

# MANDURAH MANNAS NEWSLETTER

January 2010



## Mandurah AUSSI Masters Swimming Inc.

The Annual General meeting is to be held on  
Sunday 14<sup>th</sup> March 2010 at 10.00am  
in the Mandurah Swimming Club Rooms.

Come early and have a swim beforehand if you want.  
Bring a plate to share at Morning Tea after the meeting.  
Tea/coffee available but feel free to bring something 'stronger' to drink if  
you wish. (We will have a liquor permit).

Please come along and support your club.  
If you are interested in taking up an office Bearing Position please see one  
of the committee.

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P.S. The position of Secretary will be vacant so please see Deb if you want  
to have a go!

MANDURAH AUSSI MASTERS SWIMMING Inc.

**Membership Fees**  
**Are now due for 2010**

**\$70:00** (1<sup>st</sup> January to 31<sup>st</sup> December - 2010)

**Note -** Fees for 2010 are due as of the 1<sup>st</sup> January  
but must be paid at the latest by 31<sup>st</sup> January, 2010.

ALL new and renewal fees must be accompanied with a Membership application  
form and paid to Club Treasurer Ray Reynolds.  
On-line bank transfer available - details are on the form.

# Presidents Report

Hi,

Well we're into another year and I hope everyone had an enjoyable Christmas –New Year with family and friends.

Thanks again to Jen and Steve for their hospitality in letting us have the Christmas Party at their house. It was a great night, with a surprise visit from Father Christmas, all the way from the North Pole, or was it Canada.

After today's effort in the 5K at Leighton Beach OWS, I think I need to get back to some serious training.

I would like to encourage people to participate in the OWS during the summer period and take advantage of the change from pool swimming. It's fun, and a challenge with plenty of support and safety in place.

We have the Cambria Island Swim coming up very quickly, with final logistics being put in place.

Anyone not swimming in the 2.4 km event and will be available to help, please let me know. We have a core group that have been involved in the running of this event for some years now, but willing help will be welcomed, as this is a Club / Team event and unique on the Masters swim calendar.

Pool events have been submitted and included in the Masters Calendar for 2010. We will be hosting a Bacc and 1500 event. Again members will be welcomed in assisting in the running of these events.

The Club AGM is looming in March. Constitution issues such as dropping the entry age to Masters Clubs to 18, and dropping the AUSSI from the Club name, in line with the State and National levels.

Dropping AUSSI is optional at club level, and is up to the individual Clubs.

Swimming, Fitness and Fun

Regards Wayne

## CAPTAIN'S REPORT

Open Water Season is in full swing. During December we had members participating at Fremantle Ports Swim Thru. Rod Baker and I were fortunate to win our respective age group prizes. At this swim Rosemary Green competed in her first open water swim – well done. Also a smaller group swam in the Tower to Tower swim thru which is a 1.8km swim from Scarborough to Trigg beach. The weather conditions were near perfect except for the stingers closer to the end. I was fortunate again to bring home the goodies. January will also be a busy month with there being a swim or two every weekend. All swims can be entered online so keep a note of the closing dates to avoid paying extra in registration.

Thank you to the members who swam at Avalon Beach on December 29<sup>th</sup>; apologies for the stingers but they are beyond my control. Our next club swim will be Sunday 10<sup>th</sup> January at Waikiki starting at 9am with breakfast afterwards. Refer to the flyer in this newsletter for more details. Hope to see you there.

During January/February the Swan Hills club is conducting their "Swan Hills Do 45 Postal Swim" event. It is open to all clubs and is basically a ¾ hour aerobic swim. For further details there is a flyer in the shed.

Regards

Sue Niven

## Coach's Report

December's training had its ups and downs as it does each year leading up to and around Christmas and in fact we missed out on three consecutive sessions at the MARC. Nevertheless, attendances were still quite good prior to that which indicates the interest in preparing adequately for the Open Water Swims season – especially Rottneest. We thank Sue Niven for arranging the swim down at Avalon Beach in lieu of the usual Tuesday session last week. Disappointingly, the water was flat and there was no wind which negated the expected “conditioning” for typical ocean swimming, but on the upside, the swimmers encountered lots of “stingers” which was a new experience for some and a reminder to others that that's what “open water” is about – expect the unexpected. The socialising afterwards made up for any of the shortcomings and is an important aspect of the total training package.

Some of you will be aware that Masters Swimming Australia has new swimwear rules applicable from 1<sup>st</sup> January. The Rules are up on that National website, but the question arose after the Avalon swim will they apply to OWS? Silly me, I couldn't answer it at the time (old timers' disease) but no, you will still be able to wear full body suits, cat suits and others with zips etc. in the Open Water events. But you won't be permitted to wear such suits in pool competitions.

We'll continue with an emphasis on middle distance freestyle training at the pool through January, but start to introduce some sprints to break the monotony, give the 'form stroke' swimmers a chance to practise their craft and we'll do a few dive starts to take advantage of the warmer ambient temperature.

I'll be putting up on the notice board, a small article about the benefits of warming up. It's a generalised athletics thingamabob, but addresses such benefits as: increased muscle, body and blood temperature and how that affects flexibility, better oxygen uptake etc., and how it helps your mental state. I know you know all that stuff, but it's worth another quick read whilst awaiting the Captain's address prior to diving in at 6:00pm.

Until next month - Cheers,  
Ivan

## Recorder's Report

We have had a very successful year with our record number of 67 members. 29 of us had a go in competing in the Be Active Club Challenges at different venues. There were also 29 who attempted aerobic swims during the year with only 15 gaining points for our Club. The 14 others swam some 400m or 800m distances, but did not complete 5 over the 12 months to gain points. It is supposed to change this year to allow points regardless of how many swims are attempted. Our Aerobic point score for 2009 was 1214, which was considerably less than 2008.

We are now concentrating on the Ocean Swims which includes our own Cambria Island Swim on February 14<sup>th</sup> where we'll need both helpers and swimmers on the day.

Thankyou to everyone for your support during 2009.

January birthdays are: Graeme McAuslane on the 2<sup>nd</sup>, Ethan Norris and Anne Marie Kerr on the 11<sup>th</sup> and Rosemary Green on the 20<sup>th</sup>. Happy Birthday to you all.

Cheers,  
Pauline

## **AUSSI, AUSSI, AUSSI....gone, gone, gone**

**Masters Swimming Australia Inc.** was formally adopted as the name of our organization at the recent General Meeting of the members.

The name "AUSSI Masters Swimming in Australia" is no longer in use and the use of AUSSI will no longer be used as an abbreviated name of the organization. The state Branches will now review their use of the name of their organizations, although some of them have been using their business names without the AUSSI for some time.

The name AUSSI had interesting beginnings. An interest in masters swimming was sparked in 1974 when a team of US Masters swimmers visited NSW. This visit and the subsequent staging of the 1st Australian Masters Championships led to the formation of the Australian Union of Senior Swimming International organization which was affectionately known as AUSSI. When the organization for adult swimmers was founded in 1975 the term "masters" was associated with golf events, so the name AUSSI was preferred over other options.

Thirty five years later and with the growing popularity and footprint of masters swimming clubs around Australia, the members voted to simplify the name.

This change will be accompanied by the lowering of the minimum age of members to eighteen (18) to accommodate a growing interest from young adults, who apart from finishing school, will now be able to transition into adult age group swimming smoothly. This will be officially implemented on 1/01/2010.

We are very excited about these changes to our structure and name, but also acknowledge that the AUSSI name will be fondly used by some of our older members and particularly those who swim overseas.

(copied from Masters swimming e-news Dec 2009)

### **Dux of the School**

Du you remember little Justin helping out at our BACC swim meets and sometimes joining in at sprints on training nights/ Well at well over 180 cm (6 foot) he's no longer little and recently obtained top marks at his school. Mum, Susan Niven, would be very proud of him.

Ken Phillips

## **Rottnest Swimmers—past and present**

I am trying to compile a club history of Rottnest Crossing entrants. If any one has photo's or info I can copy, could they contact me--Lyn Mcphail--on; [lynmandurah@gmail.com](mailto:lynmandurah@gmail.com) or 9586 9085.

Regards Lyn.

# WAIKIKI SWIM

## SUNDAY 10<sup>TH</sup> JANUARY 2010

**WHERE:** Corner Warnbro Beach Road and Francis Street

**TIME:** Meet at Carpark near toilet block

At 8.45am for a 9am start

Crystal clear water, usually calm.

Join us for breakfast afterwards under the gazebo

**BYO everything**

### OPEN WATER SWIMS --January

10/01/10 Albany Open Water Swim Middleton Beach 1.25km, 2.5km & 5km

16/01/10 Cottesloe Classic Mile 1.6km

17/01/10 Swim thru Perth Barrack St to Matilda Bay Swan River 4km

23/01/10 Water Corporation OWS Sorrento Beach 1.25km & 5km

24/01/10 Water Corporation OWS Sorrento Beach 2.5km & 10km

(Includes Rotto Rehearsal 10km swim)

26/01/10 Australia Day Swim Scarborough Beach 2km

Calendars are available in the shed.

## SUNDAY SWIMMING PROGRAMME

### January

10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
Swim at Waikiki Beach & BBQ	Aerobics	Aerobics	Aerobics

### COMING EVENTS

#### National

7<sup>th</sup> – 10<sup>th</sup> April 2010 AUSSI Masters National Championships, Launceston, Tasmania

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

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March 2010



## **Mandurah AUSSI Masters Swimming Inc.**

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Sunday 14<sup>th</sup> March 2010 at 10.00am  
in the Mandurah Swimming Club Rooms.  
Come early and have a swim beforehand if you want.  
you wish. (We will have a liquor permit).

Please come along and support your club.

If you are interested in taking up an office Bearing Position please see one of the committee.

-----  
P.S. The position of Secretary will be vacant so please see Deb if you want to have a go!

## **MANDURAH AUSSI MASTERS SWIMMING Inc.**

### **Membership Fees**

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## **All current and prospective Mannas club members please note;**

At the time this newsletter was sent, there are still several vacant positions on the committee without nominations for the coming year.

All of the current committee are long serving members and several are taking a well earned break from committee duties. I urge all club members who are in a position to help to give some thought to helping out via the committee during the coming year.

If you feel you may like to help, but are unsure of what would be required time wise, positions vacant etc, please discuss the matter with any of the current committee.

If you want the real inside on the perks and good life of a Mannas committee member, feel free to call me on 9581-7960 for a confidential and obligation free chat. We look forward to your call.

Regards, Gerry.

## The Presidents Desk

February was a very busy month with a lot happening for members. The Club planned and I feel from reports and swimmer feedback a successful Cambria Island Event. Ideal conditions experienced by swimmers of all levels, with some great times achieved. Only one report of concern, that of a playful and somewhat friendly Dolphin interfering and disrupting one of the lead swimmers. Probably surfing in the swimmers wake. Thankyou to all involved with the promotion, running, and setting up of this event, which I feel works in many ways, not only that we are a club that can host a successful Open Water Event, but one that can work together. Pleasing to see an enthusiastic representation at the Busselton Jetty Swim, a blue ribbon open water event. I think we had about fourteen from the club making the trip to Busselton. The pleasing thing was to see people taking on this challenge for the first time, despite a few stingers. Must be the solid grounding with Tues and Thurs Training regime. Des was saying he wasn't even extending himself. Congratulations to all the people that participated in the Rotto Channel Swim, whether Team or Solo. I heard that the girl's team with Sue, Wendy, Wendy and Rhonda won their age group. Well done. Like Ethan explained to me at a Falcon or Doddi's swim, as long as you just focus on the objective, entering the water at Cottesloe and leaving it at Rottnest. I think that philosophy applies to all of my OWS's.

It would be great to hear from those intending to travel to Tasmania for the Nationals, whether swimming or Officiating for the next newsletter. Again, it's all about participation, especially at that level.

I recently attended the Council of Clubs and State AGM in Perth with Pauline. Minutes of these meetings can be found on the MSWA website. Briefly, future of HeartSwim to be considered. Legacy funding from the World's available to Clubs for improvement initiatives. Money being spent on electronic timing equipment for large events. MSWA working to keep Clubs afloat. MSWA Budget tight, and looking for ongoing support from clubs and membership. Two participants that attended the 2009 Masters 1M Coaching course have completed the accreditation qual's, with the rest of us to follow close behind. Notes from **Ivan Martinovich**, (MSWA President), Recognition for Swimmers and their achievements, eg, Vic Paul. Southwest games – Waroona. New Members and the buddy system to encourage them into fitness and wellbeing. Numbers haven't really increased. Encouraged clubs to keep Committee meetings friendly and not too formal, as all members are volunteers. **Something we're working on.** Ivan later thanked the clubs for their interest and exchange of ideas.

A reminder of our suggestion scheme. Anyone with a concern, or improvement opportunity, please use the forms and box on the notice board.

Participants in the 2009 Timekeeper / Marshalling course, please remember to document time spent doing this. Sun Mornings, BACC and Cambria Swims. There are more TECH courses available to those interested this year, eg Marshal, Starter, and Referee.

Anyone participating in away from home events, let fellow club members know, so travel sharing may be arranged. I think there is a form on our notice board.

To finish off, I would like to extend the Clubs condolences to Lisa, and her family, on the passing of her Brother, a gentleman I met at our last Avalon Beach swim. Our thoughts are with you.

Regards Wayne

# Coach's Report

The warm weather has kept numbers at training fairly consistent throughout February, although last Thursday being "very warm", numbers dropped somewhat. A number of new members and potentially new members have been coming along and appear to be enjoying the experience and it's great to have them join us.

We took advantage of the warmer nights and finished a few sessions with "continuous relays" to give everyone some much needed experience in dive starts (keeping the goggles on) and sprint training in a lane to themselves. Many found that part a bit tough which indicates we've been swimming in the comfort zone for a bit too long, so time to step up the pace in readiness for the pool swimming (Carnivals) season. New members might feel anxious about that, so I had better explain that we tailor our programs throughout the year towards swimming competitions. The majority of our members however, don't (and won't) go in races but targeting these events is a form of goal setting which means variations in the programs we set which gives the pure fitness swimmer the variety they need too. Some "fitness swimmers" however, who had never before been in competition and had great fear of going in a race, are now some of our most regulars at the BACCs (Be Active Club Challenges). Regardless of your ability, "every swimmer wins a prize" when they participate – be it a point for the Club, the thrill of achieving or just the camaraderie of being there with your mates. Have-a-Go!

Next month you all will have the chance to "race" as three Tuesday nights will finish off with some timed sprints. These results will then be collated for the annual "CCC" (Country Carnival by Correspondence) which this year is being co-ordinated by our Club – or more particularly, Ken Phillips. Thank you Ken. Other Clubs in the CCC will be: Albany, Bunbury, Narrogin and Geraldton.

In two weeks time, it will be our AGM and you may decide on a new Coach. I therefore take this opportunity to thank my two assistants: Graeme and Wayne who have both been great in ensuring that throughout the year, we've always had at least one coach on-deck at every session. An excellent commitment. Oh, I have put forward a nomination to be Club Coach for next year, so we'll see.

Until another time - Cheers,

Ivan



## **Want a Free T Shirt?**

Interested in doing the Boullanger Island Swim at Jurien Bay on Saturday 17<sup>th</sup> April?

There are two competitions, the first, a 1.3 km swim from the island back to the mainland (no, a boat will take you to the island you don't have to swim there), the second is the whole journey of 2.6 km where you then have to swim both ways.

So far there are a couple of members who have shown interest.

There's accommodation at the caravan park (at the moment anyway) also Deb Brown has access to a holiday home which can sleep about 10 or so at a nominal cost. So, there's no excuse not to enter for a great weekend away. Contact Deb (ph 9535 7578) or Ken (9581 4213) for any further information and.... let's go! But there's more! - all entrants get a Boullanger T shirt!

## **But Wait... More Again!!!**

If that isn't enough for you, then after the swim lunch you can party on in Jurien or there's the option of driving on to Geraldton for the Ocean Mile at the Town Beach on Sunday morning 18<sup>th</sup> April!

In 2009 there were contingencies of swimmers from Fremantle, Somerset, Maida Vale and Melville Masters. It would be fun to have a team from Mandurah this year.

## **Masters Swimming State Open Water Swim**

Open to Masters Swimming members only – all entrants just like us. Saturday 27<sup>th</sup> March at Coogee. There will be a 1000m and a 2000m event. Entry forms are in the Shed and online, but please don't mail your entry, give them to either Ken or Pauline. All entries are to be sent as a Club entry via the recording Meet Manager system.

There's a Team Prize too, for the first club with 6 swimmers over the line so let's have as many entrants as we can.

## **Correspondence Country Carnival**

This is an annual event contested only by the Masters Swimming country clubs; Geraldton, Narrogin, Bunbury, Albany and Mandurah. It works like this: each club holds a series of races during the month of March and emails the swimmer's time to the organising club (which is us this year), results are collated into gender and age groups and then sorted into places by times.

We'll be holding our sprint and relay swims on the first, third and fifth Tuesdays of March after a suitable warm-up training swim. Longer swims, 400, 800 and 1500m swims can be swum on any Sunday in March. Each entrant can select their best 6 swims.

Great preparation for the BeActive Inter-club pool competitions the first of which is at Melville on the 11<sup>th</sup> April

## **Need to Know What's Where?**

There are three web pages with all the what fors about Masters Swimming :-

- ◇ Our own Clubs web site <http://mhmannas.tripod.com>
- ◇ Masters Swimming Western Australia <http://www.mswa.asn.au>
- ◇ Masters Swimming Australia <http://www.mswa.asn.au>

Check these sites for all the info about Masters swimming. There are some interesting links too.

Regards, Ken.

## Recorder's Report

Our Sunday Aerobics program is starting to be well patronised again as many of our Club members have been participating in the various ocean swims including our own Cambria Island swim. Thankyou to everyone who either swam or helped on the day. We are very grateful for your support.

Our financial members now number 50, which is very encouraging but remind those who are not to please renew as soon as they are able. If you swim with us and are un-financial, you will not be covered by our accident insurance policy and cannot vote at the forthcoming AGM.

A reminder regarding the State Open Water Swim of 2000m at Coogee Beach on the 27<sup>th</sup> March. Members must enter with our Club so please give your entries to either Ken Phillips or myself.

March birthdays are: Wayne Hurtado on the 1<sup>st</sup>, Annett Newcombe on the 3<sup>rd</sup>, Russell Harris on the 6<sup>th</sup>, Steven Gray the 8<sup>th</sup>, Steve Crake the 14<sup>th</sup> and Ryan Spencer on the 10<sup>th</sup>. Happy Birthday to you all.

Cheers,  
Pauline

### **SUNDAY SWIMMING PROGRAMME MARCH**

7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>th</sup>	28 <sup>th</sup>
Aerobics	Mannas AGM 10 AM	Aerobics	Aerobics

#### **COMING EVENTS**

##### **Open Water Swims –/March**

6/3/10 – Bunbury Swim Thru 1.6km

7/3/10 – Coogee Jetty to Jetty 1.5km or 750m

13/3/10 – Fremantle to Rottnest Big Splash

20/3/10 – Cocos Island Lagoon Swim 8km

27/3/10 – 2010 Dale Alcock State OWS 2km or 2km

#### **National**

7<sup>th</sup> – 10<sup>th</sup> April 2010 AUSSI Masters National Championships, Launceston, Tasmania

Or go to <http://mhmannas.tripod.com/>

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

Our “poet in residence”, Des Seery gives us his thoughts on our recent swim, and other events at Doddies beach.

## **Shark at Doddies**

There was a lot of thrashing in the shallows by a lot of human bodies  
getting fit and having fun at a swim held down at Doddies.  
The pool was closed for no good reason but the pod just had to swim  
so it organised to meet at Doddies when the light was getting dim.

Now 'dim' is quite appropriate, 'cause from the books I read,  
that's the time sharks snoop about and settle in to feed.  
To organise a near-dark swim one would have to be a nut  
and now I hear that a weenie shark had a go at a shaggy mutt.

The local paper did a story full of horror and concern  
expressed by editors and people who should just sit down and learn  
that sharks are in the ocean; it's where they live; they call it home.  
It's a shark eat dog world out there 'neath the ocean's surging foam.

The shark was dead unlucky, though the dog was far from bored.  
If it had been a little earlier there would have been a smorgasbord  
of tasty Masters in a row, strung out swimming in a line.  
From the beach it would be impressive; for the shark, dinner time.

Masters live life to the full, from life's cup we've had a fair sip.  
So, get scared of Doddies swimming? Get scared of a little nip?  
For one shark in living memory do we suspend future Doddies capers?  
A worse death may await us – death by boredom reading local papers!

## **Swimming at Doddies**

Oh my God! The pool will close for one entire week!  
I was very disappointed – I was too numb to speak.  
I'm addicted to the aquatic life, I really need to swim  
at least two of every seven days – a simple case of win-win-win.

The Council gets an entry fee; Anne-Marie gets her job;  
while I get fit, control the weight and mix with a happy mob.  
So it was agreed we'd swim somewhere where Ivan couldn't teach.  
We'd all do something different. We'd swim at Doddies Beach!

Then Ken, a mighty fellow, words flow as nectar from his lips,  
suggested that after Thursday's swim we feed on fish and chips.

“Hooray for Ken”, the mob all roared, “Ken you're such a giver to the Club, and in appreciation, please order, fetch and deliver”.

So Thursday night we all turned up at Doddies for a swim.  
Ken was in the car park carrying clipboard and pen with him,  
taking orders for the FnC from a mass of eager swimmers.  
It was plainly obvious, to me at least, the night would be a winner.

Orders placed, the mob set off, with mutterings quite profane,  
then up the beach, around the buoy, and all the way back again.  
For some the swim was to their liking, in fact it was so nice  
the silly beggars all agreed that they would swim it twice!

At swimming's end Ken and I went to pick up the weighty load  
of fodder from Blue Bay Fish and Chips, up there in Valley Road.  
But the chef was behind the schedule, the feed was a little late.  
So while we waited for the FnC the mob their thirst did slake.

The order was filled with apologies, but we said, “Nah, don't worry”,  
Then we piled back into Ken's red car and took off in a hurry.  
The boxes were held out on our return, for the mob it was a lucky dip.  
They swarmed around like seagulls picking o'er the Council tip.

We settled down to gorge ourselves and engage in repartee  
on the little grassy spot we had on Doddies-by-the-sea.  
Some drank wine, some ginger beer, and some drank bottled rain,  
and while Ivan sucked a lager, Pauline sipped champagne.

Jenn was there, the lovely young thing, and her husband Steve, of course.  
He sat and moaned all night 'bout a dearth of tomato sauce.  
There was Wayne and Ray and Rod and Terry, who'd just become a member.  
And Annette and Kirk and another Steve, and too many Debs to remember.

While moving through the assembled throng, with purpose, was young Tess  
who filled the shoes of Rosemary by cleaning up the mess.  
And Lyn was there, camera in hand, taking lots of happy snaps  
of the assembled lovely ladies and the rugged, handsome chaps.

'Twas great to see some spouses turn up for our little meeting.  
They're not much good at swimming but they're pretty damn good at eating.  
It was a real good night and I'd like to think we could do it all again,  
but if we want the night to go real swell, get it organised by Ken!

# MANDURAH MANNAS NEWSLETTER

April 2010



## MANNAS COMMITTEE FOR 2010

**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 fifth year with our club, second year as President, has served previously as Vice President (2yrs) and as assistant coach.

**Vice President: Ray Reynolds**

Ray is in his sixth year as a Mannas member. Has served previous four years as treasurer.

**Secretary: Deb Bloor**

Deb has been with our club for Twelve years. This is her fourth year as Secretary. Has previously served as Recorder (3-yrs), Treasurer, (3yrs) Social Officer, (2yrs), Vice President (1yr).

**Treasurer: Des Seery**

Des is in his second year with the Mannas. First year on the committee

**Coach: Ivan Wingate.**

Ivan has been with the Mannas for eight years. Third year as Coach.

**Club Captain Ken Phillips**

Ken has been with the Mannas for twelve years, with our club. Has previously served as: President (3yrs), Treasurer (1yr) Captain (4<sup>th</sup> yr), Social Secretary (2yrs).

**Recorder: Pauline Wingate.**

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

**Club Photographer; Lyn Mcphail**

Lyn has been with our club for sixteen years. Previously served as Secretary (1yr), Vice President (2yr), Public Relations (1 yr)

**Public Relations: Gerry Green:**

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

**Property Officer: Deb Brown.**

Deb has been with the Mannas for fifteen years. Has previously served as Captain (2yrs), Secretary (3yrs)

**Social Officer: Gary Bowden.**

Gary is in his second year with the Mannas. First year on the committee

Hi,

Well it's been another very busy month for our Club. We had our AGM on the 14<sup>th</sup> and covered a lot of ground with a pretty involved agenda, made a great deal easier with a lot of preparation. Thankyou to all involved.

During March many swimmers enjoyed the experience of participating in the Open Water events including the Rotto, Coogee and Albany events. Again, congratulations to all the people participating for the first time, and to those that have simply just caught the bug.

We have started into our preparation for the pool swims and its pleasing to see so many names down for the Melville event.

Many people participated in the Country Club Challenge, well promoted and run by Ken throughout March, and appeared to be in every way a success.

People interested in participating in Official Training please note:-

## TECHNICAL OFFICIALS COURSES - AGAIN

Our Technical Officer Judith Crawford has planned courses and workshops for 2010 to be held at Aqua life Centre, Somerset St East Vic Park and they are listed with rego forms & course outlines on our website [www.mswa.asn.au](http://www.mswa.asn.au) as follows:

- Sat 24 April 10.30am - 1.00pm: Marshal, Check Starter/Clerk of Course (plus other topics)
- Sat 19 June 11.30am - 3.00pm: Starter & Judge of Stroke
- Sat 14 Aug 9.00am - 12.00 noon: Meet, Event and OWS Referee

All the best and Happy, Healthy swimming.

Wayne

## Recorder's Report

State Open Water Championships held at Coogee Beach on Saturday 27<sup>th</sup> March. We had 13 swimmers compete, 10 of whom swam the 2Km Championship event and 3 who swam the 1Km non-championship event.

We had three age group winners who were: Barbara Pellick 45-49yr age group, Pauline Wingate 70-74yr and Rod Baker the 80-84yr.

Barbara Pellick was also 3<sup>rd</sup> Female overall, a great effort.

### April Birthdays

Tess Evans on the 13<sup>th</sup>, Ken Phillips on the 29<sup>th</sup> and Betty Payer on the 30<sup>th</sup>.  
Happy Birthday to you all.

Cheers,

Pauline

## Coach's Report

With numbers at training now around the 30 mark each night, it might be a challenge to accommodate everyone within the three lanes we're allocated whilst the "indoor pool" is being repaired through April. Now don't decide to take the month off - we can design programmes which will enable ten per lane to get a good night's work-out, but we'll see who'll be using the other lanes and maybe we'll be able to pinch a bit more water space when the others go. Many kids squads will be in recess during the school holidays and other activities cease before or at 6:00pm and maybe there will be a couple of stragglers up until 6:30pm. Last Thursday night we could have had 5 or 6 lanes – it was in the indoor pool and "hot" so not nice. That's closed now so we'll now be back in the 'cool' waters of the lapper pool.

How pleasing it is to see 18 "Mannas" entered for the first BACC at Melville. Club Challenges are a "hoot" for everyone in that the "quicks" can get rid of their pent up aggression they've been building up over the summer season and the rest of us can just go and have a good time. It's great to see more "lane one'rs" at this one and others who will be competing for the first time. The camaraderie that builds at such events, makes for a strong, healthy club. Best of luck everyone – Enjoy !

Note that you now need to wear compliant swimwear. That's not such a problem in that most of us can't afford the hi-tech stuff like they wore at the Worlds in Rome (details are on the board in the 'shed'). Some of our girls like to wear zip-up backs and some of the boys have suits which cover their torso which are now not allowed. However there is some talk about making a few local WA exemptions e.g. to allow the Kat-suit which some ladies wear for modesty and a number of the guys wear 'jammers' which do not have FINA approval, so I'll let you know when something definitive is announced in this regard.

I was very pleased to see at our recent CCC timed sprint nights that everyone now understands the requirements of being steady on the blocks at the start. Also, there were excellent relay change-overs which will add to the excitement at this year's BACCs. I remind you all to brush up on the Rules for competition i.e. toes point out in breaststroke and touch with both hands and all that. The basics are covered in that "Not the AUSSI Rules" paper available on the board in the 'shed' if you don't already have a copy. Please, please, see me or Ken if you are uncertain about some of the finer points of what you can and cannot do.

Hopefully, you've all had a chance to look up those video clip links I sent out a week or so ago. I've had some feedback but don't hold back on asking about some of the points made that you're not quite sure of.

This little quote following was from a discussion group on the 'web' (therefore the author may not be an authority on such matters), and makes a couple of points to ponder (I'm not sure about the ladder example though). What do you think?

"A good rule of thumb is to think about climbing a ladder, and extend your arms about as much as you would when holding onto the rungs of the ladder. But I'd suggest that you focus on using your hand and forearm to hold your place in the water while you push your body past it, rather than on pushing the water back.

Keep in mind that when you're gliding through the water, your body is surrounded by an envelope of water that is, in some degree, moving with you. So when you grab onto that water, you can essentially get back some of the momentum that has already gotten transferred to the water through drag."

Until next month - Cheers,  
Ivan

## **The First BeActive Club Challenge for 2010**

We're off to Melville pool on Sunday 11<sup>th</sup> April for our first BACC competition of the year.

If you haven't got your entries in yet get a move on, not much time left!

Haven't been to a BACC before? Well it's just people like us, of all swimming capabilities, men and women swimming against others who have nominated similar times for each particular event. Then there's a relay and lunch to finish off with. Come along and give it a go.

## **BeActive State Swim**

This is similar to the swim at Melville but instead of half a dozen clubs all the Masters members within WA are invited and there is a longer list of swim events to choose from. So more swimmers and more swims. The competition is at Challenge Stadium over two days, **1<sup>st</sup> and 2<sup>nd</sup> May**. As the swim is a short course event there will be 25m sprints too. All details can be found at the Club Shed or on the MSWA web page. Enter by putting your swim selections on the summary form in the Club Shed. **Entries close Tuesday 13<sup>th</sup> April.**

## **Correspondence Country Carnival**

All swims for this are now completed and the results from the other country clubs, namely Geraldton, Narrogin, Albany and Bunbury, will be amalgamated with ours and sorted by gender and age groups to determine which club is the winner. The results should be known toward the end of April.

Hope all those who participated enjoyed the experience, a little different from our usual training sessions. If you liked the sprinting competition join up with those going to Melville on 11<sup>th</sup> May and the State Swim on the first weekend of May.

## **How Far Can You Go?**

One Sunday of each month will be primarily be for longer aerobic swims such as the half hour, three quarter hour, one hour and 1500 m events. See the "What's On Sunday" article at the end of this newsletter.

Other than the 1500m the idea is to see how far you can swim in the chosen time. Distances are recorded to the last completed 25m length of the pool.

The idea is that those who wish to do these swims pair off and time each other. This way there is no need to feel uncomfortable about asking someone to spend a long time timing you swim because you will then time theirs.

Come and have a go! These events are a great way of monitoring your swimming progress. Surprise yourself. Of course there isn't any compulsion to take part if a relaxing swim and coffee afterwards is more your liking after a big Saturday night.



## **Jurien Bay Safari**

Six adventurous members (although there may be other terms to describe them) are preparing an expedition for the Jurien Bay Ramp to Bouallanger Island Swim on Saturday 17<sup>th</sup> April. Entries closed on the 31<sup>st</sup> March but if you haven't entered and want to swim I'm sure a phone call and some sweet talking will get you a cap if you're mad, or keen, enough that is. See Captain Ken or Debbie for more information.

Two or three are then going on to Geraldton, I believe, for a swim there on Sunday.

## **SUNDAY SWIMMING PROGRAMME**

### **April**

<b>4<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>18<sup>th</sup></b>	<b>25<sup>th</sup></b>	<b>1<sup>st</sup> &amp; 2<sup>nd</sup> May</b>
Aerobics	Melville Club Challenge	Half Hour Swims	Aerobics Morning Tea	MSWA 2010 BeActive State Swim

### **COMING EVENTS - Pool**

Meville BACC 11th April

MSWA State Swim 1-2<sup>nd</sup> May

Osborne Park 400 & 800m 24<sup>th</sup> April

Mandurah BACC 13<sup>th</sup> June

2010 FINA World Masters Championships, Sweden. 27th July-7<sup>th</sup> Aug.

Entries close 22<sup>nd</sup> May

### **COMING EVENTS - OWS**

Cockburn Crawl, Rockingham 10<sup>th</sup> April

Jurien Bay, 17<sup>th</sup> April

Geraldton 18<sup>th</sup> April

### **National Championships**

7<sup>th</sup> – 10<sup>th</sup> April 2010 Masters National Championships, Launceston, Tasmania.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training. Donations of cakes, sandwiches most welcome.

## Listen to the Coach

This year, I swam 750 at Coogee -  
I've swum it five times since two thousand and three.  
But since I became a Mandurah Master  
I find I'm swimming it a whole lot faster.

In two thousand and three I swam a 14:09.  
I felt pretty good and was happy with the time.  
But this year I swam a 13:04 -  
so I'm older but swimming faster than before.

Though I swam as hard each previous race  
something has happened to quicken the pace.  
Seven years older but faster by a minute?  
I think my training has got something in it.

Ninety minutes are allowed for each training session  
and I think I should pay the coach more attention.  
I should spend less time talking and playing the fool  
and more time swimming up and down the pool.

I'm striving to get a high body floatation,  
with bilateral breathing and body rotation.  
To kick and catch and feel for the water  
(at my age I prob'ly swim better than I oughta).

So the lesson I've learned, and from it you'll gain,  
is to listen to the coach at the end of the lane.  
You can either swim slow and look a disaster  
or pay attention to the coach, *das schwimmen Meister*.

# **MANDURAH MANNAS NEWSLETTER**

## **MAY 2010**



### **Presidents Report**

Hi,

Unfortunately I've been missing some of the club training and aerobic sessions due to dreaded work commitments. It's amazing how quickly I lost condition and had to really work hard to keep up with people in lane three.

The Melville BACC swim went off well with a great turn out of swimmers, most of whom were more than happy with their events, and the atmosphere. Putting all the hard work at training to the test. The first for most of us in pool events after the Open Water season.

The MSWA State BACC Swim is happening this weekend, and again a good club representation has travelled to Perth to participate. Thanks to Ken for arranging the entries, individual and relay events on line. This is great for the swimmers and the event organizers, but the information has to be loaded up into the system.

We have our own BACC approaching on the 13<sup>th</sup> June and Gerry has accepted the role of Meet Director. Gerry will be looking for volunteers to help on the day, so please let him know if you will be available. The more people helping, the more people are free to participate in swimming events.

We have already started talking about if we are hosting the Cambria Island swim in 2011, and if so, organization will start soon, with sponsorship, permit and support applications. Again, this is an event that the club can be proud of, but does need a core group of volunteers to coordinate the administration. If interested, and available, please contact Ken or myself. We do work to a timeline over the next eight months, with many tasks to complete. Plenty of room for helpers. Ken attended an Open Water seminar today. This brings together Event Coordinators to discuss safety, rules and event planning.

As per the published MSWA e-Alerts please check and adjust personal details such as address for direct mailing of the E-News. This can be checked on line, or by asking Pauline to check your current details.

Don't forget our Suggestion scheme, with our box and forms in the shed. Forms will be collected before each committee meeting. I had a look the other night and found a famous saying of Sir Winston Churchill's, "If you find yourself in Hell, keep going."

Regards

Wayne

## Coaches Report

the Melville BACC was a great outing for our Club with twenty (20) members competing. The beautiful part was that we were able to field five (5) teams which really topped off a fun morning and camaraderie for all. Sadly, we had a couple of DQ's – due to exuberance I guess, so what-the-heck.

Only ten (10) have entered the State Swim which is a disappointment in some ways but understandable when you look at the costs associated to enter, the travel and/or overnight costs. It is the premier annual event for the State Branch, held in WA's best facility, electronic timing etc., and it's where all clubs can compete together. BUT – it comes at a significant cost. We might look at ways to have a bigger team enter next year. Whilst seen as the "State Championships", it really is just another "carnival" where everyone one can participate regardless of their own ability. As one US gentleman once said: "It's about having a go and seeing how you do".

We got through the partial shut-down of the MARC through April without any hassles at all – in fact it was business as usual as we simply continued to use our usual four lanes. Last Tuesday however, when we had 34 swimmers to cater for, we even pinched a fifth lane as only a couple of "publics" turned up and they were quite happy in the sixth lane. Not sure how we'll cope in the future as more new members join. We welcome them with open arms though, as they continue to breathe new life into the Club which is great for everyone.

The next event to target is our very own BACC, so squad sessions will focus even more now on sprints and form strokes technique – gotta get them fast twitch muscles going again.

Until next month –  
Cheers, Ivan.

## Recorder's Report

20 of our Mandurah Masters Swimmers attended the Melville Be Active Club Challenge on the 11<sup>th</sup> April 2010. The largest team we have ever had in any competition which included three members joining in for the first time. We came 3<sup>rd</sup> overall out of the eleven clubs that took part, gaining 181 points and we were placed 2<sup>nd</sup> in the handicap section. A great effort.

We now have 58 financial members with quite a few new ones coming along to training sessions to see if they would like to join us.

I will give details of our State Swim being held on Saturday and Sunday the 1<sup>st</sup> & 2<sup>nd</sup> May in our next newsletter.

If any of our new members have not received the "New Members Kit" please let me know on 9586 1485 or see me at the pool.

### May Birthdays

Trevor Atkinson on the 3<sup>rd</sup>, Geoff Clancy and Steve Pringle on the 5<sup>th</sup>, Jenny Crake on the 8<sup>th</sup>, Garry Bowden on the 10<sup>th</sup>, Matt Young on the 11<sup>th</sup> and Darryl Harris on the 29<sup>th</sup>.

Happy Birthday to you all.

Our former Property Officer, Bev Webber and her husband Jack, are joining the grey nomads, having sold their home and hooking up their new 4WD and caravan to venture around the nation. We wish them all the best and thank them for all their help to our Club. We also hope Bev's shoulder is progressing well after her second bout of surgery.

Cheers, Pauline.

## **Editors Chat**

2010 year books are now being distributed. If you have not received a book by mail or personal handout by the 15<sup>th</sup> May, contact Gerry on 9581 7960 and I will arrange a copy for you.

On behalf of Mannas club members I would like to extend a message of thanks to:

- Pauline Wingate for her painstaking efforts in collating and printing the thirteen pages of club records in the yearbook.
- Lyn Mcphail for collating and photo-copying the written section of the yearbook.
- Our busy secretary Deb Bloor, who photo-copied the monthly newsletter post out throughout 2009.

Many thanks ladies, your efforts are very much appreciated by often struggling newsletter editor.

Club Photographer Lyn Mcphail is still looking for Rottnest Swim photos for our archives.

If you can help, phone Lyn on 9586 9085

The Mannas will hosting a BACC swim on the 13<sup>th</sup> June. We encourage all club members to have a swim on the day. Remember, every swim you complete means an extra score to add our points tally on the day. We also need volunteers/conscripts to help with many of the tasks that go with running this event, so feel free to contact Gerry (return email or 9581-7960) if you would like to help out on the day.  
Regards Gerry.

## **Jurien and Places Further North**

The Jurien pub buzzed with excitement on Friday night 16<sup>th</sup> April as 7 Club members and some partners and supporters gathered for a boozy dinner prior to the Jurien to Boullanger Island swim the next morning. Liz even brought her parents-in-law along.

Saturday morning was a beautiful day, some hazy cloud, a little wind and a flat ocean. Ninety swimmers of all ages gathered for the start while the organising team set up the registration tent and start/finish race without any concern for time. Eventually we were under way and the race was on. There was a little sideways current but under fairly good conditions everyone did well. Most swam to the island and back, Deb Brown and Barb Pellick's husband Peter did one leg.

Then it was off to Geraldton for five of the seven intrepid swimmers. This year the swim was held at the town beach instead of the weed trap of Pages Beach. Peter was so encouraged by his Jurien swim that he did a late entry. The course was quite unique. Starting from behind a groyne we swam around to the next beach then twice around two pontoons to make the 1609m course (one mile). The ocean was glorious, flat, no stingers, currents or wind to contend with. Graeme and Claudette liked it so much that they are still there!

Congratulations to all who swam.

## Mandurah Be Active Club Challenge Swim

A chance to show our stuff! Great opportunity for those who haven't taken part in a Club Challenge pool competition before. Remember, you are only swimming with people of your own ability. A fun day for swimming but you maybe required to help out on the day too. Keep Sunday 13<sup>th</sup> June free!

### SUNDAY SWIMMING PROGRAMME

**May**

9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>	30 <sup>th</sup>
Aerobics  Bring Mum for a swim!	Aerobics	One Hour Swims	Aerobics  Morning Tea

### COMING EVENTS

2010 FINA World Masters Championships, Sweden. 27th July-7<sup>th</sup> Aug.  
Entries close 22<sup>nd</sup> May

Stadium Snappers 1500m swims, long course 12<sup>th</sup> June

Mandurah BACC 13<sup>th</sup> June

Gosnells 400 and 800m swims, short course 25<sup>th</sup> July.

Somerset 1500m swims, long course, 8<sup>th</sup> August

State Relay Carnival Challenge Stadium, 29<sup>th</sup> August.

Mandurah 1500m swims, short course, 17<sup>th</sup> October

Fremantle BACC 24<sup>th</sup> October.

Heart Swim Challenge Stadium, 6<sup>th</sup> November.

Narrogin Open Carnival, 4<sup>th</sup> December

Pan Pacific Games 6-14<sup>th</sup> November 2010 (swimming 11-13<sup>th</sup>). Gold Coast, Qld.

### 2011 National Championships

27<sup>th</sup> April – 1<sup>st</sup> May 2011 Masters Swimming National Championships, Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

### Technical Officials Course and Workshops

Are you interested in extending your swimming skills? Various courses will be run during the year. Please contact Ken if interested.

General Principles of Officiating, Timekeeper, Chief Timekeeper and Inspector of Turns course opportunity, at AquaLife Centre, Somerset AUSSI Clubroom on **Saturday 22nd May** from 10.30am to 2.00 pm .

GP of O and TK are prerequisites for all courses.

Chief Timekeeper is prerequisite for Inspector of Turns.

Starter & Judge of Stroke course, Sat **19 June** 11.30am - 3.00pm AquaLife Centre.

# MANDURAH AUSSI MASTERS SWIMMING

## 2009-2010 PRESIDENT'S REPORT

WELCOME TO ALL CLUB MEMBERS, PARTNERS AND FRIENDS

MY REPORT WILL COVER THE FEB 2009 TO FEB 2010 PERIOD.

DURING THIS PERIOD THE CLUB GREW IN NUMBERS FROM AROUND 51 TO 67 AT THE END OF 2009.

WITH THIS INCREASE IN MEMBERSHIP, IT HAS BEEN PLEASING TO SEE AN INCREASE ALSO, IN THE PARTICIPATION IN POOL AND OPEN WATER EVENTS THROUGHOUT THE YEAR. IT WAS THE FIRST TIME MANY PEOPLE EXPERIENCED THE TEAM ATMOSPHERE AT OUR BACC SWIMS, AND THE CHALLENGE OF SWIMMING IN LIVE WATER, WHEN JOINING US AT SOME OF THE OPEN WATER EVENTS.

IN SAYING THIS WE HAD SWIMMERS ATTEND A WIDE RANGE OF EVENTS AND ACHIEVE GREAT RESULTS, SATISFYING RESULTS, FOR THE INDIVIDUAL AND THE TEAMS. SOME OF THESE EVENTS IN SUMMARY INCLUDED:-

- **THE STATE BACC SWIMS** – GREAT TEAM REPRESENTATION AND SUCCESS AT THESE SWIMS. FOR EXAMPLE, AT MELVILLE WE HAD 17 SWIMMERS AND SWAN HILL 14
- **STATE CHAMPIONSHIPS** – IN MAY, WE HAD 8 SWIMMERS ENTER AND CAME NINTH IN THE COMPETITION. IT MUST BE SOMETHING TO DO WITH THE COACHING, DRILLS AND TECHNIQUE.
- **OUR FIRST RELAY CARNIVAL** AT CHALLENGE – 15 OF US TRAVELLED TO PERTH TO COMPETE AND HAVE FUN IN A WELL ORGANISED EVENT RUN BY THE CLAREMONT CLUB.
- **SYDNEY WORLD MASTERS GAMES** – PAT GREYSMITH, ROD BAKER AND RYAN SPENCER TRAVELLED TO SYDNEY TO COMPETE AT WORLD LEVEL. WE CONGRATULATED ROD AND RYAN FOR THEIR SUCCESS IN THE COMPETITION, BUT FELT SORRY FOR PAT WHO HAD AN ACCIDENT BEFORE SHE COULD TAKE PART. IT'S GREAT TO SEE PAT UP AND AROUND AGAIN WANTING TO GET BACK INTO THE WATER.
- **A 1500M EVENT** HELD AT SOMMERSET POOL – ROSEMARY'S FIRST AND SUCCESSFUL ATTEMPT AT THIS DISTANCE. A GREAT EFFORT IN TAKING ON A NEW CHALLENGE. I'M SURE SHE WON'T STOP AT 1500M, EVEN IF SHE HAS TO TALK HER WAY THROUGH IT.
- **ROTTO CHANNEL SWIM** – SOLO'S, DUO'S AND QUAD'S PARTICIPATED, SOME SWIMMERS EXPERIENCED IN THIS CHALLENGE, WHILE OTHER'S TOOK IT ON FOR THE FIRST TIME. SOMETHING TO BE PROUD OF, FOR THE SWIMMERS, AND FOR THE CLUB, THAT WE HAVE THESE PEOPLE IN OUR COMPANY.

IN 2009 / 2010 WE HOSTED THREE SWIMMING EVENTS OURSELVES, OUR OWN BACC SWIM, A 400/800 SWIM, AND THE CAMBRIA ISLAND O/W/SWIM. ALL OF THESE EVENTS RECEIVED POSITIVE FEEDBACK FROM NOT ONLY THE SWIMMERS, BUT THE EVENT REFEREE'S FROM MASTERS SWIMMING WA. THANKYOU TO ALL THE PEOPLE WHO HELPED IN THE COORDINATION, PREPARATION AND THE RUNNING OF THESE EVENTS. A SPECIAL THANKS TO ALL THOSE NON MEMBER VOLUNTEERS, WHO HELPED IN SUPPORTING THE EVENTS IN ROLES SUCH AS RECORDING / MARSHALLING / TIMEKEEPING / COMPUTER WORK, TO THOSE HANDING OUT WATER AND WATER MELLON. HELPING WITH THE COORDINATION AND APPROVAL FOR EVENTS IS ONE THING, BUT HAVING PEOPLE ON THE DAY, TO BRING EVERYTHING TOGETHER, IS WHAT IT'S ALL ABOUT. I FEEL THAT WE WORK WELL TOGETHER AS A CLUB, BUT CAN WORK ON BUILDING MORE DEPTH WITH MORE PEOPLE INVOLVED IN THE AREA OF MANAGEMENT AND COORDINATION OF EVENTS LIKE THE ONES JUST MENTIONED.

### **TECHNICAL DEVELOPMENT FOR THE YEAR**

- I WOULD LIKE TO THANK KEN AND I'M SURE GERDA, FOR ALL THE EXCELLENT WORK PUT INTO DEVELOPING OUR WEB SITE, [mhmannas.tripod.com](http://mhmannas.tripod.com), WITH CLUB NEWS, INFORMATION AND MASTERS SWIMMING LINKS.

- KEN ALSO ARRANGED FOR US TO HAVE ONLINE ENTRY FOR THE CLUB OPEN WATER EVENT, WHICH WORKED WELL, AND I'M SURE WORKED TOWARDS HELPING BOOST THE NUMBERS THIS YEAR.
- WE WENT ONLINE FOR CLUB REGISTRATION, WHICH MAKES LIFE EASIER FOR ALL INVOLVED AND ENABLES PEOPLE TO KEEP THEIR PERSONAL DETAILS UP TO DATE WITHIN THE SYSTEM.
- THE CLUB DOWN LOADED THE LATEST VERSION OF TEAM MANAGER, A TOOL USED TO IMPROVE THE MANAGEMENT OF EVENTS AND RECORDS FOR SWIMMERS.

#### **TRAINING / COACHING / SOCIAL**

- IVAN AND I ATTENDED AN OPEN WATER SWIM WORKSHOP RUN BY MASTERS SWIMMING WA WITH JUDITH CRAWFORD. THIS WAS TO MAKE SURE CLUBS ARE ON TRACK REGARDING THE PLANNING AND SAFETY REQUIREMENTS WHEN COORDINATING AN EVENT.
- WE ARRANGED FOR JUDITH TO RUN A TIMEKEEPING, MARSHALLING SEMINAR ONE SUNDAY MORNING, WITH 10 MEMBERS ATTENDING. THIS TRAINING WAS NOT ONLY TO BUILD CLUB SKILLS, BUT TO BUILD A BANK OF ACCREDITED OFFICIALS THAT MAY BE ABLE TO HELP IN THE 2011 NATIONAL CHAMPIONSHIPS IN PERTH. THANKYOU TO THOSE THAT ATTENDED, AND PLEASE KEEP A RECORD OF TIME SPENT TIMEKEEPING – TIMES TWO, FOR YOUR ACCREDITATION.
- I ATTENDED A MASTERS SWIMMING 1M COACHING COURSE IN 2009 AND HAVE COMPLETED THE NECESSARY DECK TIME. THANKYOU TO CLUB MEMBERS FOR BEING PATIENT, AND UNDERSTANDING, WITH NOT TOO MANY SIGNS OF DEPRESSION WHEN DELIVERING THE PROGRAM AT THE PRE-TRAINING BRIEF. IT'S AMAZING THE POWER OF A GROUP STARE OF DISBELIEF, WHEN TOLD, A LITTLE PAIN, FOR A LOT OF GAIN.
- WE EMPLOYED SPORTS MEDICINE TO DELIVER SOME LEARNING'S REGARDING SPORTS INJURY AND PREVENTION. WE WERE LEFT A LITTLE DISAPPOINTED TO PUT IT LIGHTLY, AND AGREED THE SUBJECT MATERIAL IS WORTH PERUSING, PERHAPS WITH A PRESENTATION PREPARED AND DELIVERED BY OUR OWN MEMBERS.
- WE HAVE WORKED HARD IN DEVELOPING THE CLUB BUDDY SYSTEM, TO ENCOURAGE, AND SUPPORT NEW MEMBERS. AN INITIATIVE ENCOURAGED FROM THE STATE LEVEL.
- A SUGGESTION SCHEME FOR CLUB MEMBERS HAS BEEN IMPLEMENTED, AND A COLLECTION BOX WITH FORMS PLACED IN THE CLUB SHED. THIS IS TO PROMOTE / ENCOURAGE INPUT FROM MEMBERS FOR IMPROVEMENT IDEAS. THANKS TO KEN FOR MAKING THE BOX, A FINE PIECE OF WOODWORK, AND FOR EDITING AND PRINTING THE FORMS.
- WE DEVELOPED A SOCIAL CALENDER WITH THE HELP OF JIMMY AND COLLEEN. UNFORTUNATELY COLLEEN HAD TO RETURN TO EUROPE, AND JIM TOOK OVER THE JOB OF STEERING THE SOCIAL EVENINGS. WE ENJOYED BOWLING, RESTAURANTS, A PIZZA NIGHT AT JIM'S AND SOCIAL SWIMS AT AVALON AND DODDIES BEACH. WITH A FISH AND CHIP FEED AFTER, THANKS TO KEN.

#### **CLUB RECOGNITION**

- **WE CONGRATULATED IVAN** FOR HIS SERVICE ON THE WORLD FINA MASTERS COMMITTEE AND WAS AWARDED A SILVER PIN AT THE FINA WORLDS IN ROME IN JULY.
- WE CONGRATULATED MANY CLUB MEMBERS FOR THEIR ACHIEVEMENTS THROUGHOUT THE YEAR:  
**ROD BAKER** FOR ACHIEVING NINE RATINGS IN THE FINA WORLD TOP TEN, AND WAS ONE OF FIVE INDUCTED INTO THE W.A. SURF LIFESAVING HALL OF FAME.  
**BARBARA PELLICK** WAS NOMINATED BY AUSSI FOR THE WOMEN SPORT WEST SPORTSWOMAN OF THE YEAR AWARD – MASTERS CATEGORY  
**JEANETTE REIN 5Mil Meters** AWARD. A NICE COOL SWIM TO MELBOURNE AND BACK. A SPLENDID 10-15 YEARS WORK. WELL DONE.

#### **FINALLY I WOULD LIKE TO THANK THE CLUB COMMITTEE.**

- TO THE VICE PRESIDENT – KEN – FOR ALL THE ENERGY PUT INTO HELPING WITH CLUB BUSINESS AND DEVELOPING INTERNET SYSTEMS.



- CAPTAIN – SUE – FOR BEING A CAPTAIN AND HELPING WITH THE RUNNING / COORDINATION / RECORDING AT ALL OF OUR EVENTS.
- SECRETARY – DEB – FOR MANAGING THE ADMINISTRATION SIDE OF THE CLUB – MAIL, MINUTE TAKING AND POSTING.
- COACH – IVAN – FOR DEVELOPING ALL THOSE DRILLS AND PRESENTING THEM IN A WAY WE ACTUALLY ENJOY THEM. FOR KEEPING US ON TRACK FOR SPECIFIC TRAINING NEEDS THROUGHOUT THE YEAR,
- RECORDER- PAULINE – MAINTAINING THE AEROBIC RECORDS, CLUB DETAILS AND MEMBERSHIP.
- TREASURER – RAY – FOR CONTROLLING THE INS AND OUTS OF OUR CLUB ACCOUNTS, WHILE MAINTAINING A WORKABLE BALANCE, PARTICULARLY WHEN PLANNING AND RUNNING EVENTS.
- PROPERTY MANAGER – BEV – FOR KEEPING PEOPLE INFORMED OF PRODUCT AVAILABILITY RE BATHERS, TRACKSUITS AND SHIRTS.
- SOCIAL DIRECTOR – JIM – FOR HIS EFFORTS IN MAKING SURE WE DO BALANCE OUR FITNESS AND FUN
- EDITOR – GERRY – FOR COLLECTING THE INFORMATION AND PRESENTING THE MONTHLY NEWSLETTER. BECOMING MORE IMPORTANT AS THIS IS NOW PRESENTED ON OUR WEB PAGE.
- PUBLIC RELATIONS – LYN- MANY THANKS TO LYNN FOR HER UNWAVERING SUPPORT IN PICKING UP THE PIECES, COMMUNICATING AND BEING OUR RESIDENT PHOTOGRAPHER / HISTORIAN, COMPILING CLUB ALBUMS.

I FEEL THAT WITH ALL THE GOOD WORK DONE BY ENTHUSIASTIC / ENERGETIC PEOPLE ON AN ONGOING BASIS, THAT THE CLUB HAS A BRIGHT FUTURE, MOVING ON AND GROWING EACH YEAR. WE NEED TO MAKE SURE WE CAPTURE THIS ENTHUSIASM AND ENCOURAGE THE SHARING OF CLUB RESPONSIBILITY TO BUILD ON OUR MANAGEMENT POOL, CAPABILITY.

THANKYOU TO ALL THE OUTGOING COMMITTEE MEMBERS FOR YOUR SERVICE OVER THE YEARS, AND WISH NEW COMMITTEE MEMBERS ALL THE BEST FOR THE INCOMING YEAR 2010.

REGARDS  
WAYNE CABLE

# **MANDURAH AUSSI MASTERS SWIMMING INC.**

## **Annual General Meeting – 14<sup>th</sup> March, 2010 COACH'S ANNUAL REPORT for 2009**

Usually a Club Coach's Annual Report would contain the bragging rights of how many medals won and records broken throughout the year by the swimmers in the squad. Well, in our Club, medals have been won and a number of records broken but most successes within the squad members are not measured in those terms – some will have PBs and being able to swim longer distances which are measurable but there's a myriad of other achievements that are unmeasurable. These may be in the form of improvements in self-worth, confidence and other personal development qualities, or having competed in an ocean swim for the first time. I hope that our Coaching Panel has contributed in some way to help you achieve such goals.

Your Coaches: Graeme McAuslane, Wayne Cable and yours truly, have worked quite well together I thought throughout 2009 and the numbers at training each night I feel are testament to that. Then to see 22 members participate in an Open Water Swim recently speaks highly of the enthusiasm and confidence that has been generated through the squad camaraderie.

Having Graeme and Wayne assisting me has been a 'breeze' for me in now having to only be on-deck once a week most times, then also rewarding to see them mature as they hone their skills in such a learned profession. Graeme has worked wonders with the "lane one-ers" to such an extent, it is often difficult to upgrade them from the nursery to "lane two". To see a number of them attempt open waters swims for the first time this year was delightful. Wayne has been furthering his formal education with workshops in Perth and doing assessments towards his Level 1 accreditation. In doing so, he has introduced a number of new "sets" and drills that I wouldn't have thought of, so thankyou Wayne for adding that extra, necessary variety to our programs.

And finally, I pay a very special tribute to our squad members for being so kind in saying thankyou to each of us as you leave the pool with red faces and knuckles dragging on the floor. You're a great bunch and we've enjoyed serving you all in 2009.

Ivan Wingate  
Club Coach

# **Recorder's Report - 2009**

## **Presented at the Annual General Meeting of the Mandurah AUSSI Masters Swimming Inc.**

14<sup>th</sup> March, 2010

All the Club Challenge, State Swim, Aerobic and Country Carnival by Correspondence times are recorded and are available to Club Members. All individual results are accessible on the Masters Swimming Australia web page and the Members Handbook lists all record times swum by Club Members each year. Open Water Swim times are not recorded, but point scores are available to the Club once the series has finished. (Our membership numbered 67 for 2009, which is a record).

### **Aerobic Program**

The new Aerobic recording system was not available again this year which meant we had to use the old system with some difficulty and enter all data for the twelve months from early December and closed off by 11<sup>th</sup> January 2010.

Our point score for 2009 was 1214 which was pleasing but well down on last year's score of 1743. 15 members earned points and 5 of these achieved 100 or more points (14 more members swam 400m or 800m distances but did not complete the 5 sets required to gain points). Congratulations to Jeannette Rein who has achieved maximum points for the seventh successive year. It is also wonderful to see members participate and gain points for our club and realize how capable they are.

As well as the Aerobic Program, Masters Swimming WA runs a 400m/800m/1500m series held at different locations by clubs throughout the year. Mandurah hosted a 400m – 800m event on 18<sup>th</sup> October, 2009.

### **Competition Swims**

The 2009 Be Active Club Challenge pool events saw 29 Mandurah swimmers achieving a total score of 522 points. We competed at Melville, Mandurah, Swan Hills and Fremantle.

Mandurah hosted a Be Active Club Challenge on the 14<sup>th</sup> June for 11 clubs, Twenty three of our members competed and earned a total of 201 points and finished in 3<sup>rd</sup> place which was a good effort.

The 2009 Be Active State Swim was held at the Challenge Stadium on the 16<sup>th</sup> & 17<sup>th</sup> May and although there were only 8 of us who competed, we achieved a total of 381 points and gained 9<sup>th</sup> place out of the 22 clubs competing.

The Inaugural Short Course Relay Carnival was run by Claremont Masters on the 16<sup>th</sup> August and Mandurah came 7<sup>th</sup> ( with 58 points) out of the 11 clubs which competed.

Kirk Bamford, Rosemary Green and Lyn McPhail participated in the 3 x 400m Winter Postal Swim run by the Bunbury Club.

### **Open Water Swims**

Our Cambria Island Swim was held on 15th February with 75 swimmers competing on the day.

21 Mandurah swimmers took part in Open Water Swims. Barbara Pellick, Sue Niven and Rod Baker were our overall age group winners and with Deb Bloor, Ken Phillips and Ray Reynolds gaining enough points to succeed in being in the top twenty overall.

Barb Pellick once again competed as a solo swimmer in the Rotto Channel Swim and by the end of 2009 had made 22 solo crossings – an amazing achievement. Sue Niven also swam solo for the 2<sup>nd</sup> time and we had members who swam in teams as well.

Thankyou to our coach Ivan Wingate and our assistant coaches Wayne Cable and Graeme McAuslane. You have all helped to make our training sessions very constructive.

Thankyou and enjoy your swimming.

Pauline.

## **AWARDS FOR 2009**

### **Club Challenge Award**

Winners: Susan Niven  
Rod Baker

Runners up: Jeannette Rein  
Jeff Rimmer

### **Aerobic Achievement Award**

Winners: Jeannette Rein 390 (maximum points)  
Kirk Bamford 130

### **Kath McLeod Best Club Person Award**

Winner: announced at this meeting (Lyn Mcphail)

### **Coaches' Award**

Winner: announced at this meeting. (Kirk Bamford)

# MANDURAH MANNAS NEWSLETTER

June 2010



## Is there a Computer Expert in the Club?

The Club computer needs some tidying up to increase speed and for some reason Windows application updates won't stick in memory. Is there a member who can help out? If so please ring Ken on 9581 4213

## Presidents Report

We're approaching that time of the year when wet and wintry nights test our commitment to training and fitness over the warm fireplace and perhaps a nice glass of red. Numbers have been fantastic and building, working towards best individual times in the winter pool events. Remember, it's hard work building up your fitness, but very easy to lose it.

Congratulations to those travelling to the State BACC swim, some for their first time and some for their best times. I think it's great just seeing all the different age groups and abilities having a go, which is pretty well what Masters Swimming is all about.

We're rapidly approaching our own BACC swim on the 13<sup>th</sup> June, and hopefully everyone that can swim has put their names forward for Ken to enter. Another event that takes organizing, so thank you to all that are helping to organize and run the event. We're hoping to use this event to build on accredited Timekeepers / Marshals within the club that may be in the position to help at the 2011 Nationals in Perth. Organizing has already started for the Cambria Island swim with the lodging of applications and requests for sponsorship. This is a popular event, and the feedback from swimmers and officials has been a driver to keep it going.

I attended the Council of Clubs meeting with Des to hear the latest on a state and club level. Members of the State Branch presented their reports followed by Club Representatives giving a brief on their clubs. The report on this meeting can be found on the Masters Website if you don't receive the eLerts direct.

We had an enjoyable Pizza night at Ken's with quite a few members turning up. For one moment, I thought we might have had too much Pizza, but my concern was slowly eaten away. It was an opportunity to say goodbye to Liz and Paul, who are returning to Queensland. Liz was a respected and great member of the club. We wished them all the best. We also mentioned Bev and Jack, who couldn't be there on the night, two solid and respected members who have decided to join the legion of Grey Nomads, touring this big country. Liz, Bev and Jack received a poolside farewell on Sunday as well.

Have asked for expressions of interest for a winter swim at Doddie's or Avalon on a Saturday morning. I swam at Avalon today in a wet suit, and could still feel the colder water. I would suggest anyone looking at swimming during the winter in the ocean, be aware of the colder water and perhaps the need for a wet suit. This swim will be outside Masters Swimming Sanction and will be the swimmers responsibility to understand the potential risks associated with swimming in cold water, and take the necessary precautions to protect themselves, if required.

Regards Wayne

## Coach's Report

Numbers at training now fluctuate according to the weather but are still quite good overall. Its okay to not venture out when the weather turns foul – if that fits in with your objectives. We're all adults so can please ourselves what we do. So, if "going to squad training" is a social outing to catch up with your mates, it's not much fun in venturing out in inclement weather. If however, you're looking to enhance your self-discipline and improve fitness levels, then consider cold wintry nights as an opportunity to test that inner strength – as Nike says: "Just do it", then you can go home feeling good about yourself.

In the past few weeks I have been putting up little inspirational messages on the notice board entitled "Thought for the Week". I don't know if anyone has seen them as I've not heard any comment to that effect – except President Wayne mentioned in his report last month that he found one in the "suggestion box". I've only got about another month's supply, so watch out for them. I also put up on the board from time to time, small articles about basic swimming technique that I think might be relevant to drills we've been doing and wonder if anyone reads them either (?).

The regulars will know that we've now had a number of sessions where we've pushed you well beyond your comfort zone, in preparation for the Club's BACC on the 13<sup>th</sup> June. We'll back off a little for the next few sessions which should have you soon "champing at the bit" to get in there and do all PB's at the BACC. Those who will not be competing, I trust that you've enjoyed the journey.

Until next month –

Cheers,

Ivan

## Recorder's Report

Twenty of our club members farewelled Bev Webber and Liz Marland last Sunday. Bev and Jack have left to join the grey Nomads in their caravan and Liz and Paul have returned to their home in North Queensland.

Ten of us competed at the 2010 Be Active State Swim on the weekend of the 1<sup>st</sup> & 2<sup>nd</sup> May. Mandurah came 12<sup>th</sup> out of the 23 clubs attending and gained 501 points. Ryan Spencer broke 6 State Records and won his age group: 25-29 years. Jeff Rimmer broke 3 State Records which included 2 split records. Pauline Wingate broke 4 State Records including 3 split records. The rest of our team performed extremely well.

Our membership tally is now 60 which is great to see and there's a few more checking us out in recent weeks.

June birthdays are: Melanie Young on the 1<sup>st</sup>, Geoff Honess on the 8<sup>th</sup> and Terri Kuchan on the 14<sup>th</sup>. Happy Birthday to you all.

Cheers,

Pauline

## **Mandurah Be Active Club Challenge Swim**

A chance to show our stuff! Great opportunity for those who haven't taken part in a Club Challenge pool competition before. Remember, you are only swimming with people of your own ability. A fun day for swimming but you may be required to help out on the day too. Please keep Sunday **13<sup>th</sup> June** free!

If you haven't entered yet please hurry. Last entries on Tuesday 8<sup>th</sup> June.

The events are:-

1. 100m Freestyle
2. 100m Backstroke
3. 100m Breaststroke
4. 50m Freestyle
5. 50m Butterfly
6. 50m Breaststroke
7. 100m Individual Medley
8. 4 x 50m Mixed Freestyle Relay
9. 4 x 50m Mixed Medley Relay

Entries can be made at the Shed or ring Captain Ken on 9581 4213.

**We would like everyone to have a go!**

Doesn't matter whether you are after a record or like most of us just there to see what you can do.

Never been to a Club Challenge before? Well, this is how it works: Nominate the time you take for a certain event and then you're placed in a swim-off with others who have nominated a similar time, irrespective of gender or age. Times are taken for the swim and entered into a computer to be sorted into gender and 5 year age groups for final race placings.

## **Country Correspondence Carnival**

Remember all those sprints and relays we did during the month of March? They were accumulated by email and computer with the other country clubs, namely Bunbury, Albany and Narrogin. (Geraldton for some reason didn't participate this year.) All the times were then compared as if we had raced together. The results are that Albany won with 1406 points; we were second with 1146 points then Narrogin 470 and Bunbury 441. We had 35 members participate whereas Albany only had 23 swimmers who each swam more events and more relays.

It is hoped that those of you who don't usually compete in swim carnivals enjoyed the experience and gained something from it.

## **Partytime**

A good time was had at the Pizza Night on Tuesday 25<sup>th</sup> May after training. Must have been about 24 people all together.

Keep on eye on the notice board for the annual **Ten Pin Bowling and Chinese Dinner** night – probably early in July.

## **SUNDAY SWIMMING PROGRAMME**

### **June**

<b>6th</b>	<b>13th</b>	<b>20th</b>	<b>27th</b>
Aerobics	Mandurah Club Challenge	Aerobics	Aerobics Followed by Morning Tea

## **COMING EVENTS**

2010 FINA World Masters Championships, Sweden. 27th July-7<sup>th</sup> Aug.  
Entries close 22<sup>nd</sup> May

Stadium Snappers 1500m swims, long course 12<sup>th</sup> June

Mandurah BACC 13<sup>th</sup> June

Gosnells 400 and 800m swims, short course 25<sup>th</sup> July.

Somerset 1500m swims, long course, 8<sup>th</sup> August

State Relay Carnival Challenge Stadium, 28<sup>th</sup> August.

Mandurah 1500m swims, short course, 17<sup>th</sup> October

Fremantle BACC 24<sup>th</sup> October.

Heart Swim Challenge Stadium, 6<sup>th</sup> November.

Narrogin Open Carnival, 4<sup>th</sup> December

Pan Pacific Games 6-14<sup>th</sup> November 2010 (swimming 11-13<sup>th</sup>). Gold Coast, Qld.

## **2011 National Championships**

27<sup>th</sup> April – 1<sup>st</sup> May 2011 Masters Swimming National Championships, Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

Ken

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.



# MANDURAH MANNAS NEWSLETTER

July 2010



Ladies and Gents,

Congratulations to Gerry as Meet Director and to all the helpers on the day, Club Members and Non Club Members on the running of the Mandurah BACC swim. I'm sure that the Referee's feedback report when completed will be more than favourable, as with previous years, I think all involved had a rewarding day, on the deck helping, and in the pool swimming. Special congratulations to our State Record Breakers, Pauline Wingate (3), Rod Baker (1) and Ryan Spenser (2).

Gerry followed up with accreditation in the areas of Timekeeping and Marshalling and encouraged those participating to sign off on required hours with time spent carrying out the respective disciplines at the swim meet. Congratulations to Des Seery and Jeannette Rein for gaining Chief Timekeeper accreditation. To be presented at our next Council of Clubs Meeting or Club Meet.

Please consider an opportunity to attend a 3 x hour CPR course run by Surf Life Saving, promoted and financially supported by Masters Swimming WA. Cost at this stage will be approx \$25 to individuals. Please let me know ASAP so bookings can be made.

All the best to Ivan and Pauline travelling to Sweden for the World's. As some of us experienced here in Perth, it's a special occasion just being there for the atmosphere. Thank you to Ken for organizing the Bowling / Chinese night. Everyone enjoyed a sporting / competitive / disclosure of hidden talents with the bowling, followed with an enjoyable meal at the Mei jing.

Well done to the few salties enduring the fresh mornings we're having down at Doddies beach on Sat mornings. Particular admiration should be directed at Barb Pellick and Graeme McAuslane who showed us wimps wearing wet suits how it's really done, with just their bathers on. It was suggested we call ourselves the SIC (S--- IT'S COLD) club. Please feel free to join us at Doddies for an enjoyable, rewarding, waking experience on Sat mornings at 0900.

Until Next Time

Wayne

## Recorder's Report

On Sunday 13<sup>th</sup> June, our Club was host to the ten other clubs which competed with us for the BACC Club Challenge in Mandurah. Twenty two of our members took part with many others helping out on the day, which made a very successful carnival. Mandurah came 2<sup>nd</sup> overall with 211 points, 6 points behind Somerset which was the winner.

Our membership now numbers 62 and we have others trying our training sessions and hope to join soon.

July birthdays are: Jeannette Rein on the 8<sup>th</sup>, Elizabeth Marland on the 10<sup>th</sup>, Bronnie Smith on the 18<sup>th</sup>, Chris Mitchell on the 20<sup>th</sup>, Deric Golembka on the 23<sup>rd</sup>, Barbara Pellick on the 24<sup>th</sup> and Pauline Wingate on the 30<sup>th</sup>.

Cheers,

Pauline

## Coach's Report

With some weeks still to go before the "Club Relay Carnival" at Challenge Stadium, we've given you a variety of training programs to train your different energy systems and to try and improve technique. Good technique alone won't make you go faster (and maybe that's not one of your goals?), but practising good technique over distance and at various speeds, will. If going faster is not your goal, surely looking more like a good swimmer, is ????

The three major skills we've been working on are: keeping the body flat and in line (like a torpedo), developing an effective kick to keep the body in line and compensate for out-of-water arm movements and we've done some work on pacing which is essential for maximising your performance over any given distance – even the 50m for most of us. In August, we'll focus on the 50m sprint and relay change-overs in preparation for the Carnival on the 28<sup>th</sup>.

Numbers at training have remained at around the twenty mark which is good to see on the cooler nights. Spare a thought for your coaches standing up there in the cold whilst you wallow around in the warm waters.

Until next month –

Cheers,

Ivan

## Editors Chat

**PLEASE CHECK YOUR SWIM GEAR!!!**

A club member who attended the BACC swim at MARC on 13<sup>th</sup> of June has inadvertently swapped a track suit top with club member Haydn Brimson. Haydn has been left with a track top that is not his. Haydn's top has the initials, HB, written in texta on the tag under the collar. We are asking anyone who attended the swim meet to check their track suit tops. To arrange to swap the tops, contact Haydn direct on 9581-8840, or Gerry on 9581-7960.

Many thanks to all who attended and helped at the BACC swim. The successful running of the swim meet involves a tremendous amount of time, goodwill, co-operation and plain hard work, over the period of time from when swim date is first set until the final clean up after the swim and post swim functions are completed. To everyone who participated, give your self a big pat on the back for another job really well done.

Regards Gerry.

## **State Relay Carnival August**

**Saturday 28<sup>th</sup>**

That's right, Saturday 28<sup>th</sup> August. The date has been changed from that shown on the Pool Events Calendar.

We did so well in our relays at our BACC last month let's all give this meet a go. Relays are a lot of fun and somehow brings out the best swimming in all of us.

We'll be calling for entries shortly so if you would like to take part put your name on the list in the Shed (or ring Ken 9581 4213) and you'll be placed in a relay or three. Better still, if you'd like to swim as a team with your lane mates bracket your names together on the list.

## **Wingate's off to Sweden**

Pauline and Ivan Wingate leave for Gothenburg, Sweden to compete in the XIII FINA World Masters Championships, a biennial event for all swimming disciplines commencing on 31st July.

Pauline, who recently set three Masters Swimming State records will be competing in four Freestyle events ranging from 100 to 800m and the open water 3 km race. Ivan will compete in the 200 and 400m Individual Medleys as well as the 50, 100 and 200m Breaststroke events. Both have a number of top ten placing medals from previous World Championships and Pauline has two bronze medals.

Ivan is a member of the FINA Masters Committee representing the Oceania region, which he has done for over 12 years. He will attend the FINA meetings to discuss developments in Masters swimming and then be a supervisor to the Pool Swimming and Open Water Swimming events.

We wish them a safe, happy and successful trip and look forward to their stories on their return.

If you would like to find out more about the championships go to <http://www.2010finamasters.org/> Watch the video then click on "close" to see the details. It's worth your while.

## **Bowling and Chinese Dinner**

The big night was Saturday July 3 and the competition very keen. Wayne Cable and Jim McQuade's attempts were thwarted – they got to the bowling alley early to get in some extra practice, how sneaky is that! But it was to no avail as Wayne Hurtado won both games very impressively. Gerda Phillips was the best of the ladies.

Then it was off to the Mei Jing restaurant for a Banquet dinner that was enjoyed by all.

Note: should a strike using gutter guards still register maximum points???

## Sunday Swimming

### *July*

4 <sup>th</sup>	11 <sup>th</sup>	18 <sup>th</sup>	25 <sup>th</sup>	1st August
No Club session today	Aerobics	1500m swims	Aerobics	Aerobics

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### **2011 National Championships**

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More info at <http://www.mswa.asn.au>  
Or our Club web site at <http://mhmannas.tripod.com/>

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The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

## Get There Early (with glossary)

The coach's *raison d'être*  
is not standing around waving his  
arms in the air,  
nor to bloviate to  
a relative few  
or employ apodictic skills  
when setting out drills.  
He wants to help we,  
yes I mean you and me,  
for no monetary fee  
(yep, he does it for free).  
But now brumal air  
is everywhere  
the turn up is down  
and frowns abound.

It's a *sine qua non*,  
if you want to get on,  
you need to join the strepitant throng  
who endue their togs  
and with fins and with goggs  
swim a few laps  
with some babes and some chaps  
and engage in persiflage  
with all at large.  
But there are benefits to  
increasing the numbers who  
are ready before scheduled start.  
For the coach will tell why  
the breast and the fly  
and the what to do  
and the effect on your heart.

The water is still heated to just  
above chill  
-it's the same be it winter or  
summer.  
But there are others who want to use  
the lanes too  
so it's lickety splits to be in the water  
at six.  
So you know what to do -be there by  
at least quarter-to  
so the coach can dictate to those  
who aren't late  
the don'ts and the dos  
and a bit of Club news.  
It's a bit of a feuilleton  
but you'll know what's going on!  
So avoid being unfit and burly.  
We start at six, but please turn up  
early.

Des Seery

(**Editors comment**--I suggest  
you spend at least half an hour  
digesting **the glossary** before  
attempting to read the prose)

*apodictic*      *incontestable*  
*due to being demonstrated*  
*bloviate*      *to speak loudly,*  
*verbosely and at*  
*great length*  
*without saying*  
*much*

*brumal*      *occurring in or*  
*related to winter*  
*endue*      *to put on (an*  
*item of clothing); to invest,*  
*bestow*

*or endow with a*  
*gift, quality, trait or power*  
*feuilleton*      *feature and*  
*criticism pages*  
*of newspaper;*  
*instalment of a*  
*serial story*  
*goggs*      *goggles (but you*

*knew that)*  
*persiflage*      *friendly, good*  
*natured banter*  
*raison d'être*      *reason for being*  
*sciolist*      *one who*  
*engages in*  
*pretentious*  
*display of*  
*superficial*  
*knowledge*  
*(illustrated by a*  
*certain poet)*

*sine qua non*      *prerequisite or*  
*indispensable condition*  
*strepitant*      *noisy;*  
*boisterous*

## Robin Trotter Up North

Well here I am back in Broome after a month up in the Kimberley. A truly extraordinary place. Our trip was initially disrupted a bit due to late and unseasonal rains which closed a lot of gorges .....and made it stiflingly hot and humid here where we were holed up. The good news was that there was plenty water flowing in the gorges when we got up there though some roads and Nat Parks remained closed..

I list below the sites we have stayed on and a few brief comments. If anyone is coming up this way or wants more details on anywhere am happy to opine!

NEW NORCIA; pull off road. Can eat in hotel bar.

CUE; good camp site; Wolga Rock worth a visit.

MINIRYA Road house; basic but ok

KARIJINI NAT PARK; stayed at Dales Gorge site. Camping ok but no running water. Visitor Centre has ice. Gorges beautiful esp Kalimina which we had to ourselves.

COOKE POINT PORT HEDLAND; good clean site and big camp kitchen.

EIGHTY MILE BEACH; good clean site again with good facilities. Cyclone last December removed all trees so little shade till they regrow.

Great fishing!

ROEBUCK BAY BROOME; great location and book early to get front row position ( C11-14 and you have cracked it big time). Shower block not well designed and messy.

KIMBERLEY ENTRANCE DERBY; good site. Nice food at the Point restaurant.

MT HART WILDERNESS CAMP; good if basic site. Very remote. Barkers Pool really beautiful.

MT BARNETT; poor site with a lot of flies. However right on river and Manning Gorge truly spectacular and great adventure to even get there! Galvins pool also remarkable.

HOME VALLEY; very clean and well appointed but expensive. On Pentecost River. Swimming verboten!

EL QUESTRO; overall very good indeed but the main camp site (Black Cockatoo) is beside a generator plant which seems to run 24/7.

HIDDEN VALLEY KUNUNURRA; not good. Cramped and pretty average facilities.

LAKE ARGYLE RESORT; pretty good site with good facilities. Great Silver Cobbler in bar.

IVANHOE KUNUNURRA; good clean site with shady camping.

BUNGLE BUNGLES NAT PARK; good camping in bush. Taps and toilets. Fire pits (but not that many) Bungles absolutely extraordinary. Picaninny Gorge walk we did in one long day (21km) but probably better over 2 which means carrying in everything.

FITZROY CROSSING THE CROSSING INN SITE; surprisingly nice shady site with good facilities. The bar .....

PALM GROVE CABLE BEACH BROOME; good site and facilities right opposite beach.

The sites have been a REAL mixed bunch. The caravaners seem to get a rough deal getting squeezed onto regimented blocks. We have generally found unpowered tent sites to offer the best spots. Next time we may

go for total self sufficiency but that does demand more gear. Big4 sites seem a notch better than average and if you join their club you get pref rates and I think locations.

The Gibb is really not a bad road if you take it responsibly. Only the northern section after the Mitchell Plateau t/off was pretty rocky though a lot of corrugation the whole way. The top end past El Questro is very smooth and even some bitumen. River crossings all ok when we were there though the Durack was deep and Brancos at El Q was much further than I ever thought we would go with the wheels underwater. The road into Bungles is 53km and takes about two hours; it was ok though a lot of twists, turns, blind summits and fords. The roads in the Park are good. Dust .....oh yes!! Overall driving was ok especially with tyres deflated.

Well we are now having a couple of days on the beach here and on to our cruise Saturday. Will be nice to get the feet up and let someone else take the strain.

Regards to all at Mandurah Mannas  
Robin Trotter

# **MANDURAH MANNAS NEWSLETTER**

**August 2010**



Greetings Fellow Aquatic Lovers,

Things have become very quieter over the last couple of months with the onset of winter. I think it's just getting ourselves down to the pool in wet, cold weather, is the problem, although some questioned and required some reassurance about the pool water temperature. Ivan and Anne-Marie came to the fore to put everyone's mind at ease with Ivan's quite large and very official looking unit, and Anne-Marie's very dangerous electronic / digital instrument, looking like something you'd find in a Doctors Clinic. I reassured swimmers of their findings and for them to tough it out.

Many people have hit the road for warmer weather, some travelled overseas, and some have been sick and unable to make club sessions. To all these people, all the best and hope we see you back in the pool in the near future.

It's great to see many people participating in the Officiating Courses / Qualifications, and encourage others to take advantage of the up and coming opportunities for more people to become involved in this area. For more detail, please feel free to contact Ivan, Ken or myself.

I'm still calling on people interested in participating in a CPR course sponsored by MSWA and run by Surf Life Saving WA. Cost to members, \$25, for potentially lifesaving training. For more info, please contact myself, or place your name on the notice board with the Flier.

This is a very interesting part of the year regarding training / coaching nights. We are focusing on preparing people for pool events, and free and form stroke technique. I say interesting in that we hope you find learning correct technique, and the benefits of doing so, as interesting as preparing the programs. Ensuring the program is flexible and works towards satisfying the needs of most of our swimmers. It is encouraging to see people taking on personal challenges and move up lanes due to confidence and fitness.

Please remember that we have the Golden Groper Relay Event being held at Challenge Stadium on the 28<sup>th</sup> Aug. This is a fun event, very popular last year, made up of just teams, swimming in a 25m pool. You may have heard, we are again running with the Cambria Island swim next year, and have received notice of Sponsorship from Alcoa, (Naming Rights), and TIWEST. We have started the Coordination Timeline to prepare for this event, which has, and is proving to be a popular event on the Masters Open Water Calendar. If interested in helping in the coordination phase please contact myself.

To finish off, a few of us have been braving the elements, fresh conditions, to have a swim in the ocean at Dodd's Beach on Sat mornings at 0900. The swimming has been great with all participating thoroughly enjoying the challenge, and the get together, huddle after, at the Dome over the road. I think on some occasions the warm coffee, tea and a muffin have been a life saver and definitely something to look forward to. Join us, the Mandurah Polar Bears, Iceberg's or simply "SIC" Club.

All the Very Best

Wayne



## State Relay Carnival Saturday 28<sup>th</sup> August

Note that the date has been changed from that shown on the Pool Events Calendar.

There are quite a few names on the entry list in the shed but more will make it a memorable day's swimming. If you would like to take part put your name on the list in the Shed (or ring Ken 9581 4213) and you'll be placed in a relay or three.

If you and your mates would like to swim as a team, bracket your names together on the list.

Ivan and I will make up the relay teams from those who have put their names on the list and bring the lists to training the week before the big day on the 28<sup>th</sup>.

Relays are a lot of fun and somehow bring out the best swimming in all of us.

## Wingates in Sweden

Pauline and Ivan are in Sweden at the FINA World Masters Championships. The swimming began on 31st July. Check out the web page to see how they went and how you might have been placed if you were there.

<http://www.2010finamasters.org/>

## Weekend Swimming - August

1st	8th	15th	22th	Sat 28th	29th
Aerobics	Aerobics	Aerobics	Half and One Hour Swims	State Relay Comp.	Aerobics

See Wayne if you like cold water swimming – Saturday mornings at Doddi's

## COMING EVENTS

2010 FINA World Masters Championships, Sweden. 27th July-7th Aug.

Somerset 1500m swims, long course, 8th August

State Relay Carnival Challenge Stadium, 28th August.

Mandurah 1500m swims, short course, 17th October

Fremantle BACC 24th October.

Pan Pacific Games 6-14th November 2010 (swimming 11-13th). Gold Coast, Qld.

Narrogin Open Carnival, 4th December

### 2011 National Championships

27th April – 1st May 2011 Masters Swimming National Championships, Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

## AUGUST BIRTHDAYS

Rod Baker on the 8th, Haydn Brimson the 8th, Wayne Cable 9th, Jazmyn Tobin 13th, Gerry Green 17th, Ros MacPherson 29th and Deb Bloor the 30th

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

# MANDURAH MANNAS NEWSLETTER

September 2010



Hi,

I travelled to Perth this month with Pauline, to keep me on the straight and narrow, to attend the Council of Clubs Meeting held at Challenge Stadium. One of the main topics for the night was State Fees, and the voting by clubs whether to raise them. The result was to raise State fees by \$7 / Year, to bring us more in line with some of the other states, but still behind compared to some. How this will flow onto members will be discussed at our next committee meeting. Personally, for the price of a coffee and a muffin, I don't think it's much of a problem.

The social evening at Hahn's was well attended with about 25 people showing up for the very popular Golden Banquet. We are planning a visit to a local winery for our next get together. Thank you to Ivan for organizing the evening.

I'm a little sore today as yesterday was very busy with a morning walk, a swim at Doddie's with the "SIC" group, and relay events at Challenge Stadium with the club.

The "Golden Groper", was well attended with 15 swimmers, with everyone having a most enjoyable time. We did well, finishing fourth in a field of Nine participating Club's, with I think one age group State record. Thank you to Ken for coordinating the teams with help from Ivan, and for organizing the entry forms for the day. Congratulations to Ken for receiving his accreditation for Event Referee, Open Water and Pool. A great deal of commitment required, with the course taking around five years to complete.

Be reminded that there is a CPR course on offer being promoted and partially sponsored by MSWA for clubs, at around \$25 for club members. Have placed a Form in the Club house, but will be reviewing the format. Please check it out, as it is a good thing to know if you find yourself in a lifesaving situation.

MSWA is also promoting Technical Courses for swimmers to learn and be accredited in the area of timekeeping, marshalling and judging.

Please use the Club Suggestion Scheme which is in place to collect your valuable input, and help to improve the way we do business in respect to training, social and communication, to name a few area's.

Until next time

Wayne

## Recorder's Report

We have four new Members who have joined during the past month making our numbers a very healthy 67. We welcome you all and hope you all enjoy being part of our Club.

Our Aerobic swims are still held each Sunday morning and our members who commenced 400m and 800m swims are endeavouring to complete the five sets of each distance before the end of the year.

The 16 of us who were able to compete at the State Relay Championships at the Challenge Stadium on Saturday 28<sup>th</sup> August were all weary by the end of the day but pleased to come 4<sup>th</sup> overall.

September birthdays are: Susan Johnston on the 2<sup>nd</sup>, Debra Brown on the 7<sup>th</sup>, Ray Reynolds on the 16<sup>th</sup> and Ivan Wingate on the 18<sup>th</sup>. Happy Birthday to you all.

Cheers, Pauline

# Coach's Report

There were 32 at training last Tuesday and nearly as many on Thursday. One might have thought that it could have been conscience driven on Tuesday in that you should “earn the right” to go out an ‘party’ afterwards at Han’s (which was a great night I might add, with 25 swimmers and partners in attendance), but why the good roll-up for the usually quiet Thursday night? Sure, there was the State Relay Championships just two days later, but many there on Thursday were not going up to the Challenge Stadium. Let’s just say that it was great to see good numbers in the pool and very rewarding for the coaches.

It was also great for us coaches to see so many “Having-a-Go” at the Relays, especially those not well experienced in such events. Swim Meets (or carnivals, or galas or whatever) are great for camaraderie and experience has shown that they help build stronger Masters Clubs.

There are no competitions now for seven to eight six weeks so we’ll be giving you a mixed bag of sessions with the focus on technique. Even if you have no desire to be a good swimmer – we can try and make you look like a good swimmer. For example, one of my squad members from way back said: “so I can look good at a pool party”. We all would like to “look good” and there’s a bonus if you do – you’ll probably be a lot more efficient which will enable you to swim faster and further – how does that sound?

Until next month –

Cheers,

Ivan

Here’s another article of interest from our friends at **Swim Smooth**

## **'Why are my legs sinking down when swimming freestyle?**

The extra drag from a low body position slows you down dramatically but why does this happen? There's more than one possibility, here are the most common causes:

- 1) **Holding onto your breath underwater.** If you hold your breath and don't exhale into the water you have too much buoyancy in the chest - this lifts you up at the front. Since the body acts with a see-saw action when swimming, lift up at the front and your legs sink. If you have sinky legs, exhalation should be the very first thing you work on in your stroke.
- 2) **Kicking from the knee and inflexible ankles.** Both of these create a lot of drag and sink your legs
- 3) **Flexing through the core.** You don't need abs of steel to fix this but you do need co-ordination and engagement of the core muscles.

4) **Pushing down at the front of the stroke.** In swimming, we call the initiation of each stroke in front of your head 'the catch'. A good catch action bends early at the elbow and so presses the water backwards, to the wall behind you. This propels you in the opposite direction, forwards. A poor catch presses downwards on the water with a straight arm which does nothing for your propulsion but instead lifts your front end up. You guessed it, the see-saw action then sinks the legs down. Pressing down with a straight arm like this can also cause shoulder injury.

5) **A high head position.** We have to be a little careful with this as it is a very individual thing for swimmers. If you have a good body position then you can afford to look a little further forwards, so creating a higher head position. Doing so helps your proprioception and is beneficial for navigation in open water. However, if you do suffer badly from sinky legs you may have to look straight downwards to lift them up.

For more information, go to <http://www.swimsmooth.com/kick.html>

## Swimming Meets

### Stadium Snappers BACC

**Sunday 19<sup>th</sup> September** we're off to the Snappers BACC (Be Active Club Challenge) at Challenge Stadium. First event is a 200m in which you can choose to swim an IM, Back or Breaststroke. That'll get off to a good start, then there are a couple of 100m and 50m events followed by a couple of relays. There are nine clubs competing so it will be a good day out. Look out for the entry form in the Shed soon.

### Mandurah 1500m Swim

Then we have our third big event of the year. What were the other two did you say? – the Cambria Island Swim followed by our own BACC here last June. Now we have a 1500m Swim on **Sunday 17<sup>th</sup> October**. This event is open to all clubs and it's your choice of stroke. Enter and see what you can do!

Jenny and Steve Crake are the joint Meet Directors and they will be looking for all members to help on the day. People will be needed for timekeeping – 3 per lane as there will be a few records broken during the day. Lunch will be provided after the swim so please help out if you are asked to.

### Narrogin

A swim meet to think about. New club Narrogin will be holding an Open Carnival on Saturday 4<sup>th</sup> December. Could be a good weekend away, travel to Narrogin Saturday morning, swim in the afternoon, party on that night and return home Sunday (in time for Aerobics eh?). The invitation is open to all Masters Swimming clubs

## Weekend Swimming – *September*

5th	12th	19th	26 <sup>th</sup>	1st Oct
Aerobics	Aerobics	BACC at Challenge Stadium	Half and One Hour Swims	Aerobics

See Wayne if you like cold water swimming – Saturday mornings at Doddi's.

### COMING EVENTS

Mandurah 1500m swims, short course, 17<sup>th</sup> October

Fremantle BACC 24<sup>th</sup> October.

Pan Pacific Games 6-14<sup>th</sup> November 2010 (swimming 11-13<sup>th</sup>). Gold Coast, Qld.

Narrogin Open Carnival, 4<sup>th</sup> December

### 2011 National Championships

27<sup>th</sup> April – 1<sup>st</sup> May 2011 Masters Swimming National Championships, Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

### Desert Safari

Four of our intrepid swimmers are off again! Ivan and Pauline Wingate, Des Seery and Ken Phillips are off to the Alice Springs Masters games. This event is held in October every second year and has grown so large that the Northern Territory Government has taken over the organisation of it. Name a sport and it's probably being played.

Pauline and Ivan will be travelling there in style, by plane, so as not to disrupt their training schedule too much and arrive fit and raring to go. Des and Kay Seery are taking the real bushman's route to get there – caravanning via Laverton, the Great Central Road and the Gunbarrel Highway to Yulara and then onto Alice Springs. Des hopes this direct route will mean he won't lose too much fitness. Ken and Gerda are also caravanning but taking the more leisurely and longer route via the Nullarbor, Port Augusta and the Stuart Highway. Ken says he'll start training when they get to the Alice.

The games start on the 9<sup>th</sup> October and run through to the 16<sup>th</sup>. Registrations are open until the 10<sup>th</sup> September so it's not too late to join in the fun.

### PROPERTY OFFICER

Men's and ladies bathers are in stock, and if anyone would like to order a tracksuit could they please put their name on the notice board ASAP

Jackets are \$65 and pants \$35

Debra Brown

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

# MANDURAH MANNAS NEWSLETTER

October 2010



Hi,

We're well and truly racing through the Pool Event season with many people taking on the challenge and enjoying the fruits of all their hard work at training. I think everyone can be proud of their efforts, whether at State record level, or for the first time. We are now preparing for our 1500m swim event being held on the 17<sup>th</sup> October. Thanks to Jenny and Steve for coordinating this event, which is just another opportunity to bring people together, to enjoy a common interest in health and fitness.

On behalf of the club, all the very best for those travelling to Alice Springs for the Nationals. I'm sure you will have a great time just travelling to the Alice, let alone participating.

Thanks to Hayden for taking on the role of Club Captain while Ken travel's to the Alice. Hayden will have help from Sue, and the Committee with upcoming events.

Keep in mind the Narrogin pool event being held on the 4<sup>th</sup> Dec. This is Narrogin's first event and will be an opportunity for the Masters Swimming Clubs to support them in making it a success. People could stay overnight and make it a social visit to also take in some of the local offerings. If you would like to stay, it might be a good idea to make your accommodation bookings now.

The Open Water Swim Calendar is out with copies in the Club House. The calendar has plenty of opportunity for the experienced, to the novice swimmers, hopefully encouraging people to have a go at the open water challenge. This is a great time to join the Doddis Group on a Sat morning at 0900 to familiarise yourselves with the open water and have a coffee later at the Dome.

There is still an opportunity for members to become accredited swim officials ready for the Nationals in Perth in 2011, and Coaching, with courses being run by Masters Swimming WA. If interested, contact myself, or any committee member for further information.

It's great to see the Club numbers steady at around the same as last year. Membership and trying to satisfy everyone's needs, expectations are quite a challenge and ongoing, so your help in offering valuable feedback, suggestions for improvement is vital. Please utilize our suggestion scheme for ideas to be discussed at committee meetings.

All the Very Best

Wayne

## Recorder's Report

On Sunday 19<sup>th</sup> September, thirteen of us travelled to Challenge Stadium to participate in the BACC run by the Stadium Snappers Club. Mandurah came 3<sup>rd</sup> overall with 144 points, which was a great achievement as there were 11 clubs competing. Our next BACC is to be on Sunday 24<sup>th</sup> October at Fremantle to be run by the Freo Fins.

Aerobic swims are still being held each Sunday where our members are now completing their sets of five, 400m and 800m distances. Mandurah is running a 1500m competition on Sunday 17<sup>th</sup> October and any of our members who complete that distance at that event will gain 'aerobic' points for our Club.

October birthdays are: Matthew Loney on the 4<sup>th</sup>, Emily Carlyle on the 8<sup>th</sup>, Pat Greysmith (who will be 93) on the 10<sup>th</sup> and Wendy Kennedy on the 18<sup>th</sup>. Happy Birthday to you all.

Cheers,

Pauline

## Coach's Report

I was moved by the article in Sunday's paper about Greta Bradman – grand-daughter of the late Sir Donald. The question was: "With your family background there's a history of the pursuit of excellence, isn't there?" She replied: "I think that I have always had a fairly strong work ethic. Everyone in my family does. **It's not about being the best; it's about striving to do your best.** It's also about realising that just because you are good at something it doesn't mean you are better than anyone else. . . ." I believe that fairly represents the culture we have with Masters Swimmers within Australia – and the World for that matter. There are very few "prima donnas", whereas our record breaking swimmers generally are continuing to go that little bit faster, yet show the utmost respect and encouragement to those who are not as quick but strive to do the same – improve.

That's why we do drills, drills and more drills, so that if you do not quite reach the level of 'excellence' (whatever that might mean), you might look more excellent and feel excellent about yourself. I'm not questioning anyone as I am very confident all squad members already display that work ethic. As the Nike ads say: "Just do it" – but above all, ENJOY!

In setting training programs for you, our coaches at present have a bit of a dilemma in that we have the 1500m event coming up in a couple of weeks' time, then the BACC a week later where we'll want those 'fast twitch' muscles pulsating again. Then, there's the Open Water swims just around the corner, the first being at Rockingham on the 31<sup>st</sup> October. What the heck, we'll do a bit of this and a bit of that and we'll all have a good time, even those who don't enter the events.

If you are considering the Open Water swims this year, maybe for the very first time which is rather a daunting thought for a 'grown-up', you can try a test run with a small group of our regulars down at Doddis Beach each Saturday morning and/or any of the OWS's prior to Christmas which offer beginners distances from 1250m to 1600m which I'm sure all of you could manage.

Finally, if you would like some specialist knowledge about Open Water Swimming from beginner level to advanced, Shelley Taylor-Smith will be running a series of workshops in the next couple of months in and around Perth – details are on the board in the "shed".

Until next month –

Cheers,

Ivan



## **SOCIAL OUTING: "Thank God it's Friday"**

Our next group outing is a "Night at the Dogs" at the Mandurah Greyhounds. They have a "Thank God it's Friday" buffet which includes soup, salads, roast carvery, curry, pasta, vegetables and dessert for a cost of \$27 per person. We will book a table/s. This should be a great night out so let us know if you are coming by putting your name on the list in the "pool shed" so we can book-in seating requirements.

When: Friday 29 October

Where: Mandurah Greyhounds (off Gordon Rd Greenfields).

Time: Gates open 6PM. Buffet is from 6pm to 9pm. Races start 7pm.

Cost: gate entry \$6 and buffet \$27 per person.

Any queries please contact Ray on 0429 880 005

## **Swimming Meets**

### **Mandurah 1500m Swim**

On Sunday 17<sup>th</sup> October we'll have about 30 swimmers visiting our club to try out for 1500m swim in a short course pool. This is a great time to try yourself out over this distance too. All strokes other than Butterfly can be swum.

Jenny and Steve Crake are the joint Meet Directors and they will be looking for all members to help on the day. People will be needed for timekeeping – 3 per lane as there will be a few records broken during the day. Lunch will be provided after the swim so please help out if you are asked to.

### **And the Next Sunday.... Fremantle**

The following Sunday, October 24<sup>th</sup>, is the Fremantle BACC. This is held in a 50 m outdoor pool. A very pleasant day is promised! Look out for the entry form in the Shed.

## **Narrogin**

A swim meet to think about. New club Narrogin will be holding an Open Carnival on Saturday 4<sup>th</sup> December. Could be a good weekend away, travel to Narrogin Saturday morning, swim in the afternoon, party on that night and return home Sunday. The invitation is open to all Masters Swimming clubs. More details in a month or so.

## **Weekend Swimming – October**

<b>3rd</b>	<b>10th</b>	<b>17th</b>	<b>24<sup>th</sup></b>	<b>31st</b>
Aerobics	Aerobics	1500m Carnival Mandurah	BACC at Fremantle	Aerobics

See Wayne if you like cold water swimming – Saturday mornings at Doddi's.

## COMING EVENTS

Mandurah 1500m swims, short course, 17<sup>th</sup> October

Fremantle BACC 24<sup>th</sup> October.

Pan Pacific Games 6-14<sup>th</sup> November 2010 (swimming 11-13<sup>th</sup>). Gold Coast, Qld.

Narrogin Open Carnival, 4<sup>th</sup> December

### **2011 National Championships**

27<sup>th</sup> April – 1<sup>st</sup> May 2011 Masters Swimming National Championships,  
Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

### **Alice Springs Masters Games**

Ivan and Pauline Wingate, Des Seery and Ken Phillips will be at Alice Springs Masters games from 9<sup>th</sup> – 16<sup>th</sup> October. Wish them luck and commiserations. They all have to abstain from any alcoholic drinks for a whole week in order to swim at their best!!

### **Club Captain**

Captain Ken will be caravanning to around central and eastern Australia for the next ten weeks and has passed the towel (pun) to Hayden who will coordinate club swims and the like. Many thanks to Haydn for taking on this role.

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Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

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I was talking to my physio, as you do when being massaged, and mentioned that I scribbled in rhyme, but not soppy words about sunsets, flowers or birds in trees. My poem had to be a story with a twist. He told me of his friend who is awoken early every morning in spring by a bird that goes “dit-dit-dor” seemingly for most of the morning. This is the result of that conversation.

## Dit-Dit-Dor

Dit-dit-dor.  
I’ve not heard it before  
at break of day in early spring.  
But apparently there’s this feathered thing  
sitting high up within a tree  
singing as loudly as can be.  
Dit-dit-dor.

Dit-dit-dor.  
Why is he so sore?  
this sensitive friend of my physio.  
He should take it easy, take it slow  
and listen to bird music, rejoice in its mirth.  
We hear nothing when dead and buried in Earth.  
Dit-dit-dor.

Dit-dit-dor.  
We hang shingles on our door  
to tell the World, “I am alive.  
I live and breathe. I laugh. I strive.”  
We have little jingles reminding how  
the things we want we can have now.  
Dit-dit-dor.

Dit-dit-dor.  
Don’t feel sleep-poor.  
It could be worse; you could have real bad luck  
and be woken each morn by the roar of a truck,  
or the throaty growl from a Harley Hog  
that wakes all the neighbours and excites the dog.  
Dit-dit-dor.

Dit-dit-dor.  
Complain ‘bout birds no more.  
You need them, they don’t need you  
to track the course of seasons through.  
Their life is short, yours is long.  
Savour their moment, hear their song.  
Dit-dit-dor.

Dit-dit-dor.  
It isn’t against the law  
for a bird to sing in celebration  
of living, and growing a new generation.  
There’s no need to complain, nor need to get surly.  
For the remedy’s to hand – go to bed early!  
Dit-dit-dor.

Des Seery  
September 2010

# MANDURAH MANNAS NEWSLETTER

November 2010



Hi,

Another busy month of swimming, travelling, coaching, social and coordinating events.

On behalf of the Club I would like to welcome new members, and hope you not only enjoy our enthusiastic approach to the art of swimming, but our equally enthusiastic approach to nurturing a friendly, social atmosphere within the Club. We're working hard to listen and accommodate the needs of all members through the Club Committee and Club suggestion scheme.

Congratulations to Ken, Des, Ivan and Pauline for participating in the Alice Springs Masters, with plenty of medals to top off all the hard work.

Thanks to Steve and Jenny for coordinating the 1500m event which went off without a hitch. National and State records tumbled. Special thanks to all those helping with recording, timekeeping, catering, setting up, and any others I've missed.

I think we can be proud of our effort at the recent Fremantle event, with around sixteen swimmers having a great time, especially in the 50m outdoor pool. For some, it was their first pool event for a long time, if ever. From poolside, everyone looked fantastic, and were putting in 110%. Must be all those drills, and hard main sets of Ivan's.

Well, the OWS season is upon us, albeit a bad start, with today's event at Rockingham cancelled due to a shark attack in the area. We just have to keep on saying, that I'm more likely to be hit by lightning, or was it hit by a car. The small group of us non email readers who arrived at Rockingham to discover the bad news, still flew the flag at Doddies beach, had a swim, breakfasted at the Dome, and finished off with a timed swim in the pool. What a Team.

Please remember, if you are interested in officiating or coaching within Masters Swimming, have a talk with one of our friendly Committee Members as courses are still being offered.

Our Canal Swim coordination is still moving ahead with us moving more to the on line entry through the Club website. Water Support just needs to be formally signed off, although all parties have pretty well given verbal approval.

To finish off, all the very best to those out there in the club, experiencing medical challenges, ie, shoulders, groins, ankles, etc, we hope to see you back in the pool soon enjoying health, fitness and friendship.

Until next time

Wayne

## **Vale Irene Taylor.**

It is with great sadness we note the passing of former Mannas club member Irene Taylor. Irene was a member of our club during our clubs formative years in the early/mid nineties. Club members from that period will remember Irene not only as a friend but also the fact that Irene was the mother of world renowned open water swimmer Shelley Taylor-Smith.

Many thanks to our club secretary, Deb Bloor, who expressed our club's sympathies to Shelley and family via a condolence notice in the West Australian.

## Coach's Report

Let's say that the "pool swimming" season is now over and the Open Water Swimming season is upon us. There is one more pool swim around the corner, at Narrogin on 4<sup>th</sup> December, but we think your form strokes and fast-twitch muscles should hold good until then if you intend going. I reckon it will be a fun weekend.

We will still be giving you some form-stroke training and drills as they assist greatly with your overall muscular balance and fitness for effective freestyle - e.g. breaststroke 'pull' helps the muscles to remember to catch the water at the beginning of your hand entry, which some (or all?) of us get lazy about from time to time. However, we'll now be focusing on longer freestyle sets and open water skills and technique throughout the summer.

Numbers at training are still fairly consistent and I take this opportunity to thank Wayne and Graeme for "looking after the shop" whilst I was up in Alice Spring for two weeks. You all still look in pretty good nick, so it would appear that they didn't slacken off too much in my absence.

One thing that I've mentioned at least a couple of times before, is that we would like to see as many of you as you can, be at "the shed" before 5:50 each Tuesday and Thursday nights – for the camaraderie and hear the latest "goss" about the Club. It's understood that many of you cannot get there earlier because of work and all of us at some time, will have a commitment preventing an on-time arrival, but there appears to be a tardiness creeping in which then reflects on your ability to get the most out of your training session. "Look Sharp, be Sharp" as the saying goes (great old jazz standard too).

And another – can you all please see that you have your names clearly marked on your fins – even if you intend leaving them in the cage after swimming. When we (the coaches) tidy up the pool deck, we sometimes inadvertently put away someone's fins then have to dig them out again. Oh, and pull-buoys too if you bring your own.

Until next month –

Cheers, Ivan

## Recorder's Report

On Sunday 24<sup>th</sup> October, 15 of our members travelled to the Fremantle Aquatic Centre to compete in their BACC. It was a beautiful sunny day and Mandurah came 3<sup>rd</sup> place out of the 10 Clubs competing. A very good effort by all who were there.

Our aerobic swims which are conducted each Sunday morning are coming to a close with those who are participating, completing their sets of 5 swims for the 400m and 800m events.

Sunday 17<sup>th</sup> October Mandurah hosted a 1500m swim carnival which was very efficiently run by Jenny and Steve Crake, with the usual team of willing helpers. 10 of our members took up the challenge and their times will be included in our aerobics trophy points score for the year.

November birthdays are: Jim McQuade on the 3<sup>rd</sup>, Brett Johnston on the 10<sup>th</sup>, Glenda Hurtago the 18<sup>th</sup>, Jeff Rimmer the 20<sup>th</sup>, Bev Webber and Kirk Bamford on the 22<sup>nd</sup>, Sue Giles the 23<sup>rd</sup>, and Clinton McKay on the 30<sup>th</sup>.

Happy Birthday to you all.

Cheers,

Pauline

## Sunday Swimming November

7th	14 <sup>th</sup>	21st	28 <sup>th</sup>	Dec 5th
Aerobics	Aerobics	Aerobics	Aerobics	Aerobics

See Wayne if you like cold water swimming – Saturday mornings at Doddi's.

### COMING EVENTS

Pan Pacific Games 6-14<sup>th</sup> November 2010 (swimming 11-13<sup>th</sup>). Gold Coast, Qld.  
Narrogin Open Carnival, 4<sup>th</sup> December

#### 2011 National Championships

27<sup>th</sup> April – 1<sup>st</sup> May 2011 Masters Swimming National Championships,  
Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.

The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

### HAVE YOU EVER.....?????

Tried something new? Completed an ambition? Reached that Dream?  
How did it feel?? Would you like to share it with us????

*Personally I will leave Rotto Swims & Enduro Triatholons for someone else, even the perfect pavlova eludes me.*

*One lovely sunny Saturday I paddled my ancient canoe over Lake Goegerup thru to the Black Lakes. The air was filled with the cries of hundreds of birds, pelicans, black swans, white herons, spoonbills, black ducks. The water sparkled with reflected sunlight onto the sand below. A few nervous fish flashed silver as they leapt away. With only the gentle splash of paddles I could not feel like an intruder, but included in this vibrant life.*

*Returning thru the narrow creek I heard frantic splashing. Trapped in a neglected fish net was a little black duck. Every struggle entangled her more. I drifted over, but with no knife I could not cut the mesh. This would be my first time to thank a 'rubbish dumper'. I used the smashed bottle to free Black Duck. She seemed to know I meant to help and sat calmly till she could be lifted clear of the trap. I kept her warm for a while, then she stepped from my hands and flew strongly away.*

*Paddling home against wind and tide I felt really warm.*

*One day I will cook the perfect pavlova.*  
*Lyn Mcphail*

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Des Seery, club treasurer and aspiring bard sends an offering from Alice Springs

## **The Alice Masters**

Desmond drove to Alice Springs, for an Alice Masters swim.  
And just to make it interesting decided, on a whim,  
to go via Tjukayirla, Warburton and Warakurna  
(travelling along the Great Central Road got me to Alice sooner).

There were other Mandurah Masters there to have a bit of fun.  
To swim some laps at race pace and, when the day is done,  
collect the medals and stagger home on sore and tired feet  
and add them to the rusting pile collected from prior meets.

Pauline collected more than a few, all of them in gold.  
She owns more metal than BHP, at least that's what I'm told.  
She only entered every event and won in leisured pace.  
We know the girl has lots of fun from the smile upon her face.

Ivan tried his very best to add to his medal tally.  
He's getting slow but still can show, at swimming, he doesn't tarry.  
With steely glare and iron will he shows that, though getting old,  
if you manage to swim fast enough you can still bring home the gold.

And as for Ken, it's known for sure, he's the luckiest man alive.  
To win the gold in his age group he had to beat just five.  
With skill he jumped in from the blocks and showed he wouldn't tarry  
and ended up with medals galore, almost more than he could carry.

Now Desmond had a tougher time, in his group there was twenty.  
He had his job cut out to win because they had talent plenty.  
So while Ken and Ivan and Pauline collected their golden haul  
Desmond had to be content with winning sweet nothing.

You're encouraged to go and join the swim at the Masters in Alice town.  
People come from near and far to swim and look around.  
So start your planning here and now, into your resources delve,  
and make sure you do the Masters Games in Alice in twenty twelve.

# CHRISTMAS PARTY

**Sunday 12<sup>th</sup> December**

**From 4.30pm**

**At Jenny & Steve Crake's**

**22 Riato Place  
Halls Head**

**Please bring drinks, meat and chair**

**Salads, nibbles and dessert provided.**

**We will be having a "Kris Kringle" once again – so could you please bring a present to the value of \$5.00 to suit either gender.**

**Please RSVP by Tuesday 9<sup>th</sup> December by adding your name to the list in the shed.**





# MANDURAH MANNAS NEWSLETTER

December 2010



## PRESIDENTS REPORT

Fellow Aquanauts,

We're slowly making the transition into the Open Water Season, with the Narrogin pool event still ahead of us on the 4<sup>th</sup> Dec. Some of us have taken on the challenge of participating in some of the early OWS of the season, with Sue travelling to Lake Leschenaultia for the 1600m event, and Anne Marie and myself travelling to Perth for the Swimming WA Barrack Street Jetty Swim. Ann Marie did well, winning her age group in the 1.25Km event. I swam my first 5K event for the season in perfect conditions.

On the Social scene a few of us ventured out to the Greyhounds, having an enjoyable time, with some trying their luck at placing a bet. Another social event organized was a Ladies night out at Taps over the Old Bridge. I'm sure all the girls that begrudgingly cut their training night short to attend, had a great time.

Pauline and I attended the quarterly Council of Clubs Meeting in Perth to catch up with the latest from MSWA and to network and share Club business. We received a Certificate of Commendation for Ken Phillips in his absence, for a Special Achievement award, and a Certificate for Des Seery for Starter. I have many Certificates for members who have achieved accreditation as Masters Swimming Officials and plan to present them at our Christmas function.

MSWA is seeking past results from all club events to build a data base where people can go back in time and check swim times, results etc. Will follow this up with Pauline.

Discussion around the 2011 nationals included Entry packs and Expressions of interest as an Official to be published on the MSWA website.

Was asked by MSWA for each club to have a Safety Officer. I have asked Jim McQuade if he would be interested, as Jim has been our OWS Safety Officer for the Cambria Swim. Jim has accepted this role which will be discussed in more detail, re responsibilities at our next committee meeting.

I attended a Coaching Workshop today at Challenge Stadium with speakers Trish Summerfield, MSWA Director of Coaching and guest speaker Silver Qualified, and Adult Squad Coach, Simon Redmond. Took heaps of notes during the indoors session and while on pool deck with Simon explaining kick, body rotation and stroking drills to improve our swimming. Will discuss notes with Ivan and Graeme and try and apply some of these learning's into our drills.

Thanks to Hayden for organizing some accommodation in Narrogin for those travelling there on the 4<sup>th</sup> Dec, and for arranging the swims. I'm everyone will have an enjoyable time.

Regards Wayne

## COACHES REPORT

Attendances at training on Tuesday and Thursday nights have remained quite consistent throughout November with a number of 'newbies' trying us out. They'll now have their chance to commit to the Club as the new Membership year is upon us – details are elsewhere in this newsletter. Several have come along through their interest in triathlon and/or to better enjoy Splash 'n' Dash on Friday nights by improving their swimming. SND is a great 'top up' to your current training – so why not have-a-go yourself.

Emphasis in training has been towards preparation for the Open Water season, but we do intend to continue to include some speed work and form strokes to benefit your whole fitness programme and be better prepared for the pool competitions next year – something we failed to do last season.

The Committee will now look at slotting in a few ocean swims in lieu of some MARC nights. We'll probably do the first one or two over Christmas if the pool closes some nights because of holidays or staff meetings etc. as they've done in the past. Mostly in past summers, we have gone to Avalon Beach. Some have expressed their dislike to that venue because of the reef and weeds you have to swim over at one stage. So – where else would you like to go? Other suggestions are: Doddi's Beach, City Beach and Silver Sands – or is Avalon still the favourite? Let's know.

We coaches have spent considerable time encouraging you to swim 'long' (e.g. distance per stroke) and 'smooth' to reduce the amount of drag. However, this technique may not be to everyone's liking and you'll see below that many top swimmers in fact have high stroke rotation and are not so smooth. My belief is that if you learn to swim 'long' it is simple to revert back to swimming 'short' when it suits but difficult to swim 'smooth' if you're just used to 'gutsing' your way through all the time – this especially applies to butterfly. My experience is that in Open Water, it is very useful to have different techniques available according to the conditions and very handy to brighten yourself up when you become complacent in the longer swims.

As you are all aware, there's a huge amount of constructive material on the "Net" on how to improve your swimming and some sites address these differences. This following extract, from "Swim Smooth", based at the Claremont Pool is one excellent source –

"If you're fortunate enough to be a Smooth\_Swim Type you may have a problem when swimming in open water. From your pool swimming background you've got the ability to go off fast and lead the race. In traditional pool based races this method always worked well for you and more often than not you led from start to finish.

Unfortunately in open water things can be a little different. For a start many of those guys with seemingly ungainly strokes who you can drop in the pool can be really very fast in more choppy open water conditions. These unrefined Swingers have a shorter faster stroke than yourself which helps them punch through the waves and chop from other swimmers at close quarters. Worse still, these guys are often very savvy about the benefits of drafting (up to a 38% energy saving) and have the sort of personality which enjoys the rough and tumble of swimming close to other swimmers. This pack of Swingers will love nothing more than seeing you going off fast and like a group of vultures will jump on your feet and get a free high speed ride (you can almost hear them cackling to themselves).

Our advice for Smooths swimming in open water is to learn to play the game: Become familiar with good sighting technique and practise your drafting skills. Sit in the pack and bide your time to unleash your devastating finish when it's needed. Don't be afraid to modify your stroke, experimenting with a higher arm recovery and a slightly shorter punchier style to power through waves and chop.

Swimming in open water is great fun and with your skill and technical ability you are more than capable of adapting to this new environment. In time you can learn to dominate it too, just watch out for those bloodsucking Swingers."

To learn more about swim types, go to <http://www.swimtypes.com/typesindex.html>

Until next month –

Cheers, Ivan.

## Recorder's Report

We have finished at the end of November with 69 financial members of our Club which is great news and the most we've ever had.

Our next swim carnival is the Open Meet at Narrogin on Sunday 4<sup>th</sup> December where 10 of our members will be competing. It should be a fun weekend for all who are participating.

Aerobic swims close off at the end of December, which means just a few weeks left to complete all swims to gain points for our Club.

Open Water Swims are now in full swing and members can choose any which may appeal to them

I hope to see all who can, attend our annual Christmas get together at Steve & Jenny Crake's house on Sunday 12<sup>th</sup> December. All information is on the board in our 'shed' at the pool.

December birthdays are: Robin Tucker on the 6<sup>th</sup>, Narelle Gillmore the 10<sup>th</sup>, Alex Gailbraith the 14<sup>th</sup> and Des Seery on the 29<sup>th</sup>.

Cheers, Pauline

## Sunday Swimming December

5 <sup>th</sup>	12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>	
Aerobics	Aerobics <b>XMAS PARTY</b>	Aerobics	<u>Work off the xmas goodies</u>	

See Wayne if you like cold water swimming – Saturday mornings at Doddi's.

## COMING EVENTS

### 2011 National Championships

27<sup>th</sup> April – 1<sup>st</sup> May 2011 Masters Swimming National Championships,  
Perth, WA.

More info at <http://www.mswa.asn.au>

Or our Club web site at <http://mhmannas.tripod.com/>

# MANDURAH MASTERS SWIMMING INC.



## Membership Fees are now due

Fees for renewing members for 2011 (1<sup>st</sup> January to 31<sup>st</sup> December) are \$  
85:00

(They're due as of the 1<sup>st</sup> January but must be paid at the latest by 31<sup>st</sup> December, 2010)  
[except of course, those newer members who recently bought the 16 months package]

It is preferred that all new and renewing **Memberships are transacted on-line** and paid by credit card. This will save the Club register a lot of work and give you the opportunity to check if your own details are correct and update them where necessary.

The process is quite easy but to assist we give you this step by step instruction to help get you in to the "meaty" bit:

1. Go to the Masters Swimming WA website <http://www.mswa.asn.au/> and click on the blue box at the top of the centre part where it says: "Click here for on-line registrations or renewals"
2. In the new page, click on "Username & Password" in the menu on the left. (Everyone has been allocated a unique username and password so you will need to access that first)
3. Send e-mail as requested
4. Go back to the Registration page and click on the Re-Registration box
5. Enter your details from the e-mail they would have sent you (copy and paste the codes will save keying them in)
6. Log in and click on "Registration Renewal" in the menu on the left then follow the prompts.

Whilst in there, you might like to check all your details and update where appropriate. If the "Confirm Email Address" box is empty, you will need to key that in to proceed. Also, you might like to change that strange password to something easier to memorise for future access to your own personal details.

If need be, you can still renew by filling out a form from "the shed" or download it from our website [http://mhmannas.tripod.com/Forms/Membership\\_Application\\_Form\\_-\\_2011.pdf](http://mhmannas.tripod.com/Forms/Membership_Application_Form_-_2011.pdf) pay by cheque, cash or electronic transfer into our bank account- details are on the back.

## A Treasurers Christmas Wish

It's that time of year again  
when you spend without much gain  
but the season is supposed to be all jolly.  
But the simple fact is such  
that despite you spending much  
you still must pay the Treasurer his lolly.

Oh, you may spend a lot on toys  
for the little girls and boys  
and see faces full of happiness and glee.  
But to get even a little smile  
on Des Seery's aging dial  
you'll have to pay the annual Masters fee.

And pretty soon, it is decreed,  
and not from any financial need  
for the Club has enough funds in the kick.  
But if you truly want to be covered  
for injuries that may be suffered  
you'll have to pay the Treasurer pretty quick.

As this newsletter spells out  
there is very little doubt  
December 31's the final pay by date.  
Your Treasurer would be pleased  
to receive payment for all the fees  
with no-one being even one day late.

So, down on bended knees  
please hear the fervent pleas  
of him elected to run your own club's treasuree.  
Please make his Christmas brighter  
and your bank balance a little lighter  
by paying your Mandurah Masters annual fee . . . early.

Sunday mornings cater for members who want to swim the aerobic programme or have a leisurely swim.  
The last Sunday of every month a morning tea is held after training with an executive committee feedback. Everyone please bring a plate.

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## NEW RULES FOR BATHERS

Thankyou to everyone who signed the petition to have the 'Rules' revised.

I sent this to Judith Crawford & we spoke on the phone.

Unfortunately this is a National Ruling, so W.A. is unable to make any official changes.

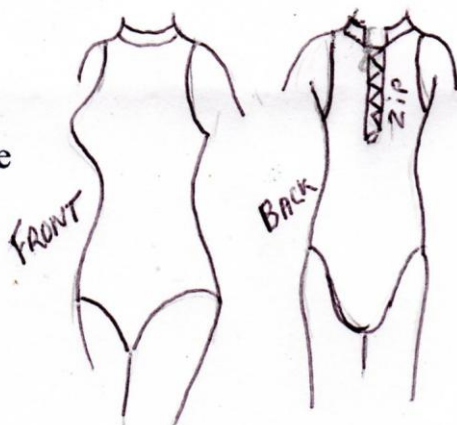
Our Referees have been asked to allow the 'Cat Suit', or any other swim suit that does not affect any advantage to swimmers. But **NO** RECORDS can be recognized.

At State, National, or International swims the swimmer will be disqualified.

Any bathers that give the wearer advantage, by reason of material or design, are **BANNED**.

Re the 'Cat Suit'

Design & Material give  
**NO** advantage



High Neckline

**BUT** there is  
a zip, so these  
Bathers are  
banned

Lyn Mcphail