



Armadale Masters Swimming Club

NEWSLETTER

June 2024

VERY IMPORTANT INFORMATION

We need a team for the inter-club competition:

The **2024 ABCCC Riverton Masters Swim Meet** is scheduled for **Sunday, July 14, 2024**, at the **Riverton Leisureplex**. Here are some key details:

- **Entries Due:** Sunday, July 7, 2024 (closing in 12 days)
- **Hosted by:** Riverton Masters
- **Open to:** All Masters Swimmers
- **Entry Limit:** The first 120 swimmers who enter
- **Swim Rules:** Masters Swimming Australia rules apply
- **Individual Entries:** Each swimmer can select up to three swims, including a maximum of one 200m and one 100m swim, with no limitation on 50m swims.
- **Relay Entries:** Close on July 10th
- **Event Entry Fee:** \$12.81 (AUD)

Events include various distances in freestyle, backstroke, breaststroke, butterfly, and individual medley. Afternoon tea is included in the entry cost.

So far only Natalie Upson has entered.

Please enter using this portal:

[My Swim Results - Entries Wizard - 2024 ABCCC Riverton Masters](#)

1Mixed Open 200 Individual Medley\$0.00 2Mixed Open 200 Freestyle\$0.00 3Mixed Open 200 Backstroke\$0.00 4Mixed Open 200 Breaststroke\$0.00 5Mixed Open 200 Butterfly\$0.00 6Mixed Open 100 Freestyle\$0.00 7Mixed Open 100 Backstroke\$0.00 8 Mixed Open 100 Breaststroke\$0.00 9Mixed Open 100 Butterfly\$0.00 10Mixed Open 50 Freestyle\$0.00 11Mixed Open 50 Backstroke\$0.00 12Mixed Open 50 Breaststroke\$0.00 13Mixed Open 50 Butterfly\$0.00 14 Women's Open 4x100 Freestyle Relay\$0.00 15 Men's Open 4x100 Freestyle Relay\$0.

On Sunday 28th July Armadale Masters Swimming Club is holding a middish-winter Hot Pot late afternoon – early evening at Jenny Findlay’s house, 8 Bamlett Street, Mount Nasura. The more the merrier. Please phone Jenny 0478007554 to inform what food you would like to contribute, and to be told further details.

June 2024 Club Championships Report

Maybe it was the long weekend, but there was only seven swimmers at round five of the 2024 Club Champs, held on 1st June. This is about half the normally numbers. Mind you there were a number of non- competitors who turned up for morning tea!

Events on offer were 200m choice, 50m choice and 25m choice. This is the first time we have run the 50m with the other two distances and with only 7 swimmers we had time to spare for a fun relay.

Top point scorer of the day was Sarah Curran Ragan and Fettes Falconer both on 9, followed by Yvonne Hunt on 8.

In the lady’s competition the leader board has changed with Sarah Carr slipping to third place on 21 points (Sarah missed this round). Yvone Hunt has regained the lead on 25 points followed by Alicia Sams-Hayes on 22.

Graham leads the men's competition on 42 points, with Fettes on 32 and Wayne Sams-Hayes 25.

Wayne achieved the only PB of the meet in his 50m fly.

Wayne Sams-Hayes had a good Meet with 3 club records previously set by Greg Frey back in 2011 and 2012. Fettes Falconer improved on his 25m back club record and Yvonne Hunt set a new club record in her 200m back.

The next round of Club Champs will be on Saturday, 6th July This gives all another chance to do some damage in the short course pool!

Graham Hicks.

Keep scrolling down!

Is adventure one of the best anti-ageing agents?

The messaging around aging for men and women is sadly very toxic. We are told we are on a rapid decline, and many, especially women, feel invisible. Yet research shows that the way we look at our own aging predicts how well we age. So, if you have a negative view of aging, you have a statistically higher chance of a cardiac event or cognitive decline, and earlier in life too.

The exciting part is that the opposite is also true: If you think of aging as a time of exploration and exhilaration, you will be happier, healthier, and live seven years longer. There is much science behind that. For example, a 2022 study of 14,000 adults over 50 found that those who were the most positive about aging had a 43 percent lower risk of dying from any cause over the next four years than those who were the least positive about aging.

But these studies don't tell us how to get that positive mindset, especially in the face of such negative messaging about our aging journey. However, some scientists studying human longevity: have data that shows outdoor adventure helps to increase longevity.

Outdoor adventure can change our mindset on aging.

An American female journalist reporting on this subject joined the 'Wave Chasers', a group of women in their sixties, seventies, eighties, and beyond (one member was 99 years old!) who boogie board together in San Diego, California. She wanted to understand why they chose to take up this sport—and what they get out of it.

Many informed that boogie boarding had changed their outlook on life. When asked how, some pointed out to the big, cold Pacific Ocean; 'look at the nerve it takes to step in, look at the bravery one needs to be tumbled by waves, look at the way each Wave Chaser helps another, look at the fun they are having. What the Wave Chaser was saying was that none of the Wave Chasers were doing what was expected of them at their age. They certainly did not see themselves as frail or cognitively impaired—or boring!

Thus, it comes down to this: if you go outside and pick an activity that makes you feel exhilarated, feel adventurous, and provides physical vitality—even something as simple as boogie boarding—this is a direct rebuke to everything you've been told about your aging journey.

So, good on those who brave the winter elements and swim outside on a Saturday morning.

The San Diego boogie boarding ladies have upended their own beliefs and expectations of what can and cannot be done.

This editor hopes you now feel empowered about your future, not disheartened!

Life is worth living at full tilt. Before birth there was oblivion. Death is oblivion. Enjoy the life in-between, but not at the expense of others. (Fettes' mantra)

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Club Calendar July 2024

DATE	DAY	ACTIVITY / EVENT
2 nd	Tuesday	Squad Training
4 th	Thursday	Squad Training
6 th	Saturday	Club Championships 100m, 50m, 25m Bring a plate morning tea
9 th	Tuesday	Squad Training
11 th	Thursday	Squad Training
13 th	Saturday	Squad Training
16 th	Tuesday	Squad Training
18 th	Thursday	Endurance Swims
20 th	Saturday	Squad Training
23 rd	Tuesday	Squad Training
25 th	Thursday	Squad Training
27 th	Saturday	Squad Training
30 th	Tuesday	Squad Training

A change to

The AFAC team has informed about an upcoming maintenance period that will affect AFAC's pool facilities and Swim School operations.

To ensure continued reliable service, essential maintenance will be conducted on the systems serving the Outdoor 50 Metre Pool and Leisure Pool, with these pools closed from *Monday 1 July to Sunday 14 July 2024.*

During this maintenance period, please note the following:

Closure of 50m Pool and Leisure Pool: These pools will be closed for maintenance from 1st to 14th July. We apologise for any inconvenience this may cause.

Continued Availability: The 25 Metre Pool, Program Pool, and Wellness Suite will remain open for your aquatic area fitness needs. Aqua classes normally hosted in the 25 Metre Pool will continue as scheduled on the Group Fitness timetable.

Swim School Break: Please note that the Swim School Program will not be operating during this maintenance period, with the planned July break extended by an additional week. This adjustment aims to increase availability in the 25 Metre Pool and Program Pool for general use.

This advanced notice of this closure aims to assist you in planning your visits accordingly. Your understanding and cooperation during this maintenance period is sincerely appreciated.

If you have any questions, please don't hesitate to contact us at info@armadale.wa.gov.au

Thank you for your understanding.

Warm Regards,

Team AFAC

Your Club Committee

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Hans Vosbergen. Treasurer and Registrar
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Jennifer Findlay. Committee member

Sarah Carr. Committee Member