



Armadale Masters Swimming Club

NEWSLETTER

May 2024

VERY IMPORTANT INFORMATION

Please keep reading down to the end where the most important information is kept: - the Club Calendar. Believe it or not! This is where days and start times are announced. Some members did not get to the end of April's newsletter and arrived at the pool on the first Saturday of May - an hour early! MAYBE **They just forgot?** More about forgetting further on.

Here is Chas's report:

NEWS FROM THE MASTERS NATIONAL SWIMMING COMPETITION IN DARWIN

Hi Clubbies,

Just a short note to acquaint you with my epic trip to Darwin for the Australian Masters Swim. The weather was as advertised, a tropical 35 degrees. The ocean swim temperature was 26 degrees. Overall, I had a really good time. Most of my swims were PB's for my age. I did get a medal – came 3rd in the 3.2km open water swim.

The first day of swimming was exhausting with an 800 free and 200 breast under race conditions. Everybody put in extraordinary times and the lactic acid really kicked in and left me exhausted.

After the first day, the rest of the week seemed to get easier and watching the other swimmers were inspiring in their efforts. The Superfins were always cheering and so happy. I hung out with Claremont for a bit. They had a team

of 26, so very hard to find a seat. I was lucky to be adopted by Rockingham – 6 girl team, Bridget Young and co., most of whom were Australian Record holders. Greg Frey (ex AMSC) passed on his regards to Armadale through Rockingham as he is now a member of Rockingham.

It was a challenge to improve performances. Keeping fit and having fun go hand in hand. Overall, it was a very enjoyable experience.

Charles Croft

PS From the Editor. Some may not know: **Superfins** is the W.A. Masters club for disabled swimmers (physically and intellectually)

May 2024 Club Championships Report

The fourth round of 2024 Cub Champs was held on 4th May and was the first short course Championships for this year.

Eleven swimmers took the plunge, while a couple of others watched from the sidelines or helped with timing. Events on offer were 100m choice, 50m choice and 25m choice.

Top point scorer of the day was Wayne Sams-Hayes on 12, followed by Sarah Carr on 11 and Graham Hicks on 10.

In the ladies competition, Sarah Carr on 21 points has just snuck passed Megan Webster on 20, with Alicia Sams-Hayes in third on 19.

Graham leads the men's competition on 36 points, with Fettes on 23 and Wayne Sams-Hayes 19.

Sarah Carr and Wayne set two PBs each this round.

Sarah Carr set two club records. Natalie Upson, Wayne Sams-Hayes and Fettes Falconer each set a club record.

The next round of Club Champs will be on Saturday, 1st June and the second chance to do some damage in the short course pool!

Rowena Burch.

Now for something entirely different:

You are invited to the 2024 One- hour Mixed Relay Challenge “Swim for Memory” for the Australian Alzheimer’s Research Foundation.

June 23 @ 9:00 am – 1:00 pm

HBF Stadium, 100 Stephenson Ave, Mt Claremont
25M Pool

COST

\$40 Registration plus pool entry.

*Fettes is keen to put a team or two together to help raise funds for memory research. **Why?** Because we are all getting older on a daily basis. Also, Fettes feels guilty. About 20 years ago Fettes, whilst swimming backstroke all over the place, collided head on with Joe Kalajzich swimming freestyle in a straight line. Joe never renewed his membership after that! Joe (Principal of Armadale Senior High School, teacher of Geography, author of Geography textbooks, and in his youth - a well-known athlete and footy player) has recently been placed in an Old Age Home. Joe (in his early 80s) has Alzheimers. He no longer remembers Fettes!*

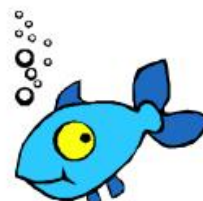
So, Fettes is gathering club members and/or your friends and your families for this fun relay challenge for all ages and levels. There are some great trophies up for grabs including

who can swim the most of the 25m pool in the allocated 1 hour. Please read on:

STADIUM MASTERS SWIMMING CLUB

SWIM FOR MEMORY

DRAFT (19/4/24)



Stadium Masters Swimming Club invites you to join us in the

2024 ONE-HOUR MIXED RELAY CHALLENGE

“SWIM FOR MEMORY”

for the

AUSTRALIAN ALZHEIMER’S RESEARCH FOUNDATION

9am to 1pm, Sunday 23rd June 2024

HBF Stadium,

Stephenson Avenue

Mt Claremont, in an outdoor 25 m 8-lane pool

ENTRY FEES

- Pool entry fees
 - Competitors \$7.10 (16 years and over)
 - Children under 4 years free (with full paying adult)
 - Children 4-15 years \$5.20
 - Concessions (students/pension card holders) \$5.50
 - Spectators \$2.60
- Event registration for each relay team - \$40 to cover.
- Team Registration to be paid preferably before arrival at the pool, by bank transfer to the Stadium Masters Swimming Club account; BSB 036-063 Account # 162984

HOW IT WORKS

- Swimming clubs and groups are invited to enter freestyle teams of four.
- Standard Masters swimming relay age groups apply (age is at end of 2023), with the addition of 52 – 63 and 64 - 71 age groups, to accommodate younger family members.
- Team members may swim in any order and any proportion of the one hour as long as all team members swim.
- Each swimmer may compete in one age group only. Two teams may share a lane by mutual consent.
- We expect entries in all the age groups including with (aggregate ages); 72 – 119, 120 – 159, 160 – 199, 200 – 239, 240 – 279, 280 – 319, 320 – 359. Limited lanes are available, so get your entries in and pick a preferred time while you can.

TROPHIES (RETURNABLE) AWARDED

- One to the team in each age group that swims the most 25 m laps in the allocated one hour.
- Another will be awarded to the team that swims closest to their predicted number of laps.
- A trophy will also be awarded to the team that collects the biggest total of donations to aid The Australian Alzheimer's Research Foundation.

FUNDRAISING

- Our over-all target is \$3,000 with a conservative expectation of each individual participant being able to attract \$25 of sponsors, but any amount will help. Trophies will be awarded following the event.

REGISTRATION

<https://www.justgiving.com/page/stadium-masters-swimming-club-1713752282908?newPage=true>

For online donations.

Please add the name of the team you wish to support when you make a donation (if you wish to support a team in the competition to raise the most money). Donation sheets will be made available before the event and can be used to hand in money on the day (although online donations are much preferred).

- Please process and email your team entries (name of team, names of swimmers and their ages, plus estimated team swim distance in the hour) to Barry Green at barryjohnngreen@yahoo.com.au
- Entries close at midnight on **Wednesday, June 19th**.
- To assist in running the event could teams please supply a timekeeper/recorder for their swim.

Some Fettes Research:

Over your lifetime, you will be exposed to far more information than any organism could possibly remember. According to one estimate, **the average person is exposed to thirty-four gigabytes** (or 11.8 hours' worth) **of information a day.**

With a near-constant stream of images, words, and sounds coming at us through our smartphones, the internet, books, radio, television, email, and social media, not to mention the countless experiences we have as we move through the physical world, it's not surprising we don't remember everything. We are not supposed to remember everything from our past. **The mechanisms of memory were not cobbled together to help us remember the name of *that person*. You know *him!* We met him at *that thing*.** To quote British

psychologist Sir Frederic Bartlett, one of the most important figures in the history of memory research, “literal recall is extraordinarily unimportant.”

Want to keep your memory sharp? Here’s what science recommends:

Just because we are experiencing normal, age-related memory decline doesn’t mean we can’t do something about it.

Having a higher expectation of our memory skills as we age helps us engage in more of the very things that maintain recall. Studies show that in cultures where the older population is not stereotyped as being forgetful, such as in China, people score better on memory tests. In other words, folks there aren’t conditioned to give in to the idea that aging, and memory loss go hand in hand, so they naturally put forth more effort into staying mentally engaged.

What are those activities and factors that can grease the wheels of our memory machinery? The same things that help lower our risk of diseases such as heart disease, stroke, diabetes, and depression: exercising, eating healthfully, getting good sleep, socializing, and challenging our mind. In fact, it is all about **Fun, Fitness and Friendship (In case you may have forgotten - The Masters’ motto!)**

The magic of exercise

Regular exercise increases the volume of the two brain areas that are most important in memory: the hippocampus and the prefrontal cortex. These are also two regions that are among the most susceptible to neurodegenerative diseases and aging. “Exercise is the only intervention we know of that will combat the decrease of volume of these areas,” says New York University neuroscientist Wendy Suzuki, who studies exercise and the brain.

Physical activity helps protect brain cells and stimulates blood vessels to grow in the brain—the more vessels to carry oxygen to the brain (the number one user of oxygen in the body), the greater the volume of the hippocampus and prefrontal cortex and the better your memory function.

Equally important: Exercise grows new neurons in the hippocampus. Research suggests that the growth factor BDNF, a protein which gets turned on during aerobic exercise, may be partly responsible for the birth of neurons. These

fresh neurons are quick learners and are integrated faster into hippocampal circuits than existing neurons, improving recall. Moderate and high-intensity aerobic activity also reduce the concentration of beta-amyloid plaques and tau tangles that can eventually lead to dementia.

How much is enough? Getting your heart rate up via walking, gardening, biking, **swimming**—even power vacuuming—three to four times a week for 30 minutes will do the trick. “It’s not about becoming an elite athlete,” says Suzuki, but rather increasing your cardio fitness from your own baseline.

Food for thought

‘Brain food’ is real. Here’s what to eat to keep it healthy and strong.

Foods rich in memory-enhancing nutrients and low in saturated fat, not supplements, are the way to eat, experts say. Adults, especially, can benefit from eating a Mediterranean-style diet, according to a 2017 study in the *Journal of the American Geriatric Society*. It found that those with the highest adherence to the diet had a 30 to 35 percent lower risk of scoring poorly on cognitive tests, which included measures of episodic and working memory.

Here’s how to reap the benefits:

*Limit red meat and full-fat dairy; increase produce, nuts, legumes, whole grains, and fish; and use olive oil for cooking.

*Eat foods with flavonoids and flavanols. These antioxidant compounds—found in apples (especially the peels), berries, citrus fruits, black tea, and cocoa beans—are thought to keep memory sharp by protecting neurons and enhancing cell signalling. These substances increase BDNF, which fosters the birth of neurons. Chocolate lovers: If you want the most brain bang for your buck, go for bars and cocoa powders that are not alkalized (also called **Dutched**), since the process can lower flavanol content. **(Just ask club member Marcel – the - Dutchman. His university degree was in Food Science.)**

*Omega-3 fatty acids, found in high amounts in fish like salmon, mackerel, tuna, and sardines, as well as flaxseed and walnuts—build cell membranes in the brain and may have anti-inflammatory effects that protect brain cells. Even one seafood meal a week can make a difference: A 2016 study published in

Neurology that followed over 900 older adults for five years found that those who ate seafood once a week or more (even fish sticks count!) had lower rates of decline of factual memory than those who ate seafood less than once a week. People carrying the APOE e4 allele, which increases Alzheimer's risk, showed the most benefit when it came to slowing rates of cognitive decline.

(Adapted from Memory: What It Is, How It Works, and Ways You Can Improve It, originally published by National Geographic Partners, LLC, on November 13, 2020.)

Keep scrolling down!

A change is coming in July

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. Team AFAC

Club Calendar June 2024

DATE	DAY	ACTIVITY / EVENT
1 st	Saturday	Club Championships (9.30am-10.30am) 200m/50m/25m Bring a plate morning tea
4 th	Tuesday	Squad Training (7.00pm-8.00pm)
6 th	Thursday	Squad Training (7.00pm-8.00pm)
8 th	Saturday	Squad Training (9.30am-10.30am)
11 th	Tuesday	Squad Training (7.00pm-8.00pm)
13 th	Thursday	Squad Training (7.00pm-8.00pm)
15 th	Saturday	Squad Training (9.30am-10.30am)
18 th	Tuesday	Squad Training (7.00pm-8.00pm)
20 th	Thursday	Endurance Swims (7.00pm-8.00pm)
22 nd	Saturday	Squad Training (9.30am-10.30am)
23 rd	Sunday	Swim for Memory – Teams of 4 Please check MSWA website for details
25 th	Tuesday	Squad Training (7.00pm-8.00pm)
27 th	Thursday	Squad Training (7.00pm-8.00pm)
29 th	Saturday	Squad Training (9.30am-10.30am)

Your AMSC Committee

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

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Jennifer Findlay. Committee member

Sarah Carr. Committee Member