



ARMADALE MASTERS SWIMMING

CLUB NEWSLETTER

NOVEMBER 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 REPORT AMSC 2021 Club Championships Round 9 – 6 November 2021

This was the final round of the 2021 Club Championships. Whilst the Men's competition was all but decided before a toe even entered the water, the tussle for top spot in the Women's competition was tight. A certain gentleman was again observed to be swimming breaststroke... perhaps he was feeling unwell, or perhaps he has hatched a cunning master plan for the 2022 competition?

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.

Two events were on offer – 100m and 100m choice, providing each was a different stroke.

Congratulations to Shaun Williams with two club records in the 100m freestyle and 100m fly.

Top point scorers were... now if I told you, that would rather ruin the surprise at presentation night!

Who will reign supreme and lift the trophy at presentation night? Stay tuned...

Stadium Masters LiveLighter Club Challenge HBF Stadium – 24 October

Five swimmers represented team Armadale at Stadium Masters LiveLighter Club Challenge (LLCC, held at HBF Stadium. The LLCC carnivals happen several times a year, hosted by different clubs. They are open to any Masters swimmer and offer a variety of events from 25m sprints to 200m in all strokes and in both long course (50m) and short course (25m) format. Stadium offered 200m, 100m and 50m events in all strokes, plus a 200m individual medley and men's and women's 4x50m freestyle relays. Swimmers can choose up to three individual events, and will be seeded in heats based on their nominated time. This means they swim against people of similar speed to them, regardless of gender and age group. Results, however, are based on 5 year age groups for both males and females.

Sarah Carr, Charles Croft, Gillian Caruso, Colin Gibson and Alex Holt all swam individual events. Unfortunately, we didn't have enough members competing to field a relay team.

Congratulations to Sarah who achieved three club records (two of which she already held) and three personal bests in her 200m backstroke, 100m freestyle and 50 breaststroke (F35-39). Congratulations also to Charles Croft who broke his own club record in the 50m breaststroke (M70-74).

It was wonderful to have Lexie and husband Peter come up to support our swimmers from the stands, even though she didn't swim herself.

Armadale Masters have a Pool Competition trophy for members competing at carnivals such as LLCC and State Championships. Points are awarded based on the swimmer's position in their age group at the competition.

In the Women's competition, Sarah is leading on 46 points followed by Tegan Engler and Gillian tied for second on 11 points. Alex is third on 8 points – and that's it for the girls.

In the Men's competition, Charles is leading on 76 points, followed by Colin Gibson on 57 points with Hans Vosbergen in third on 10. Daniel Douglas rounds out the men on 8 points – and that's it for the boys.

With our membership now over the 50 members mark, it would be great to see more of our members having a go at these carnivals. The last carnival for the season will be Mandurah on 28 November. Discuss your short distance goals with one of our coaches and consider giving one of these carnivals a go – either this year or next year.

Captain Rowie

MEMBER NEWS

2.5km INDIAN OCEAN SWIM

Renee completed the 2.5 Indian Ocean Swim. She managed to get a 1km and a 2.5km PB finishing way under an hour with time to spare. Conditions were lovely, the water is still a bit crisp, but all in all, she had a great swim. It seems all the training is paying off.



JEFF'S BIRTHDAY BREAKFAST

This morning, emeralds number increased to 10. We would like to Welcome four “newbies” Sue, Yvonne H, Gerry and Hugh. We also celebrated Jeff’s birthday with breakfast at Hani’s.



TEAM ARMADALE AND SUPPORT CREW READY FOR THE LAKE LESCHENAUTIA SWIM



A beautiful morning greeted swimmers for the first WOW swim of the 2021/22 season. The 35th Annual Lake Leschenaultia Open Water Swim.

Team Armadale was represented by Gill and Alex doing the 3.2km event and Charles, Heather, Liz, Fettes and Colin doing the 1.6km event.

Rowie was on the starting hooter and doing official stuff and Daniel, Lexie and Pete were also there providing moral support.

The pre race time allowed us to catch up with former members including Ross and Greg.

The next WOW swim is the Freo Ports Swim Thru on Saturday 11th December at South Beach.

Col



Alex and her friend who missed the start of their wave.
and had to catch up.



Gill just after finishing.

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.

ARMADLE MASTERS SWIM CLUB**PRESENTATION DINNER**

VENUE Roleystone Club Wygonda Road Roleystone.

DATE Saturday 11th December **TIME** 6.30pm

Raffle and trophy presentation will take place during the evening. Just a reminder that you will need cash for the raffle tickets, profits from the sale of them go back into the club. There are some really great prizes, so don't miss out.

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SAUSAGE SIZZLE THANK YOU

A very big thank you to everyone who helped with the sausage sizzle on Saturday 20th. It was busy all day as we sizzled our way through over 800 snags! Great effort team, thank you.

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WEDDING CELEBRATION

Our very own head coach Jacky and her fiancé Josh finally tied the knot and recently married.

We all wish them both a wonderful future together.



We would like to welcome Christina, Bev and Beth who are training us with the prospect of becoming members. We hope you enjoy the training and the social side of our swimming club.



DECEMBER BIRTHDAYS

Enzo Luciano December 1st Alicia Sams-Hayes December 5th Wayne Sams-Hayes December 5th Janine Hunt December 20th and Jennifer Findlay December 27th.

Looks like Alicia and Wayne will have a double celebration on the 5th.

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 yvonne.lowe21@gmail.com