



ARMADALE MASTERS SWIMMING

CLUB NEWSLETTER

SEPTEMBER 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 AMSC 2021 Club Championships Round 5 – 4 September 2021

Pelicans, pelicans everywhere! It was a very fashionable crew of 15 swimmers who turned up for round 7 of our Club Championships, with many sporting their new club bathers. There must be something about those bathers because there were some impressive performances. 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 (both personal best and previous year) for that stroke and distance. It is a friendly competition rewarding consistency, effort and having a go.

Three events were on offer – 100m, 50m, and 25m choice. Sue Sullivan was top point scorer on the day with a perfect 15 (5 being the maximum number of points you can score in a single event), followed by Graham Hicks on 13 points, and Colin Gibson with 11 points. Seven club records were set on the day. Congratulations to Sarah Carr with three records in the 100m IM, 50 free and 25m backstroke (F35-39 years), Nicole Badani in the 50m breaststroke (F40-44), Gillian Caruso in the 50m butterfly (F50-54) Yvonne Hunt in the 100 backstroke (F65-69), and Mary Plant in the 25m butterfly (F75-79). Mary was cheered in by all the other swimmers and shows how her hard work and willingness to have a go at butterfly have paid off.

Well done! Sarah Carr and Pamela Pearson also set personal best times – Sarah in the 50m freestyle and 25m backstroke, and Pamela in the 50m breaststroke. All those early morning sessions with the Emeralds are paying off... In the men's competition, Graham Hicks has streaked ahead on 44 points, twice as many as Colin Gibson and Fettes Falconer, who are tied in second on 22. Things are much closer in the women's competition, with Pamela Pearson in the lead on 38 points, with Sue Sullivan in second on 37 and Sarah Carr on 32. Who will reign supreme and lift the trophy at presentation night? Stay tuned... The next round of Club Championships is scheduled for Saturday 2 October 2021.

UPCOMING EVENTS

October 2nd Club Championships. This will be in the 50m Pool.

October 24th Stadium Masters LLCC entries on line via

<http://www.myswimresults.com.au/Entries.aspx?MeetID=MAU%7C15>

14th November Lake Leschenaultia Open Water Swim, All details and entries via

<https://www.wowswims.com.au/events-1>

Captain Rowie

A beautiful dive by Sarah from the side of the 25 metre pool during club championships.



MEMBER NEWS

COACHING

Coaching is a great way to give back to the club and pass on your experience and knowledge. If you are interested in becoming a coach, please contact our Head Coach Jacky or talk to any of the coaches on pool deck.

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END OF YEAR ANNUAL PRESENTATION DINNER

KEEP THIS DATE. Our annual presentation dinner will be held on Saturday December 11th. This will be at the Roleystone Country Club.
Full details will be put in the October newsletter.

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RAFFLE

At our Annual Club Presentation, the raffle we hold is looking for a new raffle coordinator as long time organizer Yvonne Lovegrove is hanging up her hamper baskets and raffle tickets. If you want to know more, please speak with Yvonne about what is involved at poolside or on 0431324885.

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IMPORTANT ---- **YOUR HELP IS NEEDED** ----- **FOR OUR ANNUAL SAUSAGE SIZZLE**

Annual club major fundraising even – Bunnings Sausage sizzle at the Armadale Bunnings Store on Saturday 20th November. Please put this date in your diaries and be ready when the call goes out for volunteers from the BBQ Captain.

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Our new club bathers



The club has just a few of these bathers left for sale

Ladies sports back Size 12 - \$70.40 Size 16 - \$74.40 each

Men's Jammers size 16 - \$49.60

If you are purchasing your first pair then they will be half price.

Contact Liz 0414 939 794

NEW CLUB SAFETY OFFICER

Our Safety Officer update – Pamela has taken on the role of club safety Officer as Rose is spending time with her family in Victoria. Please see Pamela if you need to update your medical form.

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NEW TROPHY CABINET

Our club trophies finally have a new home! In a jointly funded project with the Armadale Kelmscott Swimming Club, there is now a shiny new trophy cabinet in the Club Room at AFAC.

Special thank you to Patti, AKSC President and her committee for giving us the opportunity to be part of the project. Sarah is also on the AKSC committee and was involved in organising the cabinet.

President Col giving us an update at morning tea.

Sarah and Colin beside the new trophy cabinet



THE OLD CABINET

The old cabinet has been stored in the shed at the home of Yvonne Lovegrove, this is now being offered to anyone in the club who would like to have it. Contact Yvonne on 0431324885



ALEX COMPLETES E1000

Alex had done 4 of the E1000 swims early in the year but it was not until mid May that she decided she would like to attempt to complete the whole programme.

The programme, which comprises 62 separate swims, is intended to be completed over a full 12 month time frame but as it was already almost mid year, and with the ever-present possibility of lockdowns due to COVID, she set about doing the required swims as quickly as possible.

Remarkably, to achieve this goal, in June she did all of the 5 required 400m swims (free, back, breast, fly and IM) AND all of the 5 required 800m swims (ditto) in a single session.

And she did that again the following month.

She completed the entire programme in less than 4 months.

A really great effort.

In our Club's history, only Rowena has previously completed the whole E1000 programme.

Well done Alex.

A very happy Alex at the end of the E1000



OCTOBER BIRTHDAYS

Leanne Bamford 9th October.

Vanessa Toop 28th October.

Tanya Andrews 29th October.

Jeff Sanders 29th October

Wishing you all a very happy birthday celebration. Enjoy your day.

This is our club members newsletter and if you have anything you would like to share with us please contact the editor Yvonne Lovegrove