



**ARMADALE MASTERS SWIMMING CLUB**  
**'SPRING INTO SUMMER' NEWSLETTER**  
**OCTOBER 2022**

**CLUB CONTACTS**

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## President's Report October 2022

Hello Swimmers,

Welcome our new quarterly club Newsletter, this one being the "Spring into Summer" edition!

Now that its October and we are back in the 50m pool for all our sessions and the weather is slowly starting to warm up there is no excuses for not turning up to training??

It has been a busy winter for the committee, below is a brief summary of some of the recent activity. As always, please chat to any of the committee if you have any questions or would like to know more.

Masters Swimming Australia (MSA) and Masters Swimming WA have started the process toward migrating to the new Swim Central Membership program, replacing the existing membership portal that you have been using to renew your membership. The new Swim Central Membership portal will be used this year to renew your 2023 MSWA Membership. The timeline from MSWA is to have the portal ready by November 1 st . Once we have the required information with the "how to renew procedures" we will get it out to everyone.

The club remains in a financially sound position. The committee will continue to identify funding opportunities through Masters Swimming WA (MSWA), Masters Swimming Australia (MSA) and local and state government organisations. The club now has an ABN, this was part of the requirements in the move to the Swim Central Membership program. This opens other opportunities to apply for grants that require community organisations to provide an ABN as part of the application process.

The committee has also decided that there is no urgent financial need for our annual major fundraising event, so no Bunnings Sausage Sizzle this year!

The Just One More \$1000 grant the club received approval from MSWA earlier in the year has been used by the committee to cover the costs of our coaches attending MSWA Club Coach Conferences and CPR Provider refresher courses as part of their continued personal development and coach accreditation program. The grant was also used to purchase the next 5 years of Club Year Badges.

The committee has approved a Social Membership for any non-swimming member who would like to continue to be connected with the club. The membership will keep them on all club communication lists and invites to club events such as morning tea's, Club Championships, and social events. The membership excludes committee positions, voting rights and swimming. The membership cost is \$10.

Club communication continues via our various social media channels including the club website, Facebook page, Newsletter and Pow Wow messenger.

I hope you enjoy the Newsletter and a special thank you to our Editor Tara for putting it all together.

Looking forward to a summer of fun, fitness and friendship.

Keep swimming!  
Cheers, Colin

## **Captain's Report**

### Act, Belong, Commit Club Challenges

It has been a quiet year so far with no members competing at interclub carnivals. There is one left in the year – Mandurah on 20 November 2022. As with all carnivals, entries are now done online by individual swimmers – enter at the link below. At carnivals, you will swim in a heat against other swimmers of mixed age and gender who swim about the same speed as you. Results are then compiled by gender and five year age groups.

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU%7C31>

While we have had no swimmers compete, Team Armadale has been represented with Gill, Heather J and Rowena officiating at all events. If officiating is something you would like to have a go at, have a chat with one of our representatives for more info.

### WOW Open Water Swim Series

The 2022-23 open water series kicks off on 13 November 2022 with the Lake Leschenaultia swim at Chidlow. This is a great swim for both experienced and first time swimmers – no stingers! Distances range from 400m to 3.2km, so there is something for everyone.

This is followed by Fremantle Ports Swim Thru on 10 December, and the Christmas 10k (plus shorter options) on 17 December. There will be more swims in the new year – including the Coogee Jetty to Jetty which is usually a sell out, and the Mullaloo Mile which will be doubling as the 2023 Masters Swimming National Open Water Championships.

All the details are here: <https://www.wowswims.com.au>

### New swimwear rules

The long-awaited changes to the swimwear policy have been adopted! This allows for more flexibility in swimwear, particularly for women with inclusivity at the heart of the policy change. This doesn't mean it's open slather with 'super suits' back on the agenda, rather, a more lenient approach to bathers made with zips, clasps or other hardware, as well as concessions for those who require more coverage for religious reasons. This is a massive change – check it out here:

<https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-Inclusive-Swimwear-Policy-2022-Final.pdf>

### Club Championships

The 2022 Club Championships has been hotly contested with a close competition in both the Men's and Women's competition. There will be another round on November 5. This is a unique event where you only compete against yourself. See below for the latest report ☺

Captain Rowie

## 2022 Club Championships Round 8 Results

Hi swimmers,

Club Championships round 8 was the last short course meet for the year. Now into the 50m pool for long course meets until November.

Tara topped the points list with 12 points and two big BPs. Fettes was second with 9 points, 3 points in each distance which indicated he was close to his previous best times since 1/01/2021. Fettes and Hans split the freestyle Club Records in 25m, 50m and 100m distance between themselves. These records were established by a previous member back in 2013.

Sue Sullivan still holds a commanding lead in the ladies comp. Tara Le Flohic's 12 points has moved her into second place. Heather Jeps has moved up into third just ahead of Alex and Gillian.

Hans Vosbergen had a good meet with 8 points pushing him into equal first with Graham Hicks, closely followed by Fettes Falconer and Colin Gibson.

2022 Club Championship round 8 results are available from our [Latest News](#) page on the [Club Website](#).

Regards,  
Graham Hicks.

### Club Uniforms

If you would like to purchase any of the club uniform range, head to Westate Embroidery, 111 Kelvin Road in Maddington.

They have our club logo, select and pay for your uniform and they will do the rest!

### Situations Vacant

Head Coach

The position of Club Head Coach is currently vacant.

If you are interested in the role and would like to know more, please contact Colin or Rowena for more info.

### Club Coach

Would you like to become a qualified Masters Swimming Club Coach?

The coach qualification pathway is funded by the club and being a club coach can be very rewarding and an opportunity to give back!

If you are interested and would like to know more, please contact Colin or Rowena for more info.

## Mid-Year Social function @ Avocado's.



The annual mid-year social function was a hearty breakfast at Avocados on a lovely Sunday morning in August. Great to see so many members and partners enjoying the fun, food and friendship...and coffee!

## Birthdays

### October

29<sup>th</sup> Tanya Andrews  
9<sup>th</sup> Leanne Bamford  
22<sup>nd</sup> Tara Le Flohic  
29<sup>th</sup> Jeff Sanders  
28<sup>th</sup> Vanessa Toop

### November

3<sup>rd</sup> Sarah Curran Ragan

### December

15<sup>th</sup> Yeeda Bibby  
27<sup>th</sup> Jennifer Findlay  
20<sup>th</sup> Janine Hunt

## BUY SELL OR SWAP

For Sale 2 pairs club bathes Ladies 20. Very small size would fit some size 14/16. \$20 each just need to sell to buy more bathers.  
Jennifer 9330 7376 or 0478 007 554 or see you at pool, Regards Jennifer



### **New Member Profile-Tara Le Flohic Act Belong Commit**

Hi, my name is Tara Le Flohic. I **Acted** on the invitation to join the Armadale Masters Swimming Club (AMSC), which is sponsored by Act Belong Commit, in January this year. I was curious after observing a group of eclectic swimmers in club shirts, enjoy coffee and cake at the Armadale Aquatic Centre café. Wow they look like a friendly bunch I thought to myself! I wondered how I could become part of this group. This is how I met AMSC life member Jenny. Jenny was warm and friendly and assured me that AMSC club offered its members not only an opportunity to improve your personal best but also a safe supportive space to be yourself. Awesome! I found my tribe!

I'm sort of a late bloomer when it comes to swimming. Although growing up in Geraldton near the beach, I could never grasp the concept of freestyle swimming in a pool. I only ever past my junior swimming certificate. Learning to swim freestyle correctly has always been on my bucket list. At the age of 40yrs I took an adult learn to swim class and thanks to YouTube tutorials, I taught myself how to swim laps. I never forget the elation I felt when I swam my first 1km non -stop.

Physical fitness will always be a high priority for me in the context of sustaining positive mental health and achieving optimal wellbeing. Equally as important as my physical fitness is a sense of **Belonging** somewhere where I feel valued. The AMSC **Commitment** to me regarding comprehensive coaching and training, has afforded me the opportunity to improve my general fitness and swimming ability. More importantly, for me, the authentic connections with my team members have facilitated my personal growth and expanded my community of friends.

### **Christmas Function and Award Presentations**

It's that time of year again for the club's annual Christmas and Awards Presentation dinner!

Venue: Roleystone Club, Wygonda Road. Roleystone

Date: Saturday 10<sup>th</sup> December

Time: 6.30pm

Cost: Members \$45, Coaches \$35, Partners \$60

Please RSVP to Heather Croft by 3rd December and include any dietary requirements.

Email Heather Croft on: [croftbrighton@hotmail.com](mailto:croftbrighton@hotmail.com) to confirm booking.

Yes, there will be raffles so bring change!

## **From the Editor**

### **Summer's Coming!!!!!!**

If this summer is anything like last summer, temperatures could exceed 40 degrees. Remember that the most dangerous part of the day is between 10am-2pm. It is important to adhere to the Cancer Council's core message for reducing unhealthy sun exposure. This is applicable to all AMSC members during training especially when in the water.

**Slip on a T shirt-** slipping on a shirt or rash guard

**Slop on sunscreen-** slopping on sunblock preferably SPF50. Make sure you apply to all exposed areas of the body even behind the ears!

**Slap on a hat-** and slapping on a sun hat to protect face from sunburn.

**Seek-** reflects the importance of seeking shade

**Slide-** slide on wraparound sunglasses to prevent sun damage

Finally **STAY HYDRATED!!!!**

## **Reference**

[Slip, Slop, Slap, Seek, Slide | Cancer Council](https://www.cancercouncil.com.au/sunsmart/slip-slop-slap-seek-slide)

Image- <https://www.yourswimlog.com/swimming-memes-perfectly-describe-swimmers>

