



**Armadale Masters Swimming Club**  
**NEWSLETTER**  
**December 2024**



**Very Important!**

**Membership Renewal must be made  
ASAP, otherwise.....!**

**Please pay online at [Swim Central.](#)**

- If you are a previous Masters member **DON'T** register for a new account, select “Forgot password”. After resetting your password login and click on Store, select Membership then search for Armadale Masters Swimming Club. If you don't know your registered email address contact the club Membership Officer.
- If you have an existing Swim Central profile, login and **click on Store**, select Membership then search for Armadale Masters Swimming Club. If you don't have a Swim Central profile create one by clicking “Don't have a login? Register for an account”. Once your profile is created, login and click on Store, select Membership then search for Armadale Masters Swimming Club.

Armadale Masters swimming **membership fee for 2025** is **\$162.65**. Cost includes Masters Affiliation of \$117.93 and a club fee of \$44.72. Membership valid from 1/12/2024 to 31/12/2025.

## **Other Important Notices**

There is no club swim training on the following dates:

24<sup>th</sup>, 26<sup>th</sup>, 28<sup>th</sup> and 31st December.

**But .... we have** an early morning swim on **Saturday 28<sup>th</sup> in the Indian Ocean (Cockburn Sound)** at **Coogee Beach (in or out of the Shark Net)**. Meet at the café 7.30 am, to be in the water by 7.45 am. **The swim will be followed by breakfast at the café**. For organisational and booking purposes please give Heather Croft your intention to swim and chat and eat breakfast. **Heather's mobile: 0406528303**

**Our 2025 Swim Calendar begins on Thursday 2<sup>nd</sup> January**

**Our AGM is in March. We need to elect a committee. The club does**

not run without a committee. The club needs you on the committee.



**WE hope you have registered!**

## Fun Times



Here is our Gillian – the - Official dressed up and ready to officiate at the recent annual GLBQTI etc inter-club competition. **Onya Gillian – you big fairy!**



Our great after -

Saturday training sessions are a fun way of socialising. You need to attend to experience it. We always have an array of good tucker. Here in the middle of the table is a tiered Hummingbird cake baked by our expert baker – Gillo the Brillo. Alicia often brings scones. Yvonne H's Lumberjack cake also make an appearance, Graham's egg sandwiches are a hit, many more provide a plate eg: dips, fruit and vegetables, biscuits .... all to help undo the earlier efforts of shedding carbohydrates.



The last Saturday at

the pool 'nosh up' after a bit of fun in the pool. Apparently, it was a hard workout as well.  
Note Hicksy in both!



The noodle race.



Having a ball!



They are off!



Daddy long-legs checking the opposition.



Look what our Liz found (maybe in her bathers?!) This was Liz's last Fun Day with us. 25 years she has spent with us. She is off to live in Busselton. Wishing you a good move Liz! We will see you at the Busso Jetty.

**While we were enjoying ourselves here at our pool... Colin, Gillian – the – officiator (whistle blower) and Tanya were doing it tough in a bigger pool: Tanya and Colin completed the 3.4km Santa's Lap.**



Col, Gill and Tanya (Onya all!) on Coogee Beach (Saturday 21<sup>st</sup> December 2024).

## Club Reports

### Fremantle Ports Swim Thru 2024

5 Armadallians participated in this classic event: Charles, Sara Moles, Colin and Maddi



The three males swam the 1.6 kms and did well in their respective age groups. The girls went further! They swum the 3.2 kms. Well done Maddi and Sarah!

**Fremantle Masters Swimming Club would like to say a huge thank you to all swimmers, sponsors, volunteers, referees and everyone else who made the 2024 Fremantle Ports Swim Thru the best one yet.**

It was a fantastic morning with more than 400 swimmers taking to the water.

Conditions were almost perfect, and we even spotted a pod of four dolphins testing out the course! A huge thanks to Coogee Beach Surf Life Saving Club volunteers for keeping an eye over everyone.

Whether you're a regular Fremantle Ports Swim Thru swimmer, or this was your first time, thank you for your support and we look forward to seeing you in 2025.

## **AMSC 2024 Presentation Evening**

Even the harsh noise at times from next door did not dampen our end of year party. A good time was had. Thanks Chas and Heb for organising.



It is most pleasing to see young faces amongst the young at heart.  
Winners all!

The Club Championships Trophy: (F)Megan, (M) Graham

Club Endurance Trophy: (F)Sara Carr and Megan shared, (M) Marcel

Open Water Swimming Trophy: A family affair - Heather and Charles

Pool Swimming Trophy: Natalie and Charles

Club Swimmer of the Year: (F) Sarah Carr and Megan (shared) (M) Colin

Training Award (for training hard and often and following lane etiquette)

Graham Hicks/ Hicksy

The Dave Green Trophy: Natalie Upson (always to the new member who has participated enthusiastically in fun, friendship and fitness): Natalie



Col; the Master of the Ceremony. Here he is warming us up by telling a serious joke (a riddle). Some of us are still trying to work it out!

## **The Benefits of Swimming**

One of the biggest benefits of swimming is that it really does work your entire body. In fact, it engages almost every major muscle group.

When a person swims, they use their arms, legs, torso, and stomach. Swimming also increases your heart rate without stressing your body, tones muscle, builds strength, and helps manage weight.

Even a gentle swim can release endorphins, which improve your mood.