



Armadale Masters Swimming Club

NEWSLETTER

February 2024

IMPORTANT INFORMATION

Some membership fees are overdue!

Please nominate now for the 2024 Committee to be elected at the AGM Saturday 9th March. Well done to Jenny Findlay for nominating.

Please be in the pool water at exactly 6.30 pm Tuesdays and Thursdays and 8.30 am Saturdays. Valuable training time is being eroded away. Coaches especially would like to finish on time. (Coach Rowie)

Another plea:

You have done all the hard work all season and now is the time to celebrate your achievements and dive into swim at the **City of Joondalup Mullaloo Mile** on **2nd March**.

MSWA club members can help their club win \$500. Remember, the participation award is based on the number of participants in comparison with average membership numbers. So, every club has a chance.

Registrations are selling out fast to swim at this exciting event.

Here is the link: <https://mullaloomile.com.au/>

Come on the Army D' Aliens!

February 2024 Club Championships Report

The first Saturday in February saw our Club Championships kick off for 2024. Round one featured a 200m and 50m choice, with 15 swimmers participating.

Rather than being the fastest in **your** age group, Club Champs is all about **you** swimming faster than previous versions of **you**. Points gained are based on how much you improve over your times from all results in the previous 12 months and same-year Club Champ events, or how much you improve over your all-time personal best swim for the Club (whichever gives you the most points).

With a maximum of 10 points, Graham Hicks got his chances at lifting off the 2024 trophy to a good start. This was followed by Alicia Sam-Hayes on 9 and Fettes Falconer on 8.

Personal bests were set by Megan Webster (200 Back) and Alicia Sams-Hayes (50 Free and 200 IM).

Club Records were set by Natalie Upson (50 Breast), Jenny Findlay (200 Back), Liz Dunn (200 Free), Wayne Sams-Hayes (50 back and 200 Breast), Graham Hicks (200 Back) and Fettes Falconer (200 Free).

Other notable performances included: new swimmer Nat Upson who blew away the cobwebs of her teenage competition career years; Heather Adams returning to competition after a few years off; and life member Jenny Findlay who recorded her first ever time in the 200m backstroke {at least since we started keeping records! (Editor: What a brilliant effort Jenny!)}

The next round of Club Champs will be on Saturday, 9 March. See you there!

Rowena Burch.



Natalie, Wayne and Sara about to take their marks. Time keepers are ready.



A few split seconds after 'GO'!



Who is this? Is it Alicia?

CAPTAIN'S REPORT

Cottesloe to Swanbourne swim – 2 km.

Colin, Vicky, Charles and I were excited to get to the beach on the morning of Saturday 3rd February only to find a substantial south westerly wind blowing. Charles and I had parked our car at Swanbourne and walked south to Cottesloe. I was trying not to look at the ocean so I wouldn't talk myself out of giving it a go. It was pretty hard getting out to the start line swimming into the wind out past the shark net. It was almost impossible to stay in any sort of line, so thank goodness we didn't have to wait long before it was time to race. It was much better swimming than I thought it was going to be with a tail wind all the way. Took in a few mouthfuls of sea water but had a good swim. Poor Colin got a bad sting across his face (probably the only stinger in the ocean) and had to get himself home straight after he got out of the water. There was lots of fruit given out, and the showers are pretty good too.

Next was **Busselton Jetty Swim** on 11th February. Small team of Armadale swimmers this year. Beautiful warm weather for this swim. It was even a bit too hot while waiting to start. The organisers did a great job getting the thousands of swimmers onto the beach in order of their cap colour, then a rolling start made sure there was no pushing or near drownings at the start. All Armadale 3.6k swimmers got around the jetty and received their towels, which is a good reason to do the swim.

Heather Jaeckel didn't think 3.6km was enough so she also competed in the 500m the day before the big swim. She knocked off 3 minutes on her previous 500m time and a whopping 11 minutes off her 3.6km time. Congratulations. (Editor: Bloody brilliant!)

Times:

Charles Croft	1.07.31
Heather Croft	1.13.32
Tanya Andrews	1.13.58
Vicky Kelly	1.32.09
Heather Jaeckel	1.44.19
Heather Jaeckel 500m	11.44.9
Rose Fenton 1600m	45.38

Seven of our swimmers entered the **Newman College Act Belong Commit Swim** on the 18th February. Unfortunately, this swim was postponed as it was deemed too hot to swim on the 18th. Maybe we will be able to get a few more swimmers when it comes around again?

Mullaloo Open Water Swim is being held on Saturday 2nd March. This includes the State Open Water Championships. It was decided to move our club championships from 2nd March to 9th March due to the Open Water swim being a State Championship event.

Also coming up in March is the Act Belong Commit Fremantle Masters Carnival on 24th March. Entries close 18th March. This event is in 50m pool and all events are 50m in length. Hope we can get a team for this event. (Editor: Come on Army, come on, come on!)

Heather Croft - Captain

More Busselton Jetty Swim Reports

I entered the Simon Short Cut 500m Event on Saturday. I wanted a warm up event. There were hundreds of us at the start line on very hot sand. We had to stand around for nearly 40 minutes.! A few of us had to get treatment for our blistered feet. I was surprised to hear I had done a 3 minute PB. It was the first time I did not hang off the back of the pack and swam to my plan.

The following day saw perfect swim conditions. I was aiming for 1hr. 52mins. I landed on the beach with a bad thigh cramp and hobbled across the timing mate (oops! I meant mat!). Belmont friends found me, still with the cramp, and told me I did an 11 minute PB and was only 9th last in my age group ... my best placing to date in Open Water! To say I blown away was putting it mildly. (Editor: You beauty Heather J!)

I would like to say a huge thank you to all the coaches at Armadale for their support, excellent advice and answering my endless questions. I appreciated the Sunday morning message from Heather and Charles Croft. I would also like to thank the members for their encouragement and especially my swim buddies in lane 8.

You are all very much appreciated.

Heather Jaeckel

I went south to Busselton:

On the Saturday morning of **the Busselton Jetty Swim** my volunteering efforts started with chopping up watermelon for the swimmers to munch on at the end of their respective swims. Then it was over to the Merchandise Tent for an intense 5 hours of selling 'merch'. What fun it was helping out and meeting all the swimmers.

Saturday evening was spent chilling out watching the concert.

Sunday morning; it was back to the Merch Tent for a quick hour before the **big** swim. Only the one mile for me this year. However, there was no cut- with- my- love watermelon at the end. They had run out!

Had a lovely weekend with ex Armadale Masters S. C. member Natalie Metcalf. Natalie lives in Busselton. She is on the Busselton Masters' Swimming Club Committee which organises the 'becoming-world-famous' swim.

Remember: next year is the 30th anniversary of the swim.

Be there or be square! The committee is hoping to get **Paul Kelly** there for the Saturday evening entertainment.

(Editor: Book your accommodation for next year ASAP. It will be a weekend of fun and frivolity. Plus.... you have plenty of time to get fit.)

You do not have to swim the whole length of the jetty and back. The one mile is a walk up the jetty and a swim back. Apart from solo, there are teams of 2 and 4.

Have a go ye mugs!

Rose Fenton

(Editor: Onya Rosie for volunteering!)

The Swim to Rotto

Sad to say: owing to dangerous conditions the Rottnest Cross Channel Swim was abandoned. Our Sarah Moles was in a team of 4 and Anthony Mudge our solo swimmer. Until the scuppering our President 'Chas' skippered for a team of 2.

On the same day as the Rotto (rooted) swim, and despite the overcast , the drizzle, plus a strong south westerly with lumpy waves, a good number of us [Gillian, Colin, Liz, Sue, Yvonne H, Heb, Gabby, Megan, Fettes and Rose **had a go**. For old time's sake last year's members, Graham and Linda Cragg, also attended. 'Twas good to see them.]

We all arrived at the Coogee Beach Cafe at 7 am. Well done to all! Most braved the conditions. Some just walked (notably the sand lizard Liz), some swam or walked in the shark netted area to the north of the Jetty, and others swam there and back despite the conditions and pesky stingers – Colin, Gabby and Rose – a tough lot them 3!

The breakfast get-together was the best part.





Editor: We must make this a more regular occurrence. We have got to bring back the fun into our club.

Keep on scrolling down and reading and inwardly recording!



Armadale Masters Swimming Club

Club Calendar March 2024



DATE	DAY	ACTIVITY / EVENT	Coach Organiser	Venue
2 nd	Saturday	Squad Training (8.30am-9.30am)	Fettes	50m pool
2 nd	Saturday	Mullaloo Mile Open Water Swim Includes MSWA Open Water Championships	Self	Mullaloo Beach
5 th	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
7 th	Thursday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
9 th	Saturday	Club Championships 100m, 100m (8.30am-9.30am) BRING PLATE FOR MORNING TEA	Rowie	50m pool
9 th	Saturday	ANNUAL GENERAL MEETING		Armadale Pool
12 th	Tuesday	Squad Training (6.30pm-7.30pm)	Heather	50m pool
14 th	Thursday	Squad Training (6.30pm-7.30pm)	Charles	50m pool
16 th	Saturday	Squad Training (8.30am-9.30am)	Fettes	50m pool
19 th	Tuesday	Squad Training (6.30pm-7.30pm)	Sarah	50m pool
21 st	Thursday	Endurance Swims	Hans	50m pool
23 rd	Saturday	Squad Training (8.30am-9.30am)	Fettes	50m pool
24 th	Sunday	ABC FREMANTLE MASTERS INTERCLUB ALL 50M SWIMS PLUS RELAYS ENTRIES CLOSE 18 MARCH 2024	Self	Fremantle Leisure Centre
26 th	Tuesday	Squad Training (6.30pm-7.30pm)	Heather	50m pool
28 th	Thursday	Squad Training (6.30pm-7.30pm)	Charles	50m pool
30 th	Saturday	Squad Training (8.30am-9.30am)	Rowie	50m pool

Your Committee (soon to be replaced with the new 2024 committee. Please nominate for the 2024 committee. Jenny has! ONYA Jen! We vote in our new committee at our AGM on Saturday 9th March. Be there or be square!)

Charles Croft. President amsc.president@hotmail.com

Fettes Falconer. Vice President amsc.vicepresident@gmail.com

Rowena Burch. Secretary amsc.secretary@hotmail.com

Hans Vosbergen. Treasurer and Registrar amsc.treasurer@hotmail.com

Heather Croft. Captain and Head Coach amsc.headcoach@gmail.com

Wayne Sams - Hayes. Committee member

Megan Webster. Committee member

Fettes Falconer. Newsletter Editor amsc.editor@gmail.com