



Armadale Masters Swimming Club

NEWSLETTER

April 2025

MOST IMPORTANT!

April is nearly over, so what? (The horizon gets closer each day!)

In May we start our winter training schedule in the indoor 25m pool at the following times:

Tuesdays and Thursdays we start at 7pm.

On Saturdays we start at 9.30 am



For those new and those who may have forgotten - this is the outdoor pool. In winter only the Lifeguard will be there in the cold air. Indoors.... Warm air and warm water, and most times an AMSC Coach. We need more coaches in order to spread the coaching load.

A very important calendar follows: (**Please note- Club Champs is on the 10th May.**)

Club Calendar May 2025

DATE	DAY	ACTIVITY / EVENT	Coach Organiser	Venue
1	Thursday	Squad Training 7.00pm – 8.00pm	Rowena	25m pool
3	Saturday	Squad Training MSWA State Champs 9.30am – 10.30am	Fettes	25m pool
6	Tuesday	Squad Training 7.00pm – 8.00pm	Peter	25m pool
8	Thursday	Squad Training 7.00pm – 8.00pm	Peter	25m pool
10	Saturday	Squad Training Club Championships 9.30am – 10.30am	Hans	25m pool
13	Tuesday	Squad Training 7.00pm – 8.00pm	Charles	25m pool
15	Thursday	Squad Training Endurance 7.00pm – 8.00pm	Hans	25m pool
17	Saturday	Squad Training 9.30am – 10.30am	Fettes	25m pool
20	Tuesday	Squad Training 7.00pm – 8.00pm	Peter	25m pool
22	Thursday	Squad Training 7.00pm – 8.00pm	Rowena	25m pool
24	Saturday	Squad Training 9.30am – 10.30am	Fettes	25m pool
Investigate				
27	Tuesday	Squad Training 7.00pm – 8.00pm	Charles	25m pool
29	Thursday	Squad Training 7.00pm – 8.00pm	Rowena	25m pool
31	Saturday	Squad Training 9.30am – 10.30am	No Coach	25m pool

Club Reports

The Freo carnival

The last Sunday of March was a great day and turn out with 8 of our swimmers Meg, Matt, Dave, Charles, Heather C, Heather J, Colin and Nat competing at the Fremantle 50's Competition.

Big thanks to our volunteers: Gillian for officiating , Heather C, Charles and Colin for helping out with the timekeeping.

Special mention for our first timers Dave and Matt who seemed to have enjoyed the new experience! Look forward to many more our new regular pool comp competitors.

Overall Armadale came 11th out of 22 teams with a total of 49 points! Well Done!

Matt had an impressive day with 3 PBs including a 31.62 second time for his 50m Butterfly. 3 first place wins, overall age group winner and 3 new club records, not to mention bringing it home fast for both our relays! Congrats Matt.

We had lots of outstanding swims with multiple PBs and some new club records!

Matt smashing all 3 of his swims, Meg in the 50m Breast 46.85 winning her age group and beating her current club record, Dave in the 50 m breast and 50m Back , Heather Jaeckel in the 50M free and 50m Back with a 4 second PB and Charles in the 50M back 52.87 with a new club record set by 10 seconds! He also set a new club record in the 50m Breast 50.44 by 7 seconds.

Unfortunately, we had one hiccup- of- the- day with poor Dave getting disqualified in his first race due to wearing his watch. He still swam an awesome 50 free but will have to race again to record his time.

With such a great turn - out we were able to enter both the relays with the Freestyle Team Dave, Heather J, Meg and Matt who came 4th, and the Medley

team Meg, Charles, Nat and Matt came 6th.

It was great way to end the day seeing everyone having fun and swimming their hearts out for the club with a full cheer team, followed by Lunch put on by the Fremantle club.

I didn't stick around for the raffles but hopefully Heather and Charles picked something up. {They nearly always do! (Editor)} Fettes you were missed but in our thoughts for a speedy recovery. (This editor conveys his thanks)

Well done to the swimmers, spectators and volunteers from our little club!

See you all at the next meet, State Championships on May the 3rd & 4th.

Natalie Upson - Club Captain.

The club committee has decided to pay for the State Champs Registration Fees.

Volunteers Needed for State Championships: Masters Swimming WA is calling for non-swimmer volunteers for the State Championships taking place on 3rd and 4th May. If you are interested in contributing, please contact Swimming WA

[Masters Swimming Western Australia | Swimming for life](#)

The Albany 4 km Harbour Swim Report

Our Colin Gibson competed in this heroic swim and completed it in a great time. Maybe the cold water sped him to finish ASAP? Here he is hugging a competitor – our once- long- ago Ross and ex Armadale Masters committee member (president, secretary, general dogsbody??) and now President of Mandurah Masters.



Col is on the left



Here is our Col being pointed the direction he is required to swim.

Now for more on Our Col:

Colin has sold his Armadale home. Sometime soon Col and Gillian will be moving to Rockingham. Armadale Masters loss, Rockingham Masters gain!

Col is still and certainly was a major club stalwart and committee member for many years. Many times, Armadale Masters relied on Col for all sorts of things swimming (Club Captain, Safety Officer and much more which this old and tired editor cannot recall, oh yes – running Bunnings Sausage Sizzles to provide our Club with more funds), and we will not forget his entertaining Master of Ceremonies at last year's Club Presentation Evening when he eventually out-competed the head – banging music from next door! He always quietly and efficiently got on with running things well. We will miss him.

A Reminder!

Our little club runs on the assistance people are prepared to give.

Please consider helping/volunteering to keep this little swimming club afloat.