be tailored to suit all swimmers of all abilities.

WHAT DO I NEED TO BE PART OF THE EARLY MORNING TRAINING SESSIONS?

Bring along your fins, pull buoy, sports watch and Beeper if you have one. Club members can loan one of the clubs stop watches and/or beepers – We have limited stock, so first in first served.

Please contact me if you're interested in joining the squad so I have the right program ready for you.

HOW ARE THE SESSIONS ORGANISED?

Swimmers of like ability are grouped together in the same lane and appropriate sessions are provided. Each session usually has a warm up period, a main set, a contrasting set and a swim down period. On an average morning lane 7 will swim approximately 3,600m and lane 8 approximately 2,800m in 1.5 hours. If the distances sound intimidating, don't let it put you off. The idea is to train up to a level you feel comfortable with and to begin with you don't have to swim all of the session.

Jeff: 0411 750 767 amsc.coachjeff@gmail.com



Member News

A big thank you to our water polo playing member Alicia Sams-Hayes for the donation of two water polo balls to the club. The committee appreciate your generosity and they will be put to good use.

With the two balls bought via club funds, the club now has four water polo balls. These balls will be a valuable tool to help with training, particularly with the strengthening of core muscles. We look forward to some interesting training sessions, maybe Alicia will show us how its done!



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This week we welcomed Tegan Engler and Renee Barbeau to our swimming club. We hope you both enjoy being part of our team and look forward to seeing you both poolside and of course sharing in our Saturday morning tea break. Tegan and Renee are also training together to compete as a duo in the next Rottnest Swim.

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On a Saturday morning Alex who was coaching took this great photo of Sarah Carr during training.



Photo of the Turnmasters being used in the 50m pool during club champs.



Plus, timekeepers in action as Wayne doing butterfly approaches the finish line.



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Wishing all our club members who were born in the month a **Very Happy Birthday**  
Celebrate well, enjoy your day. July 13<sup>th</sup> Vicki Kelly and July 25<sup>th</sup> Fettes Falconer.

Jennifer Findlay has been a member of our swimming club for thirty years. Here are some photos to show you the badges Jennifer has received.



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A while ago, Natalie donated a box of reusable cups, we still have quite a few of these left, please ask a committee member if you would like one.



**Late newsflash: Keep safe during this short lockdown. Hoping that there are no more positive cases of Covid in Perth. We look forward to seeing you all poolside on Saturday.**