



# **Armadale Masters Swimming Club**

## **NEWSLETTER**

### **August 2023**

#### **Your Committee**

Charles Croft. President [amsc.president@hotmail.com](mailto:amsc.president@hotmail.com)

Fettes Falconer. Vice President [amsc.vicepresident@gmail.com](mailto:amsc.vicepresident@gmail.com)

Rowena Burch. Secretary [amsc.secretary@hotmail.com](mailto:amsc.secretary@hotmail.com)

Hans Vosbergen. Treasurer and Registrar [amsc.treasurer@hotmail.com](mailto:amsc.treasurer@hotmail.com)

Heather Croft. Captain and Head Coach [amsc.headcoach@gmail.com](mailto:amsc.headcoach@gmail.com)

Wayne Sams - Hayes. Committee member

Megan Webster. Committee member

Fettes Falconer. Newsletter Editor [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)

#### **IMPORTANT INFORMATION**

#### **REPORT FROM CAPTAIN/HEAD COACH**

On Tuesday 12 September at 7.00pm, Nicole will be taking a breaststroke session. This session will concentrate mainly on the correct technique for breaststroke split stroke. Nicole will answer all your questions on breaststroke. I hope lots of members will support the club and take advantage of this session.

September is the last month in the indoor 25m pool. From Tuesday 3 October we will be training in the 50m pool starting at 6.30pm. The new time for Saturday summer training will be 8.30am starting on Saturday 7 October.

Heather Croft

## 2023 August Club Championships results.

Saturday 5<sup>th</sup> July saw 10 swimmers take on round 7 of our club championships.

Two events were on offer - 200m and 25m choice.

Tara Le Flohic was top point scorer of the day with 7 points, followed by Sarah Car, Sue Sullivan and Megan Webster on 6 points each. Yvonne Hunt still leads in the women's competition, with Sarah, Megan and Sue hot on her heels. Graham Hicks leads the men by one point from Fettes Falconer with Hans Vosbergen not far behind.

Tara produced a big PB in her 200m backstroke, the only PB for the round.

As previously advised; Club Records are not available due to a software fault.

Round 8 results will be posted via email as soon as possible.

The Club Championships 2023 results are available from the [Latest News](#) page on the [Club Website](#).

Graham Hicks.

## A Swimmer Profile:CHARLES CROFT (CHAS)

My interest in the ocean began with my introduction to the ocean at Naval Base where we used to holiday as children from 1950-1967. Cockburn Sound used to be an idyllic water playground with beautiful fish and clean water. I attended swimming lessons and life saving at the beach. This led me to scuba diving and joining the Underwater Explorers Club. I enjoyed many years of diving with the club.

Unfortunately, life changed quite dramatically with the industrialisation of Naval Base with the worst polluter being Alcoa and later Cockburn Cement with their dredging.

The visibility used to be so clear, and on a good day visibility could be 30m. However, today with the deposited dredged sediment in the Sound the visibility is around 6m. Sea grass and fish have disappeared. (Rehabilitation is underway with the planting of sea grass in the denuded areas – addendum from the editor)

I only took up swimming again 16 years ago with Masters Swimming. The main reason was to keep fit and keep young (at heart). Competition is the reason I put in effort to improve

my swimming. Swimming has helped me to become fitter. The social interaction with like-minded people is an enjoyable experience.



#### [ARMADALE MASTERS SWIMMING CLUB HAS A NEW FACEBOOK PAGE](#)

Click on the above link and have a look at what other members are posting and create a post of your own that will be of interest to other group members. Please post only swimming related matters, and swimming related photos.

### **New Members**

Welcome to our swimming club: Anthony Mudge.

Welcome back to our swimming club: Tim Pillay and Rose Fenton.



## Armadale Masters Swimming Club

### Club Calendar September 2023

DATE	DAY	ACTIVITY / EVENT	Coach Organiser	Venue
2 <sup>nd</sup>	Saturday	Club Championships – Round 8 100m, 50m, 25m 9.30am-10.30am Bring a plate morning tea	Rowena	25m pool
5 <sup>th</sup>	Tuesday	Squad Training 7.00pm-8.00pm)	Peter	25m pool
7 <sup>th</sup>	Thursday	Squad Training (7.00pm-8.00pm)	Peter	25m pool
9 <sup>th</sup>	Saturday	Squad Training (9.30am-10.30am)	Rowena	25m pool
10 <sup>th</sup>	Sunday	Act Belong Commit Somerset 1500m Warm up from 8.30am – Start 9.30am	Self	Somerset pool 50m Outdoor
12 <sup>th</sup>	Tuesday	Squad Training (7.00pm-8.00pm) Breaststroke split stroke technique session With Nicole	Heather NICOLE	25m pool
14 <sup>th</sup>	Thursday	Squad Training (7.00pm-8.00pm)	Charles	25m pool
16 <sup>th</sup>	Saturday	Squad Training (9.30am-10.30am)	Rowena	25m pool
19 <sup>th</sup>	Tuesday	Squad Training (7.00pm-8.00pm)	Heather	25m pool
21 <sup>st</sup>	Thursday	ENDURANCE ONLY (7.00pm-8.00pm)	Hans	25m pool
23 <sup>rd</sup>	Saturday	Squad Training (9.30am-10.30am)	Rowena	25m pool
26 <sup>th</sup>	Tuesday	Squad Training (7.00pm-8.00pm)	Derek	25m pool
28 <sup>th</sup>	Thursday	Squad Training(7.00pm-8.00pm)	Sarah	25m pool
30th	Saturday	Squad Training (9.30am-10.30am)	Rowena	25m pool

**LIVELIGHTER**



**2023 SEASON**

**POOL EVENTS CALENDAR**

**act  
belong  
commit**

**masters  
swimming  
WESTERN  
AUSTRALIA**

DATE	EVENT NAME	VENUE	DISTANCES	COURSE
Mon 2 Jan	Perth City Just 100s	Perth College	100x100's on 100 (or 100x75's or 100x50's)	LC
Sun 19 Feb	Newman Churchlands Act Belong Commit Carnival	Newman College Pool	200 Freestyle, 100 Breaststroke, 50 Butterfly, 50 Freestyle, 50 Backstroke, 100 Butterfly, 4x50 Women's Freestyle Relay, 4x50 Men's Freestyle Relay	LC
Sun 26 Mar	Fremantle Masters Act Belong Commit Carnival	Fremantle Leisure Centre	50m Freestyle, 50m Breaststroke, 50m Butterfly, 50m Backstroke, 4x50m Mixed Freestyle Relay, 4x50m Mixed Medley Relay	LC
Tue 18 - Sat 22 April	MSA National Championships	Hobart	TBA	LC
Sat 6 - Sun 7 May	MSWA State Championships National Swim Series Meet	HBF Stadium	50m, 100m, 200m Freestyle, Breaststroke, Butterfly, Backstroke, 4x50 Women's, Men's, Mixed Freestyle Relay, 4x50 Men's, 4x50 Women's, Men's, Mixed Medley Relay	LC
Sat 13 May	Stadium Masters Act Belong Commit 1500m	HBF Stadium	1500m, choice of stroke	LC
Sun 18 June	Riverton Masters Act Belong Commit 400m/800m	Riverton Leisureplex	400m, 800m	LC
Sun 25 June	Stadium Masters Swim for Memory Charity Event	HBF Stadium	TBA	SC
Sun 16 July	Riverton Masters Act Belong Commit Carnival	Riverton Leisureplex	200m, 100m, 50m all strokes (up to 3 swims but only 1 x 200)	LC
Sat 5 Aug	Maida Vale Act Belong Commit Distance Meet	Darling Range Sports College	1500m, choice of stroke	SC
Sat 12 Aug	Golden Groper Act Belong Commit Relay Carnival	HBF Stadium	TBA	SC
Sun 17 Sept	Somerset Masters Act Belong Commit 1500m	Aqualife Victoria Park	1500m, choice of stroke	LC
Sun 22 Oct (TBC)	Stadium Masters Act Belong Commit Carnival National Swim Series Meet	HBF Stadium	200m all strokes + IM (one only), 100m all strokes (once only), 50m all strokes (total of 3), 4x50m Freestyle Relays (men & women)	LC
Fri 3 - Mon 6 Nov	Let's Swim Together State-wide Come and Try Weekend	Multiple venues	N/A	N/A
Sun 19 Nov	Mandurah Masters Act Belong Commit Carnival	Mandurah ARC	TBA	SC