



March 2016

President's Prattle

Despite the rumours of corruption, incompetence and nepotism that surrounded your past President, he was carelessly re-elected at the AGM, so you will now have to put up with more of his monthly salutations. (The problem with democracies is you get who the voters choose.....although to be fair to this electorate there was only one nomination).

A massive thanks to all members who attended the AGM. We have a membership of 77 at this point and over half of this group showed up, which is excellent.

We thank Kathy Mcleod, who once again attended to present our top club member award to a well deserving John Cahill. Her long-term ongoing support is much appreciated.

A highlight of the night was the induction of Wayne Cable as the club's fourth Life Member. What a great worker for the club he has been since joining. And he continues to be by once again taking on the role of our Swim Day Coordinator for the 2017 Australia Day OWS. Congratulations to all our award winners. All are well deserved!

The committee has some new faces, which is always pleasing. I thank these members for their commitment and look forward to working with them in the continuing development of the club. Beyond these, a number of members have put their hands up to help with social functions, so it could be another active year as this group gets organised.

My thanks go to Kirk Bamford and Robyn Trotter, our retiring committee members, for their efforts in the past year. They have done a great job and earn their rest.

As was mentioned in my report to the AGM, as a club we are well-positioned. Our finances are strong, our pool and beach facilities excellent, our coaching panel the envy of many clubs, and our membership committed and fun-loving. We look like being a "power" club for 2016 and beyond.

Support each other and enjoy your swimming.

Steve C

2016 Annual General Meeting

The annual general meeting was held at MARC last Wednesday (9 March 2016) with the following results.

Our New Committee

President	Steve Crake
Vice President	Steve Ferguson
Treasurer	Sue McDonald
Secretary	Janet Duncan
Registrar	Pauline Wingate
Recorder	Sue Johnston
Director of Coaching	John Cahill
Captain	Mike Bennett
Safety Officer	Ray Reynolds
Property Officer	Rosemary Green
Social Co-ordinator	Wayne Cable

Award Winners

Kathy Mcleod Award	John Cahill
Life Membership	Wayne Cable
Coach's Award	Narelle Gilmore
Aerobic Award (F)	Jeanette Rein
Aerobic Award (M)	Kirk Bamford
Club Challenge Award (F)	Pauline Wingate
CCA Runner-up (F)	Sue Johnston
Club Challenge Award (M)	Ivan Wingate
CCA Runner up (M)	Mike Bennett

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Up-coming Open Water Swim Events

Here are the last events in the 2015-2016 LiveLighter Open Water Swim calendar - those highlighted are hosted by a Masters Swimming WA club. Competing in these highlighted events will automatically earn points for the 2015/2016 LiveLighter Masters Open Water Swim Series.

Day/Time	Venue	Distance
Sunday, 13 March 2016	Coogee Jetty to Jetty	750m, 1.5km
Saturday, 19 March 2016	Leighton to Rotto	25km Elite, 20km solo, duo and teams
Saturday, 26 March 2016	Albany	4km Solo, 2km Duo, 1km Team
Sunday, 27 March 2016	Denmark	1.6km
Saturday, 2 April 2016	Coogee State OWS	1km and 2km MSAWA members only
Sunday, 24 April 2016	Watermans Bay	2.7km
Saturday, 30 April 2016	Busselton	500m and 1km

And that's it for the season, excepting a 10km and 20km in Lake Argyle (7 May 2016) and an 8km dash in the Cocos Keeling Islands Lagoon on Saturday, 19 November 2016. To obtain registration details on any of the events listed above you'll need to get a copy of the open water calendar, which is available poolside or from the Masters Swimming WA [website](#).

Membership

A big welcome to two new members recently joining our club, Anwar Moreno and Jennifer Rollin-Busby. Former members re-joining for 2016 include Wayne Hurtado, Barbara Pellick, Georgina Webb, Peter King and Jeff Dagg.

Current membership stands at 77.

Don't forget to



Watch your portion size

Up-coming Birthdays

Joining too late to get into last month's newsletter, but making this one, is Wayne Hurtado, who had to suffer yet another birthday on 1 March.

Only two members celebrate birthdays in the remaining days of March - Steve Crane on the 14th and Paul Jacklin on the 18th.

April sees one of our new members, Anwar Moreno, celebrating his birthday on the 1st, closely followed by Greg Cockram on the 3rd. Then there's a bit of a lull until Tess Evans pops the cork on the 13th.

Happy birthday to all.

Busselton Jetty Swim

There were about 22 Mannas among the near 1600 swimming at the 3.6km Busselton Jetty Swim on 14 February and, hey, they all finished! They are somewhere in the photos below.







Well-done to all who swam at this event. Of course, some swam to Rottneest two weeks later, either as solo or team (see next item). For them, Busselton's 3.6km swim was merely a warm-up for the big one.

Barb Pellick had a special swim - it was her twentieth successive Busselton Jetty swim. Photos below show her at the finish and then receiving from the Mayor of Busselton a framed aerial picture of an earlier event that she was in. Of course, she had to say a few words, and very fitting words they were too.



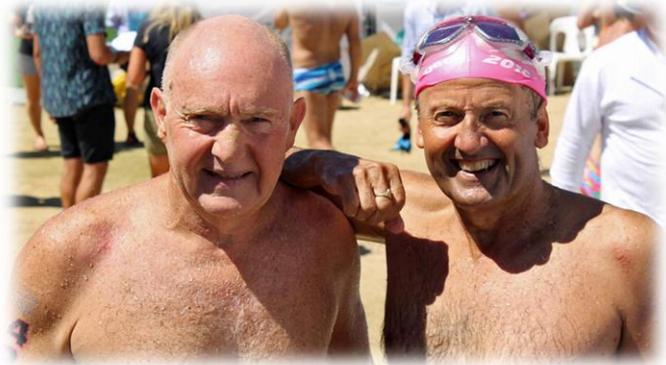
Rotto Channel Swim

What a great day for the Rotto swim. Winners are grinners as the photos below illustrate. While the awards may have gone to others, anyone finishing the channel swim is a winner.

Swimming solo, Sue Johnston finished in a time of 6hrs51min (under 7 hours Woohoo!!) and the duo Wayne Cable and Ray Reynolds recorded a time of 7hrs27min. It was the first

Rotto swim for Wayne (probably not his last) while Ray is a veteran adding another channel crossing to his cap. Here are a few photos of the swimmers and some of their helpers.

Congratulations to Barb Pellick, who completed her 26th crossing in this event.



Health and Wellbeing

Here's a [link](#) to an ABC article on the weight-losing capacity of swimming, which should be of interest to members. The original report was written by UWA's Professor Kay Cox, who is well known in Masters circles

The article addresses the importance of technique, which is why the club's coaches always include technique in the training sessions – they're the ones called drills. Have a read if interested.

Million Metres Application Form Update

Please note that there is a new application form on the MSA website for the Million Metres program. The form, and a lot of other information about the *Vorgee Million Metre Awards* is available to you by clicking [here](#).

Confused?



Seen at a business just out of Albany



Seen at MARC

PD Workshop for Masters Accredited Coaches

The Club's coaches attended a PD workshop conducted by Masters Swimming WA on 7 February at HBF Stadium.

The workshop involved theoretical and practical sessions for pool drills that can better prepare Masters swimmers for open



water swims. And yes, this gallant group had to swim the entire practical session, which covered drills and stroke correction.

While the distance covered over the little more than an hour in the water didn't count for much, each knew they had been for a swim practicing OWS starts and turns. Twenty-two swimmers doing simultaneous OWS starts and turns in a cramped space provided coaches with feel of the real thing. While for Mike it was a new experience, and one he's not likely to repeat in an actual event, Wayne, John and Des have experienced the real thing and so were no strangers to the hustle and bustle of an open water start and turn around a buoy.

Though not an open water swimmer, Mike quickly learned how to swim over another swimmer at the buoy (ask Mike for details).

Members will have come across some different drills in recent weeks aimed at assisting those who engage in open water events - though a bit late in the season. For those who have no desire to swim in the open water the drills will still be beneficial to your fitness and stroke-making, as well as adding some variety to the sessions.

Changes to Club Website

The club's website is almost a decade old. The site was initiated and maintained by one of our Life Members, Ken Phillips, who recently advised that he wished to hand the mantle over to another with the view of re-energising the site.

Steve Ferguson has agreed to take on this important role and has already started planning changes to the website. Which means that one day, you'll see our current website and the next day you'll see something completely different.

We thank Ken for his significant efforts in developing and managing our website over many years. Part of our club's success comes from having the club's profile on the Internet, both to attract new members and in handling open water event registrations.

Again, thanks Ken for managing the website so well, for so long. Your efforts are much appreciated.

Club Tops

Our Property Princess, aka Rosemary, has asked that it be mentioned that club tops need to be ordered in lots of 20 before our suppliers gets out the sewing machine. Our models, Glenda and Paul are shown here poolside wearing the club livery (both long and short-sleeved). Either is available, but you do need to order and pay first. For extra cost, (not much) you can have your name added so your shirt can be identified from others, and you'll always know who you are (if you can read upside down).

Please see Rosemary poolside if you wish to acquire a club top.



Sunday Mornings at MARC

You have two choices on a Sunday morning – either front up at MARC around 9:00am for a splash and a coffee, or stay away.



The Sunday swim is a casual affair, though its primary aim is to allow members to get some timed aerobic swims done. So, while this is a social event, it is an excellent way to measure how you are going swimming distances of 400m or more. And you sometimes bump into former members sojourning in Mandurah from distant climes, such as last Sunday when Pauline and Haydn Brimson dropped in while holidaying from Broome. They both enjoyed the swim

and the coffee after.

You can join the group any Sunday morning, though the number attending (and whom) will vary according to whether there is a competition swim on at the same time. You are not compelled to do any timed swims if you don't want to – it's optional. But don't be scared to ask if you do – someone will volunteer to keep timekeep. The last Sunday of each month sees those present providing some nibbles to share with the coffee. Why not give it a try while the weather holds (we'll go indoor when it's cold).



AGM

The club's 2016 Annual General Meeting was held on 9 March with an attendance nearing forty. Reports were delivered to members and elections held for the committee to take us forward for the next twelve months.

From the reports given and the response of members present, it is obvious that the club is being well managed and has a strong membership. The new committee has the support of members and has the resources to help make the club even better in the years ahead. Here are some photos of the meeting and some award winners. You will see that numbers have been scratched out from some photos to prevent our club finances being available on the web.







Changes to Club Constitution

This is a "heads up" to advise that new legislation governing the operations of incorporated bodies in WA has been passed by the State Parliament.

Our club is incorporated under the Associations Incorporation Act 1987. The new legislation, the Associations Incorporation Act 2015, will require changes to our constitution and by-laws. There is no hurry to do these changes - we have three years to implement the necessary changes and apply for incorporation under the new Act.

A superficial reading of the new Act indicates that only minor changes will be needed and shouldn't impact on our operations. The new committee will oversee the work to be performed in getting us ready for incorporation.

Changes to the constitution or by-laws requires confirmation by a special general meeting of members.

Mandurah 70.3 Ironman 2016

If you are interested in competing in this event, I suggest you go to the [70.3 Ironman](#) website and learn that it has been cancelled for 2016. It appears that the Busselton event is still on - check the schedule.

Call for Officials

Historically, only about 30% of Masters members compete at pool swim meets. They are either competitive by nature or they use competitions to measure their progress, both against themselves and swimmers from other clubs.

To help this 30%, coaches can help through stroke correction and the setting of drills to increase speed and endurance. But, there is another element essential for an efficient competition: officials.

Just as coaching is not for everyone, the thought of becoming an official can turn a timid heart to fear. But, it isn't scary being an official and there is a lot of satisfaction to be gained in helping a swimming event run smoothly. You meet people from other clubs and learn things that help you as a swimmer.

At present, the club has about 20 swimmers who regularly swim in competitions. The club has 6 coaches on deck but only 2 accredited officials above timekeeper level. Ideally, we should have more officials up to Inspector of Turns and Judge of Stokes level, not only to officiate at meets, but to assist club members in rule interpretations and to help themselves become better swimmers.

So please, give consideration to becoming an official and help the Masters movement grow. You and your fellow club members will develop into more knowledgeable swimmers. (Being an official doesn't mean you must attend every pool event during the year - you attend and officiate only if you are available. And you can still swim at a meet that you are officiating at - most officials do.)

Talk to Ken Phillips or Des Seery if you have an interest in becoming an official.



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



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