



May 2016

President's Prattle

The first thing to do this edition is to congratulate Ken Phillips who was recently awarded the Masters Swimming Australia, "Official of the Year" for 2015. Ken has fully deserved this National recognition and as a Club we are extremely proud of his contribution. The Award was announced at the National swim championships and as Ken was not present, a presentation will be formally made at the next Council of Clubs meeting. We are fortunate to have so many who give willingly of their time for Masters Swimming and Ken has always been at the forefront in these efforts.

I would also like to give a vote of thanks to Steve Ferguson who has spent many, many hours re-designing the club website. There is already a large amount of interesting info to look at. What a great effort. Steve is also working to digitally archive lots of our historical documents. He is humble in his efforts but this all represents a heap of work.

Did I mention that Ken has won a National award?

Our Club Challenge is imminent - June 19th. We need all members to have a swim and/or assist on the day. Let Mike know the events that you wish to enter, and if Gerry comes-a-calling for assistance in organising the day, please jump in and help.

Wayne has a great group of volunteers to assist with the social calendar of the club, and we can look forward to an active year.....stay tuned.

Once again, I thank John and the coaching panel for their contribution. The training sessions are always fun and even though it is often a lot warmer in the water for the swimmers than it is pool-deck for the coaches, they are still looking after us. Don't let the winter put you off availing yourself of their expertise. Squad swimming remains a top motivator. It looks like Barb Pellick will be adding her considerable swimming experience to the panel of coaches, which is good news.

Are you aware that Ken is a National award winner?

Keep swimming and look after each other. (And well done, Ken.)

Steve C

More on Ken, Official of the Year

Congratulations to Ken Phillips on his being awarded Masters Swimming Australia's Official of the Year for 2015.

Ken had a busy year in 2015, refereeing at MSWA events, educating and mentoring trainee officials, as well as his highlight for the year - refereeing at the FINA World Masters Championship in Kazan, Russia.

Ken's selfless contribution to Masters Swimming at the local, National and International level makes him a deserving recipient of this award.



Ken's award was announced last month at the Presentation Function of the 2016 Masters Swimming Australia National Championships in Melbourne.

Masters Swimming WA is sponsored by



Department of Sport and Recreation



Backstroke Turn

A recent query from a swimmer to Ron Gray, Pool Officials Co-ordinator, caused some serious discussion among referees. The query related to what has is called the [Tennessee Breakout](#). If you go to the highlighted [YouTube](#) page, you will see some demonstrations of the Breakout and hear the rationale for it.

By all means try this technique if you wish, but be cautioned. The referees who viewed the clip agreed that they would likely disqualify the female swimmer for rolling her shoulder beyond 90° at the one-minute point of the clip, thereby making it a freestyle stroke.

Disappointingly, or perhaps not, the swimmer who raised the issue did a 400m backstroke and a 400m IM at a 400/800m meet at Thornlie on 7 May (short course) but wasn't game to test herself or the officials by incorporating the breakout. Maybe next time.

Doddi's

A reminder that the Doddi's swim has moved back to 8:30am. It's only for the cooler months and the Dome is still available for the hot drink after. Be at Doddi's on Monday, Wednesday, Friday or Saturday to join in the swim.

Melville LiveLighter Challenge

Want to know how a successful team looks? Cast your eyes to the photo below.



This bunch of stunning athletes represented the Mannas at the Melville LiveLighter Club Challenge held on Sunday, 17 April. The team finished second from the nine teams competing.

There were some impressive performances to achieve that result. Individual winners included Glenda Hurtado (2 events), Jennifer Rollin-Busby (3), Sue McDonald (1), Gerda Williams (2),

Up-coming Birthdays

Those of you who bother to read the newsletter will have noticed that last month's edition repeated the birthdays from the March edition. Not a clever move by any measure. So, apologies to those omitted last month: you get "top of bill" this month.

Hazel Cockram and Peter King kick off proceedings with birthdays held on 22 April. They were followed by Jeff Dagg on the 23rd and Ken Phillips on the 29th.

May's birthday list began with Trevor Atkinson, who celebrated on the 3rd. Steve Pringle did likewise on the 6th as did Jenny Crake on the 8th. Garry Bowden likely popped a cork on the 10th, but only because it's his birthday. Wrapping up the birthday list for May are Wendy Cole and Sue McDonald - they celebrate on the 13th - and Kenneth Lowden, who finds himself year older on the 27th.

June's birthdays include Erica Thomas and Georgina Webb (both on the 11th), Captain Mike Bennett (12th) and Terri Kuchan on the 14th.

Your editor thanks all who noticed the clanger but stayed silent (he doesn't like critics).

Pauline Wingate (3), Karen Boyce (3), Simon Lyons (2), Ryan Spencer (3), Mike Bennett (3), Kirk Bamford (3), and Ivan Wingate (3). We had three relay teams entered (Women's 240-279 4x50 medley, Men's 200-239 4x50 medley, and the Men's 280-319 4x50 medley) and they each won their respective event. The word on the street is that Pauline and Ryan each set a new state record during the meet.

Well done to all swimmers. Every one of you earned points that led to the club achieving a great result. And, some had the added bonus of holding winning raffle tickets.

Warning!



At left is a photo of the neck of one of our members after wearing a wetsuit for the 2k swim at the State OWS swim at Coogee. A novice's mistake, perhaps, which could be avoided by using a lubricant (such as Body Glide) when wearing a suit.

The good news is that, after the agony has passed, the skin has recovered.

So, if you intend to begin open water swimming as an addition to your healthy lifestyle, and you intend to wear a suit while doing so, take heed.

Don't forget to



Watch your portion size

A graphic with a blue border containing the text "Don't forget to" at the top, the "LIVELIGHTER" logo in the center (with "LIVE" in yellow and "LIGHTER" in white on a blue background), and "Watch your portion size" at the bottom.

State OWS

What is there to say, other than it was a long time ago. The day was perfect and the event ran smoothly. Pauline Wingate and Rod Baker each won their respective age groups and there were smiles all around. Here are some snaps.







Will you look at that!



It's this big!



No, Deb. It was at least this big!



By the way, Steve Ferguson was the first out of the water. He wanted me to say that.



Signs of the Times





Swimming at MARC

Attendances at our Tuesday and Thursday training sessions have been unexpectedly low since our return to MARC in September last year. For most nights, we would be unable to field a cricket team. Why?

A check with pool management has confirmed the outside lap pool's water is targeted to be heated to between 27 and 28 degrees. It is a beautiful, new facility and yet only a relatively few club members appear to be taking advantage of it. Perhaps the break away from MARC during the redevelopment has broken the habit of many to turn up for a swim – other things to do have been discovered.

What follows is a bit of doggerel from the July 2012 newsletter. It's still relevant and will hopefully inspire some absentees to re-join the happy group that regularly swims on Tuesday and Thursday nights from 6 o'clock.

It's Tuesday Night, or Thursday

Outside it's bloody freezing and there's the likelihood of fogs.
Meanwhile the wind is howling and it's raining cats and dogs.
It's a night for soup and toddies, a night for staying in.
But it's Tuesday night, or Thursday, and the club's set for a swim.

The water in the pool is set to twenty-eight degrees,
so anyone who turns up should feel a little pleased.
Excepting for the poor old coach, standing there on the deck
with numbness moving up his legs and a chill about his neck.

He's set a little program to put before the crew -
a mere two-thousand metres, well, give or take a few.
It sounds as if that's quite a lot as to the pool you wend
but there's that satisfying feeling when you finally reach the end.

The programs are designed to tease out arm strokes and each kick.
They'll test your energy systems, both an- and ae-ro-bic.
Each program is a real test, the coach won't stand and gloat
while watching as you thrash about as you try to stay afloat.

You can chase away the winter blues by masticating chips,
as you feel the warming winter fare . . . clinging to the hips,
You could turn up for a little swim, and feel so very svelte,
or toddle off to Target and buy a longer belt.

But it's only for a little while, this chill that's in the air.
The Earth still spins around the Sun, so rejoice and don't despair.
For soon it will be summer, boiling hot without a breeze
and the water in the pool will still be twenty-eight degrees.

The cemetery's full of people who'd just love to swim with you.
So with that happy thought in mind, there's two things you could do:
stay home and put your feet up, that's neither crime nor sin;
but if it's Tuesday night, or Thursday, the club's set for a swim.



RIVERTON MASTERS SWIMMING CLUB
invites registered Masters Swimmers to our
LiveLighter 400m and 800m long course event
Choice of Stroke

on Sunday 29 May 2016 - 1pm to 3pm
at the Riverton Leisureplex, cnr High and Riley Rds, Riverton
(50m indoor heated pool)

Swimmers may only swim twice if there is sufficient time/pool space available and when first swims have been completed.

Nomination fee is \$5 per swimmer to cover lane hire and is payable on the day
Pool entry cost: Adult \$6.50; Concession \$4.60; Spectators \$2.00 and payable at pool reception.

- Masters Swimming Australia rules apply.
- All participating clubs are asked to provide timekeepers and 2 stopwatches.
- The second swim must not be identical stroke and distance as the first swim.
- Swimmers may be asked to swim 2 to a lane for Freestyle events.
- Swimmers may be asked to assist with timekeeping.

Swimmers are to enter via Clubs and using Team Manager entry files. Please indicate Medical Disabilities and Record Attempts if applicable. Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a 50m pool. Postal entry results must be submitted using the Team Manager Entry file to be received by 6.00 pm Wednesday 25 May 2016. Postal entries will not be eligible for records.

Please email Team Manager entry files to the Event Coordinator, Damien Eyre, at:
damieneyre73@gmail.com

Please ensure that all participants are financial members of your Club prior to accepting their entry. If you have any queries about the meet, please contact Damien on mobile 0418 221 320.

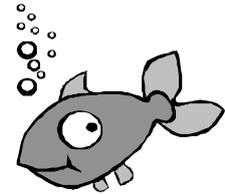
Entries close: Wednesday 25 May 2016
Late entries will not be accepted

Please join us for refreshments after the meet





Stadium Masters
invite you to join us for our



1500m LC DISTANCE MEET

SATURDAY 11 JUNE 2016

1.00 – 5.00pm

**HBF STADIUM, STEPHENSON AVENUE
MT CLAREMONT**

(Outdoor, Heated, 50 m Pool)

1500 m Choice of Stroke

(One swim only, 400 m and 800 m intervals recorded)

Nomination Fee \$7.00 (includes lane hire and refreshments)

Pool Entry \$5.60 (Adult) \$4.40 (Concession)

Swimmers may be asked to swim 2 to a lane

Swimmers are to enter via Clubs and using Team Manager entry files. Please indicate Medical Disabilities and Record Attempts if applicable. Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a 50 m pool. Postal entry results must be submitted using the Team Manager Entry file received by 6.00 pm Wednesday 8 June 2015.

Postal entries will not be eligible for records.

Entries close: Monday 6 June 2016

(Late entries will not be accepted)

Clubs - please bring stopwatches and if a swimmer is attempting a record - please bring a least one timekeeper and watch. Swimmers - be prepared to timekeep before and after your swim.

**Please email entries to paul_edmondson_au@yahoo.com.au
by Monday 6 June 2016**

Please join us for refreshments after the swim

Meet Director: Peter Lyster

0419 909 566

phjl@westnet.com.au



First Aid Courses

MARC is offering the following Surf Lifesaving first aid courses. All courses are being held in the: MARC Swim Club Rooms. If you do not have any first aid training you should consider attending the top two courses. As we recreate in and around water, a knowledge of first aid should be high on the list of necessities, just after the togs, cap and goggles, and before fins and pull buoys.

Senior First Aid Full Course:

When: Tuesday 28th & Wednesday 29th June, 8am – 3.30pm (both days).

Cost: \$165 per person

CPR Only:

When: Tuesday 28th June, 8am – 12pm.

Cost: \$60 per person

Senior First Aid Regualification:

When: Thursday 30th June, 8am – 3.30pm.

Cost: \$110 per person

If attending,

- Take lunch and any snacks required as MARC will only be supplying tea and coffee facilities.
- Please wear suitable, loose fitting clothing.
- Bring a pen and identification (e.g., driver's license).
- You will be required to complete the resuscitation component on the floor - it is a requirement of passing the course.
- You will need a USI Number to attend any of the Senior First Aid courses. Please below for USI information.

To book for any of the Senior First Aid courses above, please contact the Programs Team on email 1programsteamrecreationcentres@mandurah.wa.gov.au, or phone 9550 3626.



Australian Government
Department of Industry

Skills
Unique Student Identifier

Uniaue Student Identifier

Important update: This is a new initiative from the Australian Government.

From 1 January 2015, all students studying vocational qualifications are required to register for a Unique Student Identifier and supply their USI to their training provider. This means when you next train with Royal Life Saving, you will need one. The USI can be collected at the time of enrolment, but must be collected before awarding a certificate of attainment to a student.

To create your own Unique Student Identifier (USI) number, go to: <http://www.usi.gov.au>

New Masters Swimming WA offices

Masters Swimming WA has moved to new offices in the Beatty Park Leisure Centre, 220 Vincent Street, North Perth. The new phone number is 9328 9469. Entry to the new offices is via the main entrance and then head along the corridor next to the outdoor pool.



Farewell

And that's it. This is the last newsletter – it has reached its 'use-by-date'. Following the committee meeting of 10 May 2016, the newsletter will cease production with this issue. It began life a long time ago with Gerry Green managing its content and production before Des Seery took the task on. But, after a life of about 22 years, it's time to wrap it up and move on.

Primary communication with you will be by way of the club website and Facebook. The new website contains all the information you require concerning past, current and future events and goings-on. If you are on Facebook, go to the website and 'like it'. The new website, with the URL www.mandurahmannas.org.au, can be found [here](#). Please add the address to your favourites bar.

Using the new website and Facebook will allow information concerning your club to be more up-to-date and available to you 24/7, unlike the newsletter, which only bobs up once a month with a lot of old news. The website will contain coaching and rule tips, up-coming swim events, news about individual members, stories of what has happened, including photos. Everything the newsletter did but quicker and with more currency. You will still receive the occasional email, especially if there is a need to contact you in a hurry (especially social events coming up).

We move with the times and the times have caught up with the newsletter. Initially, members will receive a regular email to re-inforce the new arrangements. Over time, the frequency of those emails will begin to taper until, like the newsletter, they will disappear altogether. Meanwhile, save this last issue to a special folder in your computer, or print off a copy and place it with the valuables you grab when the house is on fire. It could be worth money later.

It's been a pleasure. Do not weep.

Some Useful Web Addresses

Mandurah Masters Swimming	http://mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/
Go Swim	www.goswim.tv
Swim Smooth	http://www.swimsmooth.com/

Healthway, a major sponsor of Masters Swimming WA, asks, "Are you ready to make a healthy change? Here's a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today". Learn more (including recipes) at www.livelighter.com.au.

Sit less. Start to LiveLighter today. Learn more at www.livelighter.com.au

The State Government through the Department of Sport and Recreation and Lotterywest is a major supporter of Masters Swimming WA. Sport and recreation builds stronger, healthier, happier and safer communities.



Department of
Sport and Recreation



**This is the final newsletter of
Mandurah Masters Swimming Inc
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Mandurah WA 6210**

**email: mhmannas@hotmail.com
Web: www.mandurahmannas.org.au**