



Armadale Masters Swimming Club

NEWSLETTER

July 2024

VERY IMPORTANT INFORMATION

The year is flying by and it's time to look ahead to summer. Presently we are working on skills at training rather than fitness. There are a number of interclub competitions that can be participated in which give you a goal for improving your swimming. Next one GOLDEN GROPHERS RELAYS 18/08/2024. Entries close 08/08/2024.

BUNNINGS SAUSAGE SIZZLE

The Club have had a few extra fees to pay this year:

1. Fettes BBQ/Sausage Sizzle/ Get - Together
2. Coaching expenses,
SO....

Rather than continue to drain existing funds, your committee thought it a good idea to raise some extra funds.

Thus, your committee is organising a fund -raising sausage sizzle at **Bunnings on Saturday 12th October, 2024.**

We are calling for volunteers who can help for a couple of hours on the day.

Please let Heather Croft know if you can help at the sausage sizzle. We need to know ASAP.

This would be greatly appreciated.

Charles Croft
President

July 2024 Club Championships Report

Compared to June, July had a couple of additional swimmers making a total of nine swimmers for the 2024 Club Champs round 6 held on 6th July. Still some members away on holidays. As normal there were other members helping out with timing, plus a few who came along to support their partners and of course ... for morning tea.

Events on offer were 100m choice, 50m choice and 25m choice. Again, we finished early with only nine swimmers, so there was time to spare for a fun relay.

Top point scorers of the day were Megan Webster and Fettes Falconer on 11 points, followed by Sarah Curran Ragan and Tanya-Maree Andrews on 8 points.

In the ladies' competition the leader board has changed with Megan Webster moving to top spot on 31 points followed by Sarah Carr coming up one spot to second on 27 points and Yvonne Hunt slipping to third place on 25 points (Yvonne missed this round).

Graham Hicks leads the men's competition on 49 points followed by a charging Fettes Falconer on 43 points and Wayne Sams-Hayes in third on 25 points (Wayne missed this round).

Tanya and Megan produced PBs in their 100m freestyle swims.

There was a total of eight Club Records set: Natalie Upson had a good Champs with 3 Club Records. Sarah Carr set two Club Records and Megan, Graham and Fettes one each.

The next round of Club Champs will be on Saturday, 3rd August and another chance to do some damage in the short course pool!

June Endurance 1000 Results

Only 19 individual endurance swims completed by 5 members in June which is a light month of endurance. Winter, too cold!

To keep track of your Endurance 1000 swim throughout the year use the [Endurance 1000](#) platform, put in your MSA-ID number. If you don't know your MSA-ID number let me know.

If you like an opportunity to do more endurance swim particularly the longer ones please contact Hans Vosbergen to book an endurance session on Sunday mornings.

[Club Endurance 1000](#) results are now available on the [Club Website](#).

Graham Hicks.

A Report on The Riverton Masters Act Belong Commit Club Challenge

On the 14th July there were four Armadale Masters swimmers who took part in the 2024 ABCC Riverton Masters. With the weather being stormy, it was nice to be in the indoor pool. The Armadale team members were Natalie Upton, Megan Webster, Sarah Carr and Charles Croft.

Natalie Upton had two personal best times in her 200m and 100m breaststroke.

There were five new Club Records set:

- Natalie beat her previous time in the 200m and 100m breaststroke. Natalie received 2 first places and one second place. This has given her 11 points,
- Sarah Carr set two new club records in the 200m freestyle and 200 IM. Sarah received 3 first places. This has given her 12 points
- Megan Webster set a club record in the 200m butterfly. Megan, after finishing her butterfly received a round of applause from the spectators (she still can't decide if this was a good or a bad thing as she finished last in her heat). This was Megan's first attempt at swimming a 200m butterfly at a swimming meet and this is a great achievement. This has become possible due to what we call the "Rowie butterfly stroke" which helps you to conserve energy while swimming. If anybody wants to swim a long -distance butterfly this is the stroke for you!
- Charles Croft received 1 first place, 1 second place and 1 third place. He gained a total of 11 points.

There was no relay team as we didn't have enough swimmers to make up a team.

Armadale Masters came equal 7th with Melville Masters, which is a great result seeing we had only four swimmers. 23 clubs participated.

The above points are added to the Armadale 2024 Inter Club Pool Events. The swimmer with the highest points at the end of the year will receive a trophy.

Presently, leading the female 2024 AMSC Inter-Club Pool Events is Natalie on 85 points, followed by Sarah on 78 points and Megan in third place with 45 points. Leading the males is Charles on 69 points followed by Wayne with 38 points and in third place is Graham with 6 points.

On a final note, there was a bit of drama in the 50m breaststroke. As I was officiating the first heat, watching a competitor's stroke, I suddenly heard the next race starting and this competitor was still swimming. I became this crazy woman, waving my arms and blowing my whistle to stop the race. As the next heat dived into the water, the rope was lowered and even some spectators dived in the water to stop swimmers. The drama! Eventually all swimmers in heat two got out the water and waited for the last swimmer in heat one to finish her race. The offending official (who shall not be named) casually said, "It's ok, no one died" In all the years I have officiated I have never seen this happen before. Rest assured we have new protocols in place so this will never happen again.

Well done to all team members

Gillian Caruso

SULAWESI OCEAN SWIM SAFARI

Tanya, Charles and I joined 7 swimmers from Cockburn Masters on a swim safari in Sulawesi. Sulawesi is a fairly large, octopus shaped, hilly island belonging to Indonesia situated between Bornea and New Guinea. We all flew to Singapore for at least one night, then flew off to Sulawesi on the Saturday morning. Flight was over 3 hours and then it took about 2 hours to get out of the airport and another hour to get to Lumbalumba Resort. Our group, along with 4 swimmers from NSW took up the whole resort; a beautiful resort on a hill overlooking the ocean with islands in the background.

Each day we left the jetty in a boat for the nearby islands. Took about 1 ½ hours to get to our swimming site each day. All jumped in and followed the drop off for about 2kms. Back in the boat for our lunchbox lunches and fruit, then off to another site and back in the water for another swim. After our second swim we usually

snorkelled. Back in the boat with tea or coffee and really nice biscuits ready for the 1 ½ hours to get back to our resort.

We had 2 days of swimming, a day of sightseeing, 1 day of swimming, white water rafting, 1 day of swimming.

We had a great time with a very sociable group from Cockburn, lovely weather, warm, ocean with clear visibility and a huge variety of fish which were so colourful. Saw moray eels, large tiger cowrie shell, stingrays, corals, turtles and sea snakes. We even saw a whale.

After the swim safari, Charles and I, along with 3 of our Cockburn friends, moved to a different resort. This dive resort (Murex) was on flat ground with ocean views. The others had to get back to Perth for various reasons. The 5 of us snorkelled for the next 3 days. Most of the time we just floated along with the current and the boat picked us up after about an hour – then lunch – then back in the water.

Charles and I spent a further 3 nights in Singapore on the way home.

Heather Croft



Chas and Heb

The Club's Hot Pot at Jenny's



Our hosts. Jenny doing a good job delegating.





Yvonne Lovegrove is looking after our club's old trophy display cabinet. It needs a new home. Please collect from Yvonne 0431324885



Club Calendar AUGUST 2024

DATE	DAY	ACTIVITY / EVENT	Coach Organiser	
1 st	Thursday	Squad Training (7.00pm-8.00pm)	Heather	
3 rd	Saturday	Club Championships Round 7 100m, 50m, 25m Followed by morning tea – bring a plate 9.30am-10.30am	Hans	
6 th	Tuesday	Squad Training (7.00pm-8.00pm)	Fettes	
8 th	Thursday	Squad Training (7.00pm-8.00pm)	Charles	
10 th	Saturday	Squad Training (9.30am-10.30am)	Fettes	
10 th	Saturday	Maida Vale 1500m 1.00pm-5.00pm	Self	
13 th	Tuesday	Squad Training (7.00pm-8.00pm)	Sarah	
15 th	Thursday	Endurance Swims (7.00pm-8.00pm)	Hans	
17 th	Saturday	Squad Training (9.30am-10.30am)	Heather	
18 th	Sunday	Golden Gropers Relay Carnival – SC Meet starts 11.00am ENTRIES CLOSE 8 th August	Self	
20 th	Tuesday	Squad Training (7.00pm-8.00pm)	Heather	
22 nd	Thursday	Squad Training (7.00pm-8.00pm)	Rowie	
24 th	Saturday	Squad Training (9.30am-10.30am)	Charles	
25 th	Sunday	Somerset Carnival 1500m (8.30am-12.30pm)	Self	
27 th	Tuesday	Squad Training (7.00pm-8.00pm)	Sarah	
29 th	Thursday	Squad Training (7.00pm-8.00pm)	Rowie	
31st	Saturday	Squad Training (9.30am-10.30am)	Heather	

Charles Croft. President amsc.president@hotmail.com

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

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

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

Jennifer Findlay. Committee member

Sarah Carr. Committee Member

Fettes is taking a break from Newsletter duties for the next 2 months.