

# January 2012 Newsletter



## PRESIDENTS REPORT

Hi,

Just a brief note to thank Sue and Brett for hosting the 2011 Club Christmas function. It was a relaxing and fun night with everyone well and truly in the festive spirit. The New Year was seen in with many of our members nearly taking up residence at Doddie's beach, enjoying the warmer conditions for OWSwimming, and the coffee together after.

2011 was again a busy year for the Club with new member growth, officiating courses taken on and completed, the winter swimming group consolidating and building with challenges of its own ahead, aerobic program on Sundays always popular and changing to the Endurance 1000 program in 2012.

We hosted the Cambria Island Swim and a BACC event, which we won. Great effort from the club and its membership, working together for the club, and Masters Swimming in WA.

We have been working hard to build funding for our swim events. We thank the people involved. By funding these events, we can build on our financial position and be prepared, be in a better position as a club to manage the future.

We are approaching the middle of the OWS season with many of the popular swims still in front of us. Swims for all levels of ability. If interested in participating, taking on a new challenge for the year, have a word with one of our coaching group, or committee members.

Moving into a new year, please consider nominations for Club Committee 2012 ready for our AGM, planned for March, I think. Great opportunity for people to be a part of a team, working, and looking forward to make improvements where possible.

Check this link for more detail on Endurance 1000 program: -  
<http://mastersswimming.org.au/customdata/index.cfm?fuseaction=CustomItem&ItemID=43440>

Regards and all the best of Health, Happiness and Fitness for 2012.

Wayne

# Coach's Report

Happy New Year – and I trust that you all have included in your New Year's resolutions, to be diligent in attending as many training sessions as you can. Maybe that was an unnecessary comment, as attendances have remained quite high over the Festive Season and many regulars have been doing the Doddis Beach swims as well – Excellent work. Those who have been doing these extra sessions have shown some amazing improvement in their swimming – and I trust, has been beneficial to their general wellness too.

The other very positive observation I would like to share with you, is the interest many swimmers are now taking in the mechanics of swimming technique and sharing their newly learnt knowledge with each other. Something I discovered many years ago was that the best way to learn was to teach – those of you now passing on your knowledge will know what I mean. Another observation I made long ago about “proper technique” is that there is no such thing – the best technique for you will probably not be the best for the next person. If you watch the ‘elite’ swimmers on telly, you rarely see “Mr Smooth” – many of the basics are there, but we're all different: “Different Strokes for Different Folks” as the saying goes. Keep up the good work and continue to help each other.

Great news for me is that Coach Des has now gone “solo”, that is, designed his own workouts and has been delivering them himself which means I will now be able to get back into the water a little more often to enjoy the group sessions as you all do (and maybe claw back some of that fitness level I had). Des is doing the Masters Swimming Australia Club Coach course so is well on his way to accreditation. Wayne has also completed two accreditation courses but will have to do some further “formalities” as each course he did, became obsolete – the level of learning however didn't and as I reported previously, today's courses are at a much higher level than when I was involved with them. In lane one, you have the very experienced Graeme and also Deric from time to time – both of whom have been associated with top level “kids swimming” over many years. In summary – you have a quality panel of coaches to help you achieve the “Fitness, Friendship and Fun” we're all here for.

Hopefully, you are all now well equipped for the Open Water Swims coming up but very soon, we have the State Swim in Bunbury and the resurrection of the Country Carnival by Correspondence which means will need to now try and find what's happened to those “fast twitch” muscles. Accordingly in the near future, we'll be including some more sprint work and other race practices. Cap'n Ken will let you know as soon as he knows the new format, but we'll have a few timed sprint nights as well – before the cold nights return.

Until next month –

Cheers,

Ivan

## ***Recorder's Report***

We finished 2011 with a record number of 82 financial members and we now have 37 who are low legal for 2012. We would like to remind others that it is now time to register with our on-line system. Any member who does not have the facilities to do this please pay the \$85:00 fee to our Treasurer, Des Seery and we will organise the registration for you as required.

Our Aerobic swims for 2011 finished as at the 31<sup>st</sup> December and the new year has commenced. The total points gained by our club last year was 1706. Total female points 1237 and the males was 469. Ten of our members were unable to complete the sets of 5 400m and 800m swims which was unfortunate, but this year all swims regardless will gain points. Jeannette Rein gained maximum points again for her 9<sup>th</sup> successive year. A mighty effort.

January birthdays are: Graeme McAuslane on the 2<sup>nd</sup>, Kirsty Sinnott on the 5<sup>th</sup>, Anne Marie Kerr the 11<sup>th</sup>, Susan Price the 12<sup>th</sup>, Rosemary Green the 20<sup>th</sup> and Sandra Glennon also on the 20<sup>th</sup>. Happy Birthday to you all.

Cheers,

Pauline

## **Masters Swimming WA State Championships - Bunbury**

Mark the date on your calendar – March 4 & 5. That's the Sunday and Monday of the long weekend. The meet is being held at Bunbury so there's an opportunity of taking a 3 day break. More details can be seen on the MSWA web page. A fun filled weekend of swimming is planned.

The Barrett Bunbury Swim Thru in the Leschenault Inlet is on the afternoon before the Championships. Now, there's a good swim with a free BBQ at the Esplanade Hotel where the swim finishes.

If you're thinking of booking accommodation do so as soon as you can, Bunbury is heavily booked already being a popular long weekend stay.

## **National Championships – Adelaide 14-17<sup>th</sup> April 2012**

Details for the Nationals can be seen on the notice board in the Shed and more on the Masters Swimming Australia web page.

<http://www.mastersswimming.org.au/>

Entries close March so if you are considering going get you planning under way soon.

## **FINA World Masters Championships**

Riccione, Italy. 3-17th June 2012

Go to:- <http://www.finamasters2012.org/> for the full details. Tempted? Ask Rod Baker, Pauline and Ivan Wingate about it as they have been to numerous “Worlds” including when it was held at Riccione a few years back. They even bought back medals!!

## **Alice Spring Masters Games**

Only held every second year and it's on again this year! 13-20 October. Once again, check out their web page for the details. Now, this one is not only swimming but some 30 or more other sports too. Something for every one. They are not called the “Friendly Games” without reason. Subscribe to their newsletter. <http://alicespringsmastersgames.com.au/>

Pauline, Ivan , Des and Ken went along on 2010 and rumour has it some will be going again this year.

## **Ocean Swimming at Doddi's**

Doddi's Beach 9:00 am for an OWS of whatever distance you choose.

Please wear a cap and swim with a buddy as no safety provisions are made at this event.

Some people, about 10 or so, even go on Wednesday mornings, same time 9:00 am

# Coming Up Open Water Swims

**Checkout the Open Water Swim Calendar – events too numerous to list here**

Some of the more popular OWS to watch out for in January and February are :-

Swim Thru Perth, Matilda Bay - 22<sup>nd</sup> Jan

Australia Day – Scarborough – you know the date

Busselton Jetty – 5<sup>th</sup> February

Our swim – The Alcoa Mandurah Masters – Silver Sands 19<sup>th</sup> Feb

## 2012 Major Events

**March 4 & 5**

**Masters Swimming WA State Championships – Bunbury**

For details see MSWA web page <http://www.mswa.asn.au/>

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**Masters National Swimming Championships**, Sydney, NSW

## 2014

**FINA World Masters Championships**, Montreal, Canada

## **Useful Web Addresses**

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Masters Swimming WA <http://www.mswa.asn.au/>

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<p>A morning tea is held after training on the last Sunday of every month with executive committee feedback. Everyone please bring a plate.</p>
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# February 2012 Newsletter



## Presidents Report

Hi,

Plenty of swimming throughout January, not only at the pool, but in the ocean. Club members are enjoying the training nights to hone, maintain their skills in all swim and technique disciplines, as well as the increased number of morning swims in the ocean throughout the week. Great to see more people enjoying the open water swimming on a social basis. Great for the club, great for individuals.

We had a couple of Classic Open Water Events throughout January, with the Cottesloe Mile and Swim Thru Perth attracting a few of our members. I'm starting to think that our own Open Water swimming activities may be enough for some, without having to travel to Perth. Try not to let the organized events slip you by, as swimming in organized swims can be interesting, and will push you to the next level of confidence, endurance. Try and at least support some of the Masters events, classic swims still coming up through February and March.

We held the Club Open Water Sub-Committee meeting the other night to discuss the Alcoa Mandurah Masters OWS coordination. All is on track with the majority of our people wishing to swim being able to, with the support of non swimmers, family and friends.

We had a request to submit a letter and some photo's to support the planned upgrades to MARC. Thanks Des for the wording, the time, and the effort put into this document.

Please remember the AGM planned for the end of this month, and forward any business you wish raised, onto Deb Brown. Most importantly, forward nominations for the Club Committee onto Deb, preferably after establishing that the person your nominating is willing to accept.

Regards Wayne

## ***Coach's Report***

We're underway with our Tuesday "sprint nights" in order to gain some points for the Country Carnival by Correspondence. As in previous years, there are a few who opt out for their own good reasons but I did note that 25 of the 30 who were training did stay back last Tuesday. All under the control of Cap'n Ken, everyone participating seemed to be having fun – not sure that we'll see any PBs (except from those going under the watch for the first time), but fun nonetheless.

Otherwise, squad sessions continue to have good attendances and our coaches are delivery excellent balanced programs – I say balanced because we are now in that transition of preparing for the pool swims (sprints) whilst just starting in earnest with the Open Water Swims (threshold pace) competitions. We had an excellent roll-up this weekend for the Busselton Jetty swim which shows just how healthy the Club is at present. Coming up is our own Ocean Swim then there are a few regulars like the Coogee Jetty to Jetty, where those of you who have not yet ventured out into an OWS can Have-a-Go in relative safety. The beauty of being in Mandurah is that we have Splash 'n' Dash each Friday night at 6:00pm (only a 300m swim) put on by the Tri Club and then Saturday mornings 9:00am also at Doddis arranged by our own members, where you do as little or as much as you need, in preparation for the next OWS. Then there's coffee at the Dome after, specifically for camaraderie training.

Until next month –

Cheers,

Ivan



### ***Recorder's Report***

Our membership has now reached a total of 62 which is a great start for 2012. We would encourage any of our members who have not renewed to do so as soon as they are able to ensure that they are covered by insurance.

We have been involved in participating in the Country Carnival by Correspondence and running timed sprints on Tuesday evenings giving members a chance to improve their skills for pool competition.

Ocean swims are in full swing and a large number of our members will have competed in the Busselton Jetty Swim of 3.6K by the time you are reading this.

February birthdays are: Lynette McPhail on the 3<sup>rd</sup> who has reached the magic number of 70 – Congratulations Lyn. Gary Douglas' is on the 6<sup>th</sup>, Debbie Stocco on the 8<sup>th</sup> and Clay Anderson on the 20<sup>th</sup>. Happy Birthday to you all.

Cheers, Pauline

### **Masters Swimming WA State Championships - Bunbury**

Time is running out if you're planning to swim at the State Masters Champs. Remember that this is a swim meet open to all the WA clubs. Certainly there will be some great swimmers there, marvellous to watch them, but the others are just like you and me, the usual bunch that go to a club BACC.

The Barrett Bunbury Swim Thru in the Leschenault Inlet is on the afternoon before the Championships. Now, there's a good swim with a free BBQ at the Esplanade Hotel where the swim finishes.

If you're thinking of booking accommodation do so as soon as you can, Bunbury is heavily booked already being a popular long weekend stay.

## **Ocean Swimming at Doddi's**

This has become a very popular club swim. Fields of 20 and more lately. Haven't tried it? Come along, no matter how far (or short) you want to swim. 9:00 am start

Please wear a cap and swim with a buddy as no safety provisions are made at this event.

Some people, about 10 or so, even go on Wednesday mornings, same time 9:00 am

## **Coming Up Open Water Swims**

**Checkout the Open Water Swim Calendar – events too numerous to list here**

Our swim – The Alcoa Mandurah Masters – Silver Sands **19<sup>th</sup> Feb**. This will be a big day for our Club!

The Coogee Jetty to Jetty Swim is on again on the **11<sup>th</sup> March**. Now this has something for everyone, a 750m and a 1500m swim. Afterwards a big cooked breakfast under the trees in the park. A very popular swim.

Again at Coogee, the Masters Swimming State OWS on **March 24<sup>th</sup>**. This is only open to Masters members and hence a smaller field of swimmers. There are two swims to choose from, a 1000 and a 2000m event.

Albany at Easter anyone? Some of the Channel Swimming Team, and a few other Club members, will be heading off to Albany for a 4 km cold water swim across Princess Royal Harbour. Brrrrr!!!

## 2012 Major Events

Check out these major events on the MSWA web page and extend your swimming experience.

### **March 4 & 5**

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**SWIM  
AND  
FISH & CHIPS**

**AT  
DODDI'S BEACH  
SATURDAY 11<sup>TH</sup> FEBRUARY 5PM**

**BYO OWN CHAIR AND DRINKS**

**If you are interested please place  
your name on the list in the  
shed for catering purposes.**

### **Editor comment.**

Most of our club training sessions are a mixture of effort and good humour for all concerned. (possibly, except for frequently exasperated coaches). One particular Sunday morning session impressed a sometimes shy reticent club member so much she asked to contribute a few paragraphs to the newsletter. Her story is as follows;

On Sunday 29<sup>th</sup> at aerobic swimming, Sue Giles bravely decided to swim a 400 IM. At the same time Haydn was completing a 400m Breaststroke. Because Haydn did not bring anything for morning tea (it was the last Sunday of the month), he was “persuaded” too also swim the 400 IM. (being Sunday, it could be regarded as a sort of penance). This was a career first for Haydn, (the penance and 400 IM). Graeme was timekeeper and was instructed to carefully monitor turns and arm clearance over the water on the butterfly leg. Haydn was assisted in his efforts by a six strong ladies cheer squad who clapped and cheered as the milestone was achieved. As the 400 IMs were happening, Lyn McPhail, not to be outdone, completed a 400 breast and 400 free. Graeme, unfortunately, did not have his swim gear with him or he would surely have “volunteered” to swim the 400 IM as well. Many thanks to Sue, Hayden and Lyn for an inspiring and most enjoyable aerobic session.

From your Roving Aerobic Reporter. ?????

NOTE: Rosemary asked to remain anonymous so the editor is unable give an acknowledgement to the above contribution.

A morning tea is held after training on the last Sunday of every month with executive committee feedback. Everyone please bring a plate.
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## ***MANNAS COMMITTEE FOR 2012***

*The following is intended as a brief introduction to the coming year's committee.*

We can all make the coming year as successful and enjoyable as previous years by supporting club activities both in the pool and on social occasions.

**President: Wayne Cable;**

Wayne is in his seventh year with our club, fourth year as President, has served previously as Vice President (2yrs) and as assistant coach.

**Vice President: Rob Rankine.** Second year with our club, first time on committee.

**Secretary: Deb Brown.**

Deb has been with the Mannas for seventeen years. Has previously served as Captain (2yrs), Fifth year as Secretary.

**Treasurer: Des Seery:** Des is in his fourth year with the Mannas. Third year as Treasurer.

**Coaching Director Ivan Wingate.**

Ivan has been with the Mannas for nine years. Four year as Coach. First year as Coaching Director.

**Club Captains: Kirk Bamford and Haydn Brimson**

Kirk is in his sixth year with our club, one year as Vice President.

Haydn in his fifth year with our club. First time on Committee.

**Recorder: Pauline Wingate.**

Pauline is in her tenth year as a Mannas member and seventh year as Recorder. Has previously served as Treasurer (2 yrs)

**Club Photographer; Lyn Mcphail**

Lyn has been with our club for eighteen years. Previously served as Secretary (1yr), Vice President (2yr), Public Relations (1 yr). Second year as Club Photographer.

**Public Relations: Gerry Green:**

Gerry has been with the Mannas for nineteen years. Has previously served as President for four years, Captain for one year and will be the tenth year in Public Relations

**Property Officer: Rosemary Green**

Rose has been with our club for six years, first year on committee.

**Social Officers: Sue Johnston and Sue Giles:**

Sue Johnston has been with our club for eleven years. Previously served as Secretary (2 yrs), Captain (3 yrs). Second year as Social Officer.

Sue Giles has been with our club for seventeen years. Previously served two years as Public Relations. Second year as Social Officer.

**Safety Officer: Jim McQuade.** Jim with the Mannas for five years, first time on committee.

# March 2012 Newsletter



## **Presidents Report.**

Hi,

Many thanks to all the people who turned up to help at our Open Water Swim at Henson St. It turned out to be quite a club event, with not only club members helping, but also family and friends. Thank you goes out to the Club committee and the Event Coordinating committee members for helping to put everything together.

The morning turned out to be quite interesting with the increased numbers in the water, and the positive feedback re organization and Safety. The Coordinating Committee has yet to meet for the event debrief, due to Rotto swims, AGM's and Bunbury Championships.

We had our AGM last week, which ran quite smoothly with reports from the 2011 Committee on Club Business throughout the year. From the Club, thank you to the 2011 committee, with most members being re-elected. Thank you to Ken for his role as Captain. New Faces on the Committee – Rob Rankine has taken on the challenge of Vice President, Kirk and Hayden will be sharing the role of Captain. Rosemary Green has taken on property officer.

As mentioned at the AGM in summary, the Club can only grow and become stronger with the input from its membership. We want to capture this input, and use it where possible to improve and help guide the club into the future.

Congratulations to the swimmers who participated last weekend in the Rotto swim, great conditions I hear, and great swim. Well done. We had a few swimmers head south to Bunbury over this weekend to the Bunbury Championships and Open Water Swim. I hope everyone participating enjoyed the weekend of events.

Regards

Wayne

## ***Coach's Report***

*For those who missed the AGM, I submit an abridged version of my annual report for your interest –*

I quote from my first Coach's Annual Report: "A goal I set for myself in taking on this position, was to ensure that we had a coach "on deck" at as many sessions as we could." This past year, we have achieved close on 100% to having two (2) coaches on deck at all squad training sessions. This has become a reality with Deric Golembka looking after lane one in Graeme's absence and/or alternating with him from time to time and Des Seery commencing a Masters Swimming Australia Club Coach accreditation course. We also had Gerry Green help out on lane one during his convalescence for a few weeks and of course we had President Wayne there most nights – the only one amongst us with a qualification. I'm indebted to these guys as they now ensure you have good programs and delivery every night enabling me to get in some much needed squad training and I need only to fill in now and then when one of them is away. A reflection of this is that we rarely have less than twenty at a session – most times it is 25 or more. My sincere thanks to all coaches assisting me.

The enthusiasm generated at squad sessions I believe has been instrumental in seeing excellent participation at Club Challenges and other competitions throughout 2011. Whilst we emphasise that competition is only a part of the Club's activities and not for everyone, those who have participated have been well rewarded with the Fitness, Friendship and Fun this wonderful organisation offers. Further, by having many who took the plunge at our own BACC – WE WON. (Who said "Winning is not important"? ? ?)

Until next month –

Cheers,

Ivan



## ***Recorder's Report***

Our Club now has the very healthy total of 68 financial members and large numbers attending our training sessions.

The Aerobic Swim program is now known as Endurance 1000, Masters Swimming Australia which will be officially launched in the next few weeks. The only major change seems to be that all swims will gain points even though a member has not completed a set of five 400m and 800m swims. A number of our members have already commenced this program joining in on Sunday mornings at 9:00am.

Eight members are competing at the State Championships 4<sup>th</sup>/5<sup>th</sup> March in Bunbury and our first BACC is the 1<sup>st</sup> April at Melville. Otherwise, we are still concentrating on the Ocean Swims.

March birthdays are: Annette Newcombe on the 3<sup>rd</sup>, congratulations to Steve Crake who will reach the magic age of 60 on the 14<sup>th</sup>, Ryan Spencer on the 10<sup>th</sup> and Tracee Sleight on the 20<sup>th</sup>. Happy Birthday to you all.

Cheers,Pauline.

## **Property Officer**

Now is a good time to stock up on an extra set of bathers. We still have ladies and men's club bathers to sell and there will be no more orders placed for bathers until the current stock is sold. Men's bathers are \$30 and the ladies are \$42. Any queries on the above contact Rosemary on 9586 2995.

## **Club Photographer**

Anyone wanting copies of photos from swim and social events should contact me on 9581 3096. You will need to supply me with a memory stick or CD and a list of the photos you require.

Cheers, Lyn.

At our AGM on Sunday 26<sup>th</sup> Feb, achievement awards for 2011 were presented. They were as follows:

Club Challenge Award:

Winners:	Pauline Wingate 48pts	Runners up: Lyn Mcphail 34pts
	Haydn Brimson 35pts	Sue Johnston 34pts
	Rod Baker 35pts	Ivan Wingate 34pts

Aerobic Achievement Award:

Winners: Jeannette Rein 390pts (maximum points)  
Kirk Bamford 220pts

Kath Mcleod Best Club Person Award: Barbara Pellick.

Coaches Award: Pauline Brimson.

An award received by our Club from the WA Branch consisting of a gift package was presented to Rosemary Green at the AGM for her effort in gaining 270 points for our Club in the Aerobic Trophy scheme. Rosemary completed all the swims except the 400m and 800m butterfly and the 800m Individual Medley events.

A notable absentee from this year's committee is club stalwart Ken Phillips. Ken is in his fourteenth year with our club, thirteen years of that as a very active committee member. Ken and wife Gerda will be overseas for a good part of this year and are taking a well earned break from committee duties. Many thanks to both for their contribution to our club over the past years.

At the Masters Swimming Western Australia AGM held on 21<sup>st</sup> Feb, our own Club Coach, Ivan Wingate was presented with the Five Year Service Award for his contribution to Masters Swimming in WA.

## **Ocean Swimming at Doddi's**

This has become a very popular club swim. Fields of 20 and more lately. Haven't tried it? Come along, no matter how far (or short) you want to swim. 9:00 am start.

For those interested, some of our group are also swimming at 9.00 am on Wednesday mornings

Please wear a cap and swim with a buddy as no safety provisions are made at this event.

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# **PIZZA NIGHT**

**TUESDAY 20TH MARCH**

**AFTER TRAINING**

**@ SUE JOHNSTON'S  
4 LEETON CLOSE  
HALLS HEAD**

**COST: \$6.00 per head, to be confirmed on  
the night.**

**BYO DRINKS**

**For catering purposes please place your  
name on the list in the shed by  
Thursday 15<sup>th</sup> March.**

**\*\*\*\*\***

# April 2012 Newsletter



## Presidents Report.

Hi,

The year is well and truly under way, with the open water season rapidly coming to an end, and the pool season already upon us. It's been quite a challenge blending our training nights, so we address both disciplines, i.e. OWS and pool events. The participation by club swimmers in the various events, and their success in the water, whether in the ocean, or the pool, has been fantastic, and must be pleasing for the individual. Maybe the drills do work.

Mandurah had a great outcome at the Bunbury State Champs, coming fifth out of twenty competing clubs, with Rod taking out male swimmer of the meet for his age group. Pauline Wingate taking out two state records in breaststroke and her age group, and Jasmine winning her age group. Congratulations to all that travelled to the meet, represented the club and had a go.

It was a busy month, full of what we enjoy the most, swimming. We had over twenty swimmers attend the State Open Water championships at Coogee. It was a great day with perfect conditions and outcomes, with some swimming the two kilometers for the first time. We had age group winners, and the club came away with a club performance award for the meet thank you to the Sues' for organising the pizza night. Pizzas are always great after a hard workout in the pool, especially with a nice wine, and friends for company.

Masters Swimming WA is promoting and calling for people who may be interested in attending one of its official training courses. Please contact ken, who will be running / facilitating these courses, for further information.

The next course at sports house Mt Claremont (9.00am – 12.30pm) on Saturday 28<sup>th</sup> April for the following positions:

- Starter
- Inspector of turns
- Judge of strokes

All the best for the open water swimmers preparing themselves for a life experience, swimming the English Channel. We enjoy swimming with you on Saturday mornings. All so, the very best for our swimmers travelling to Melville this weekend, and Albany next weekend.

**In fitness, friendship, and fun**

Wayne

## ***Coaching Director's Report***

As discussed at the AGM, we have now established a "Coaches Panel" and held our first meeting a couple of weeks ago. It was attended by Wayne, Des and myself; Graeme couldn't make it this time. Many subjects were addressed but the principle project was to establish a 12 month plan for the Tues/Thurs squad sessions.

Unlike setting a template for the "kids" who train 10 or 11 sessions a week and do 3 or 4Km each time working towards strict race-time targets, we only get you guys twice a week at the best and the principle target is: "Fitness, Friendship and Fun". Then we have the situation of having a significant overlap of Open Water and Pool Swims to contend with. As many of you have experienced in recent weeks, you're regularly swimming long distances in the ocean within your aerobic capacity, then just this weekend we've expected you to do PBs in the pool at Melville – to gain points for the Club (no personal glories of course ? ? ?).

So, some hardy ~~fools~~ folks will continue their Doddi's Beach swims throughout winter, whereas the rest of us will enjoy a mix of aerobic (with air) and non-aerobic (going into that dreaded oxygen debt) swims to train all three energy systems for the betterment of our health and lifestyle – Oh ! and to do PBs at BACC swims.

We will therefore target getting your fast twitch muscles up to scratch for three BACC swims: Melville (just gone), Mandurah on 24<sup>th</sup> June and Stadium Snappers 2<sup>nd</sup> September. After each of these we will go back to longer distance repeats in the main sets and work on the drills to maintain/develop technique. After the Snappers' BACC we will start grooming you for the OWS season then back to pool swimming focus in February so that you might be in better shape for Melville (or whatever) next year.

One thing many of you could help us with, is to try and **BE ON TIME** whenever you can at the pool. Look upon it as part of your training discipline. As stated a number of times before, some of you simply cannot get there on time because of business commitments and all of us have last minute disruptions causing us to be late sometimes, which is understood, but I feel sure that most of you could be there at around 5:45pm if you wanted to. We're a Club, not just a bunch of volunteers dedicating our time to serving your fitness requirements. Give it a go and see how much better you will feel about yourself.

One final note is that one of our Coaches noted the other night – there were eight in a lane and only three drink bottles on pool deck. Regular hydration is essential whilst training in an indoor pool. Plain water is all that's required but if you fancy sports drinks, make sure they're diluted otherwise you'll be taking on board more kilojoules than you burn up. Some flavouring e.g. weak sports drink, does make it more palatable so you are likely to drink more which is a good thing.

Until next month –

Cheers,

Ivan

## ***Recorder's Report***

March was a busy month with the State Championships held in Bunbury on the 4<sup>th</sup> and 5<sup>th</sup> where Mandurah came 5<sup>th</sup> out of the 20 clubs competing with 519 points and only 8 members participating. Rod Baker was Male Swimmer of the Meet. Our 280+ Men's freestyle relay broke the State record with Haydn, Rod, Des and Ivan being our champions on the day. Pauline Wingate broke two breaststroke records in the 100m and 200m events. Rod, Pauline and Jazmyn were age group winners.

At the State Open Water Swim which was held at Coogee Beach, 23 of our members took up the challenge and won the trophy for participation which was a thrill for all of us. Pauline and Rod won their age groups.

By the time you are reading this, our first BACC will have been held on the 1<sup>st</sup> April at Melville. We had 17 members giving it a go.

Our Club now has 72 financial members which is great to see.

April birthdays are: Corinna Rudler on the 1<sup>st</sup>, Peter King on the 20<sup>th</sup>, Michael Hannah the 21<sup>st</sup> and Ken Phillips on the 29<sup>th</sup>. Happy Birthday to you all.

Cheers,  
Pauline

## **Property Officer Report.**

The following items are available for sale to club members;  
3 x ladies bathers, size 12. 4 x mens bathers, size 16. 1 x mens, size 14. 1 mens XL club shirt ( short sleeve). 1 ladies large club shirt, (short sleeve). Contact Rosemary to purchase or for further information.

## **Ocean Swimming at Doddi's**

This has become a very popular club swim. Haven't tried it? Come along, no matter how far (or short) you want to swim. 9:00 am start.

For those interested, some of our group are also swimming at 9.00 am on Wednesday mornings

Please wear a coloured cap and swim with a buddy as no safety provisions are made at this event.

# Coming Up Open Water Swims

**Checkout the Open Water Swim Calendar – events too numerous to list here**

Albany at Easter anyone? Some of the Channel Swimming Team, and a few other Club members, will be heading off to Albany for a 4 km cold water swim across Princess Royal Harbour. Brrrrr!!!

## 2012 Major Events

Check out these major events on the MSAWA web page and extend your swimming experience.

**Masters National Swimming Championships**, 14-17th April, Marion, SA

<http://www.mastersswimming.org.au/>

**FINA World Masters Championships**, Riccione, Italy. 3-17th June

<http://www.finamasters2012.org/>

**Alice Springs Masters Games**, Alice Springs, NT, 13-20 October

<http://alicespringsmastersgames.com.au/>

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## 2014

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<p>A morning tea is held after training on the last Sunday of every month with executive committee feedback. Everyone please bring a plate.</p>
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# May 2012 Newsletter



## **Presidents Report.**

Congratulations first of all to all the pool swimmers participating in the Perth BACC event in Craigie, and the Nationals in Adelaide. From all reports, Ivan, Pauline and Sue had a great week in Adelaide with some rewarding results for their hard work leading up to the event. We had an enjoyable day participating in the Craigie event with some swimmers taking on new challenges in the pool, and coming away with pleasing personal and team results. Pool events are great for all swimmers, from all levels, to build fitness, strength, endurance, and comfort in the water. A big thank you to Hayden and Kirk for coordinating the event entries and relays on the day.

Congratulations to winners of their State OWS series age group. Well done to Barb, Deb Bloor, Pauline and Rod. Rod is also a recipient of the Champion Male award at the State Pool Champs. These awards are to be presented at a function hosted by MSA.

Please be encouraged to think about participating in a MSA technical course being run throughout the year. If you would like more information re courses available please contact Ken or any committee member of the club. Learning the technical aspects of swimming can not only help your swimming, but can put you in a position to help others and other clubs. We have quite a few people from the club involved in officiating, providing technical support for Pool and OWS events.

The Club wishes those members that have been away from the pool sick, all the very best, and a speedy recovery.

Had a great day last Thursday with Barb Pellick, providing support for Jen Hurley, who took on a great challenge of swimming around the Halls Head Island. 30Km's. We had beautiful conditions from start, 0750, to finish, approx 1700. Sticking to English Channel Rules, Barb and I were only allowed to swim for 1 x hour each, with Jen only stopping for food and drink supplied by the paddler while unsupported in the water. Both an interesting and inspirational experience. I realized coming away, despite being all fired up with motivation, you have to keep things in perspective and respect the gift, ability, and some people have, like Barb, Jen, Sue and other club Members, in distance swimming.

Regards Wayne

## Coach's Report

Good to see the numbers on Tuesday and Thursday nights holding at around about thirty. As the weather cools with the season's change, there are those who drop back on their swimming sessions thinking it's too cold to go out and have a swim. Maybe it's the shorter days and longer nights and the effect the reduced sunlight has on the brain that makes a swim appear unappealing. (I put that in to make it look as if I know something, but I don't really.) But, here's the good news, folks. The pool water is maintained at 29° year round, so it's really quite pleasant in the pool – certainly warmer than standing all alone on the deck watching.

It was great to see Mandurah come third at the BACC in Carine during the month. That makes two third placings in a month! (We came third at the Melville meet, which seems a long time ago now). Great swims from all who competed. With more swimmers competing, we should be able to get a higher place on the podium.

Our next BACC is here at Mandurah on 24 June, so make sure you are available to swim and/or help out on the day (see Gerry). There's nothing like a competition to test how good you are and set a benchmark to measure future swims.

And while talking competitions, remember that in Masters competitions you can start all freestyle, breaststroke and butterfly races from in the water, from the pool deck or from the starting block. Backstroke must start in the water.

Extra tips and information which aren't covered in the coach's spiel on training night or in this newsletter, including photos of members at events, are placed on the boards in the shed. Please don't feel embarrassed to go to the board and poke around a bit. Any information is there for you. It's your shed!

Back to Ivan next month (I hope).

Cheers

Des

## **Recorder's Report**

We had 16 members who swam at the Melville BACC on the first of April which enabled Mandurah to gain 3<sup>rd</sup> place overall out of the 12 clubs competing.

On the 22<sup>nd</sup> of April, 13 of our swimmers travelled to Craigie Leisure Centre to attend our 2<sup>nd</sup> BACC run by the Westcoast Club. Our Club was 3<sup>rd</sup> again out of 9 clubs represented on the day. A great effort by those who participated in the Challenges.

Pauline & Ivan and Sue Johnston took part in the National Swim in Adelaide and thoroughly enjoyed the four days of competition.

May Birthdays are: Colleen Cheale and Trevor Atkinson on the 3<sup>rd</sup>, Geoff Clancy on the 5<sup>th</sup>, Jenny Crake the 8<sup>th</sup>, Fred Mitchell the 9<sup>th</sup>, Gary Bowden the 10<sup>th</sup>, Matthew Price the 16<sup>th</sup>, John Reyburn, Pauline Brimson and Darryl Harris on the 29<sup>th</sup>. Trevor will celebrate his 50<sup>th</sup>, Jenny Crake her 60<sup>th</sup> and Colleen her 70<sup>th</sup>. Congratulations and best wishes to everyone.

Cheers,

Pauline

## **Editors Notes;**

Our club photographer, Lyn McPhail, is looking for anybody who has photos of the Rottnest Channel Swim. If you have photo's you would like to share, email them direct to Lyn at

Robin Trotter needs to garage his Nissan Patrol from the end of May until the end of the year, and is looking for a vacant garage or shed. Rob is prepared to pay a reasonable rent for that period. If you can help. contact Rob on

Don't forget that we are hosting a Club Challenge at MARC on Sunday, June 24<sup>th</sup>. At this stage, fifteen of our regular swimmers/volunteers are going to be swanning around overseas.so numbers will be a bit tight. We will be asking available club members to help out on the day. If you are happy to volunteer your services on the day, contact Gerry at training or by return email.



Club Treasurer Des Seery receiving a cheque from Alcoa representative Wayne Cable --- (also our Club President).--- Alcoa has a policy of promoting volunteering in the community and is offering ongoing funding for participation in community projects.

Not only was Alcoa a sponsor for our Open Water Swim, but last year gave our club funds when our club members volunteered to be parking attendants at an open day at the Alcoa mine site. On behalf of our club, Wayne has expressed a further interest in participating in other community projects sponsored by Alcoa.

# Coming Up Open Water Swims

Checkout the Open Water Swim Calendar – events too numerous to list here

## 2012 Major Events

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# June 2012 Newsletter



## Presidents Report

An enjoyable night had by all who attended the Channel Team send off, with an English , French theme held at Ken and Gerda's home. A great turnout to wish the team all the very best, and to also thank Barb Pellick for her help in preparing them for the challenge.

We also wished Ivan and Pauline all the best for their trip to Italy for the World's. The send off should of had an English, French and Italian theme.

Away from swimming, we also congratulate Jeanette for her recognition in art work with wood, winning a scholarship to study the art in Philadelphia, U.S.A. Quite an achievement considering only 24 positions are available from around the world each year.

In May I attended the Council of Clubs Meeting and Annual awards night at Challenge Stadium. Individual awards for Club Members included State Open Water 2011-2012 Age Group Winners, State Championship Male Swimmer (Rod), Official of the Year, (Ken) and Des for his work as an Official and becoming an accredited Masters Coach. On behalf of the Club, well done for your effort, and contribution to Masters Swimming. The Club also did very well in taking out the State award for Open Water Club Points, and Country Aerobic Program winner. A rewarding night for the Club.

Dean Peters has accepted the role of MSWA Patron. A successful and awarded swimmer in his own right. Will be working on promotion and funding for Masters Swimming.

MSWA is promoting courses for members to learn the technical aspects of swimming and coaching, to build depth and support for swimmers and swimming events. Courses will be held in Perth, but have asked Ken if he could run officiating courses here in Mandurah when he returns from Europe. This may facilitate and encourage interest for those unable to travel to Perth.

Dr Kay Cox, MSWA, spoke on her research into whether the wearing of swimming goggles may contribute to glaucoma. If interested in participating

in this study, you can find application forms in the club house flier file to the left of the notice board.

Des and I attended the annual MSWA - OWS sanctioning seminar at Challenge Stadium to prepare clubs for hosting Open Water Swims. A compulsory exercise to gain sanction for our event.

Finally, keep our Aerobic performance up and have a go on Sunday mornings in the pool. All strokes over a set distance.

Year round Open Water Swimming will continue and is still very popular. Join us on a Saturday mornings at 0900, and for a nice warm coffee after. Great preparation for the Geo Bay Swim in November.

Regards Wayne

### ***Recorder's Report***

As Ivan and I will be attending the FINA World Masters Swimming Championships in June and on holiday afterwards for a period of five weeks, Sue Johnston will help out with the Aerobic program. Des Seery has now taken over the membership role permanently, so he'll keep you up to date with the much awaited birthday lists each month. Thanks to both of you.

Best of luck to the Club for the Mandurah BACC – and also to our six club members who are to travel to the UK for their shot as a relay, to cross the English Channel.

Cheers, Pauline

## **Coaching Directors Report**

Most likely, whilst you are reading this, Pauline and I will be up in the sky on our way to Riccione, Italy, for the FINA World Masters Championships. This will be the second time we've been there for a "Worlds" but this time it's just the two of us. Last time in 2004 there were six Mandurah Mannas: Pam Walker, Rod Baker, Cassie and Adam Lindsay (although Adam didn't swim) then Pauline and I. The best thing is that we were able to field a relay team – we didn't win but did the Mannas proud. What can we do for Montreal in 2014 ?

This event will be the largest by far – 12,660 participants: 9,700 swimmers (2,300 have entered for the OWS), over 100 Water Polo teams (6 from WA), 580 Synchronised Swimmers and 270 Divers. Last time there were only 8,000 in total (which was a record then) and it was chaos, so one shudders to think what we're in for this time.

Many thanks again to Wayne and Des for looking after the coaching last month whilst we were in Adelaide for the National Swim (and a few other things) and a special thanks to Des for doing the newsletter report – he gets his chance to do it again next month.

After we return (on July 10<sup>th</sup>) I will be looking to start up an additional squad session – on Sunday afternoons. Presently there are no regular activities at the MARC so I am thinking of a 3:00 or 4:00pm start but that will depend on the interest shown and what you guys want. NOW – it won't be your usual workout, but more of an hour long Drills session. The thinking is that we tend to just dabble in drills at present because there's the main sets to do of a night (the critical reason why were there), this way we can do longer repeats of the drills to really do something about improving technique. Let any of the Coaches know what you think of the idea and if you will be a starter and what time you'd prefer.

It has been suggested that we might put some of the programs we do on Tuesday and Thursday nights up on our website. The Committee at its last meeting discussed the idea and thought it better to just make everyone aware that we'll happily email you any program that you would like from any of the coaches. Many squad session programs aren't suitable for doing on your own e.g. LIFO doesn't give much rest in between repeats, however you can modify any of the programs yourself to suit. As you all would be aware, there are oodles of programs on the Internet, but mostly they're not suited to us mere mortals – so don't be afraid to ask for your own copies of programs you think will help you when training on your own.

Until another month –  
Cheers,  
Ivan



## Coach's Comment

- Training has been a mixed bag with the desire to get swimmers into shape for the Mandurah BACC (Be Active Club Challenge) on 24 June, the State Relays on 12 August (both featuring short, sharp swims) and the English Channel swimmers who are after longer distance routines. Always a tricky situation but one that coaches must address as the swim calendar contains events from 25m to 1500m, but especially at the start and end of summer when the open water swims clash with the opening and closing pool swims. The answer is programs with a mix of anaerobic sets (short stuff) and aerobic sets (long stuff) to build stamina and speed.
- One thing I notice while the drills are being swum is that the pace is too high. I won't be too critical of you about this as I'm likely a culprit in this as well, but please remember that drills are there to allow you to focus on one part of a stroke. It may be the kick: the body positioning: a part of an arm movement. Simply focus on getting the relevant part of a stroke as right as you can and don't focus on your speed. During drills, you should save your energy for the main set. After all, the drills only go for about 800 metres while the main set can go to 2 000 metres on a good night.
- With our own BACC being held here on 24 June, a Club member asked me to explain how the races are arranged. As we have many newcomers to the Club, I will explain the system and, hopefully, allay any fears about racing in Masters.

On the nomination form, you are required to nominate the event you wish to swim and the estimated time you will take to swim that event. All swimmers who have nominated for that same event are ranked according to their nominated times. This results in each heat being swum by swimmers with comparable times, which adds to the competition between swimmers and excitement to the crowd. It likely means that you will be swimming against others of a different age, which can be disconcerting when the person in the lane next to you is 20 or 30 years younger. But don't worry – they'll swim at about the same pace as you (unless they've fudged their time). At the end of the nominated event, all the times are collated into their respective age groups and the final point allocation is applied. So in the end, you only swim against people in the same age group as you and have fun doing it.

In Masters, you have choice of starting in the water, from the pool deck surface, or from the starting block for all strokes except backstroke. For backstroke, you *must* start in the water.

While I would like to see everyone take the plunge (no pun intended) and enter a race, the decision to do so is yours alone. However, if you would like to enter a race but do not have a time to nominate, just let me know and I'll organize for you to swim in lane 5 or 6 and I'll time you.

- I wish every success to those souls attempting to swim in relay across the English Channel (Deb Bloor, Alex Gailbraith, Sue Giles, Ken Phillips, Ray Reynolds and John Reyburn). May the water be warm and the tides and weather be with them. Also, happy travels and good luck to Ivan and Pauline Wingate as they travel to Riccione, Italy to compete in the 14<sup>th</sup> FINA World Masters Swimming Championships. I'm sure they'll set good times and have a good time.

Until next time  
Des

## **New Members**

If you happen to see a new face in your lane, it's possible that it belongs to a new club member. The club welcomes Donna Hoskins, Angela May, Ian Wookey and Jonas Mulombwa, each of whom joined our Club during May. It's hoped they enjoy the swimming and camaraderie and meet whatever goals they have set themselves. Their joining brings the Club's membership to 80.

## **Birthdays**

Birthday wishes go to members celebrating birthdays during June, specifically to Melanie Young and June van der Klashorst (1<sup>st</sup>), Terri Kuchan (14<sup>th</sup>), Stephen Bradshaw (23<sup>rd</sup>) and Angela May (25<sup>th</sup>).

## **BACC Swim Catering: June 24<sup>th</sup>.**

As we are providing lunch for the visiting clubs swimmers, it would be appreciated if all members could bring along a plate of "slice" or a cake.

Please bring it to the club rooms when you arrive.

**Note:** would you please ensure the cake is sliced and ready to serve as we in kitchen are already flat out preparing sandwiches, soup, etc.

Also please note that high sponges are unsuitable as they are difficult and messy to deal with. Any queries to Lyn Mcphail at the pool or on 95813096

## **Ocean Swimming at Doddi's**

This has become a very popular club swim. Haven't tried it? Come along, no matter how far (or short) you want to swim. 9:00 am start.

For those interested, some of our group are also swimming at 9.00 am on Wednesday mornings.

Please wear a coloured cap and swim with a buddy as no safety provisions are made at this event

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