

Armadale Masters Swimming Club

Club Newsletter – June 2023



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Swimmer Profile – Yvonne Lovegrove

Childhood

Yvonne was born in 1941 in a village called Monkseaton in Northumberland. A lovely village surrounded by farmlands and only a ten-minute walk to the beach. Swimming and beachgoing was in the family blood as her great, great grandfather introduced the bathing machines to the area. He owned 33 of them. Her great uncles owned the swings and roundabouts on the beach and her great aunt owned the café that was built into the sea wall.

Yvonne's mum and sisters would help in the café, but Yvonne being too young, enjoyed the freedom of playing on the beach. She always says, "some people were born with a silver spoon in their mouth, but she was born with sand between her toes".

The swimming club called "The Winkles" was also built into the sea wall and most of her family were members. Every New Year's Day the swimming club had what they called the breaking of the ice. The North Sea being icy cold, Yvonne only did this once. It is still a tradition. However, these days it has a cult following and people get dressed up in Santa costumes etc.

Doing the usual childhood things like dancing class, brownies, girl guides, singing in choir, it was ice skating that became Yvonne's passion. Bike riding in her teenage years took her around England, staying at Youth Hostels on long trips.



GG grandfather at bathing machine



My G aunts café Yvonne in doorway



Ice skating days



My family

Swimmer Profile cont.

Adulthood

About 1976 Yvonne returned to work (having previously trained as a bookkeeper,) an occupation she carried out until 2006. It was about this time that she joined Armadale Masters Swimming Club. Prior to swimming, her sport was badminton.

Having studied Bahasa Indonesia language as an adult, Yvonne ended up teaching a beginner class at TAFE, mainly for people who wanted to be able to know how to converse when they went to Bali. Camping and caravan holidays around Western Australia have now been replaced by taking holidays staying in hotels.

Adult hobbies were pottery, mosaic and crochet, crochet being the main one. Yvonne runs a crochet for charity group.

Mid 2018 Yvonne took ill and after a few weeks in hospital was diagnosed with a rare auto-immune disorder called Myasthenia Gravis. This causes muscle weakness throughout the body. Because of this Yvonne spends one day every four weeks in hospital getting a treatment called IVIG. Yvonne credits her swimming and swimming friends for being able to cope with this.

Yvonne says she is lucky to have so many lovely friends and a wonderful crazy family.

Masters Swimming Events



Keep up to date with the latest Masters Swimming WA events from the website (<https://mswa.asn.au/>) and social media. These are just some of the exciting events on offer.

Golden Groper Relay Carnival
Riverton Club Challenge
Relay Changeover Clinic
Coogee Open Water Skills Clinics

It would be great if we can get a team to the National Championships in Darwin next year.

Darwin is a great place to visit and there are plenty of options to explore NT if you want to combine a holiday with swimming.

We will keep you posted as more information becomes available.



2023 Act Belong Commit Swim Meets



Claremont Masters Swimming Club invites your members to the

2023 Act Belong Commit Golden Groper Relay Carnival

Hosted by Claremont Masters

DATE: Saturday, 29th July 2023
VENUE: HBF Stadium, Stephenson Avenue, Mt Claremont, Short course indoor pool
TIME: warm-up 12:45, meet start 1:15pm
COST: \$28 (plus online handling cost) includes pool entry & function
Individual ENTRIES CLOSE: Thursday, 20th July 2023
Relay ENTRIES CLOSE: Sunday, 23rd July 2023
Late entries will not be accepted.

REGISTRATION LINK: <http://www.myswimresults.com.au/Meet.aspx?MeetID=MAU%7C8>

EVENTS

- 1 4 x 50m Medley Mixed
- 2 4 x 50m Freestyle Women
- 3 4 x 50m Freestyle Men
- 4a 6 x 25m DASH FOR CASH Semi- finals (2 Heats)
- 4b 6 x 25m DASH FOR CASH FINAL
- 5 4 x 25m Medley Women
- 6 4 x 25m Medley Men
- 7 4 x 25m Freestyle Mixed
- 8 4 x 25m Freestyle Women
- 9 4 x 25m Freestyle Men
- 10 4 x 25m Medley Mixed

The meet is OPEN to all registered Masters Swimmers.
All MSWA Clubs are invited to submit teams for the events in standard relay age groups.
Changes to listed teams will be allowed on the day provided sufficient notice is given.



Riverton Masters Swimming Club invites your members to a

2023 Act Belong Commit Club Challenge Series Meet

DATE: Sunday 16/07/2023

VENUE: Riverton Leisureplex Cnr High and Riley Rd Riverton- Long Course Indoor 50m pool

TIME: Warm Up from 12pm – Meet Starts at 12.30pm

COST: Cost of meet entry is \$14 per swimmer and entry to the pool is Adults \$7.30; Seniors/Pensioners \$5.20; payable at pool reception.

ENTRIES CLOSE: Sunday 9th July 2023 Late entries will not be accepted.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU140>

EVENTS

- 1a. 200m Individual Medley **or** 1b 200m Freestyle **or** 1c 200m Backstroke **or** 1d 200m Breaststroke **or** 1e 200m Butterfly
- 2a. 100m Freestyle **or** 2b 100m Backstroke **or** 2c 100m Breaststroke **or** 2d 100m Butterfly
- 3. 50m Freestyle
- 4. 50m Backstroke
- 5. 50m Breaststroke
- 6. 50m Butterfly

7. 4 x 50m Mixed Freestyle Relay

The meet is open to all financial Masters Swimmers and will be limited to the first 150 swimmers who nominate.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 individual events and in an appropriate Relay. No more than one 200m and one 100m individual event.
- All participating Clubs are to provide timekeepers and watches.
- Refreshments will be provided afterwards
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- The Club Captain will ask for relay availability on closure of individual entries
- Please join us for afternoon tea after the meet (included in the cost)

For event enquiries, please contact the Meet Coordinator **Jake Hollibone** 0434 292 253
If you are unable to register but are a current financial member, please contact communications@mswa.asn.au, or support@myswimresults.com.au.



Next Club Social Event

Christmas in July

Sunday 23rd July

8.00am leave from Coogee Beach Cafe and walk approx. 5kms or swim if it is a nice day.

9.00am morning tea at Coogee Beach Cafe.

Please let Charles know if you are planning on coming so we can book a table.

Email: croftbrighton@hotmail.com



Armadale Masters Swimming Club

Club Calendar JULY 2023

| DATE | DAY | ACTIVITY / EVENT | Coach Organiser | Venue |
|------------------|----------|---|-----------------|---------------------------|
| 1 st | Saturday | Club Championships 100m, 50m, 25m (9.30am-10.30am) Bring a plate morning tea | Rowie | 25m pool |
| 4 TH | Tuesday | Squad Training (7.00pm-8.00pm) | Heather | 25m pool |
| 6 TH | Thursday | Squad Training (7.00pm-8.00pm) | Charles | 25m pool |
| 8 th | Saturday | Squad Training (9.30am-10.30am) | Fettes | 25m pool |
| 8 th | Saturday | Open Water Skills Training (7.45am-9.00am) Register with MSWA | Self | Coogee Beach |
| 11 th | Tuesday | Squad Training (7.00pm-8.00pm) | Peter | 25m pool |
| 13 th | Thursday | Squad Training (7.00pm-8.00pm) | Peter | 25m pool |
| 15 th | Saturday | Squad Training (9.30am-10.30am) | Rowie | 25m pool |
| 15 th | Saturday | Relay Changeover Clinic Need to register with MSWA | Self | Melville Pool |
| 15 th | Saturday | Open Water Skills Training (7.45am-9.00am) Register with MSWA | Self | Coogee Beach |
| 16 th | Sunday | Riverton Club Carnival 12.00-4.00pm Entries Close 9 th July 2023 | Self | Riverton Pool |
| 18 th | Tuesday | Squad Training (7.00pm-8.00pm) | Derek | 25m pool |
| 20 th | Thursday | Golden Gopers Relay entries close | Self | HBF Stadium |
| 20 th | Thursday | Endurance Swims Only | Hans | 25m pool |
| 22 nd | Saturday | Squad Training (9.30am-10.30am) | Fettes | 25m pool |
| 22 nd | Saturday | Open Water Skills Training (7.45am-9.00am) Register with MSWA | Self | Coogee Beach |
| 23 rd | Sunday | CHRISTMAS IN JULY Walk 8.00am from Coogee Beach Cafe Morning Tea - 9.00am Coogee Beach Cafe | Self | Coogee Beach Surf Club |
| 25 th | Tuesday | Squad Training (7.00pm-8.00pm) | Derek | 25m pool |
| 27 th | Thursday | Squad Training (7.00pm-8.00pm) | Sarah | 25m pool |
| 29 th | Saturday | Squad Training (9.30am-10.30am) | Rowie | 25m pool |
| 29 th | Saturday | Golden Gopers Relay (Warm up 12.45pm) | Self | HBF Stadium |

