

MANDURAH MANNAS NEWSLETTER

January 2011

Presidents Report

Hi Everyone,

Already into another year. May have to look at slowing down in the New Year, as 2010 just *flew* past. December was no exception with plenty happening. The OWS season started with club members participating in almost all the OWS series events, with some winning their respective age groups. Congratulations. Narrogin hosted its first BACC swim and all making the trip thoroughly enjoyed the swim, and the social dinner that evening.

Our Christmas function went off well with everyone getting into the mood, if not already, with a special visit from Santa. It was great to see Pat join us and collect a gift from under the tree. The idea of having pictures projected on the wall throughout the evening was a good opportunity to have a laugh and reflect. Thanks once again to Jen and Steve for hosting the night. It was a great night with a great atmosphere.

After presenting accreditation certificates and Jen with a thank you gift, I attempted to cover the busy year we had throughout 2010, but failed I think, to acknowledge and thank those people involved in the running of the club, the committee, and those who helped in the running of our BACC, 1500m and OWS events. Work is always being done in the background, if not Websites, By-laws, Sponsorship, Accreditation, its Newsletters and Public relations.

We are fast approaching the day we host the Cambria Island swim, the 13th Feb. May need some help handing out fliers at some of the OWS leading up to the event. Will need some people to do a letter box drops closer to the event, to inform canal residents of the closure to all boats in the area. We usually only have positive feedback from swimmers and officials, and see no reason why this one should be any different, given the preparation.

The Saturday swims at Doddie's have proven to be a success with water temperatures at a more acceptable level. Numbers have been up around (10) which is great, especially as an introduction for some, with a coffee after to relax. *0900 we hit the water, if you're game*

Regards

Wayne

Have you a Goal for 2011?

Last year we seemed to have had more members participating in Club Challenge meets and maybe Open Water Swims too. If you didn't perhaps you might make it a goal to compete in one or the other, or better still, both in 2011. Training to keep fit is what most of us do but if you don't have a goal, a target to achieve, training can become a chore and motivation to continue and maintain the effort becomes difficult. Lack of a goal is probably one of the main reasons some past members aren't still swimming.

Club Challenge pool competitions and Open Water Swims are two very different goals. Pool meets are best to achieve your target sprint times whereas open water swimming in addition to fitness is can be a mental challenge. Amongst fears to overcome are the experience of swimming off shore, making the distance and getting the pace right for you. Just doing either pool or open water swims is a real personal challenge. It's not about what others do - just you and to be able to say "I did that"!!

Captain Ken

Coach's Report

I trust that you all had an enjoyable Christmas and New Year celebration and are now all well “fuelled-up” to face the rigours of 2011. No doubt you've established your New Year's resolutions and have them in writing placed conveniently for you to see them each day. One of course, will be a list of times you expect to swim at “The Nationals” in Perth late in April – that's just a little over three months away. As mentioned a couple of newsletters ago, we don't want you to be caught still practising “slow swimming” (for the open water swims) like we did last year when the pool season starts, especially the National Swim when you want to be at your sparkling best. Accordingly, we will soon be easing you in to programs that will feature all strokes, relay training and race preparation. The first pool swim will be the Melville BACC on 3rd April.

The evening at Avalon Beach on December 28th was a huge success I thought – good attendance. Typical ocean conditions (just a bit of a chop), nice clean water and the odd stinger or two to remind us that it's “their patch” – lucky other inhabitants did come and welcome us too. The “drinkies and nibbles” after the swim was most enjoyable too and great camaraderie for some of the newer members. We'll have to try it again within the next few weeks.

Something new for 2011 is that you will all have to sign the “Attendance Register” at the pool before hopping in. It'll be on the “cage” where the fins and pull-buoys are kept. It is a requirement for insurances purposes and a responsible thing to do – for us coaches to know who we have in the water each time and for us to better get to know you all (sometimes we even forget your names ???). Apparently the Club used to maintain one but it fell into disuse – please give it respect and sign before you jump into the water.

Speaking of the cage and “fins” – can you please bring your own and mark them clearly. The Club bought several pairs some years back (and others have since been donated) so that ‘newies’ could try them out before deciding to buy their own, but some now seem to think that they are provided as we do with the pull-buoys. Pull-buoys are one-size-fits-all, fins don't.

Until next month –

Cheers,

Ivan

Editors Note

Would all club members please note:

The only swimming aids our club supplies are kickboards and pull buoys. It is club members' personal responsibility to supply their own flippers and goggles. We have a few sets of flippers that past members have donated and they should be used only as a stop gap measure until you acquire your own.

Recorder's Report

2010 was a successful year for our club having 69 financial members which is our highest number ever. 25 of us are now financial for 2011 and we still remind others to join ASAP. The instructions for how to renew on-line appear elsewhere in this newsletter.

Our Aerobics score for 2010 is 1836, an increase from the previous year of 622 points which is a great improvement. We had 20 members who participated – 12 females with 1357 points and 8 males with 479 points.

Jeanette Rein again achieved maximum points of 390 for the eighth successive year, which is a mighty effort. Rosemary Green was next highest score with 210 points which is a credit to her too.

Individual Aerobic points for 2010 were:

- | | |
|-------------------------|-----------------------|
| 1. 390 Jeannette Rein | 11. 71 Sue Giles |
| 2. 210 Rosemary Green | 12. 70 Ivan Wingate |
| 3. 165 Lynette McPhail | 13. 60 Glenda Hurtado |
| 4. 160 Ken Phillips | 14. 30 Haydn Brimson |
| 5. 115 Sue Johnston | 15. 27 Deb Brown |
| 6. 109 Deb Bloor | 16. 20 Jenny Crake |
| 7. 100 Wayne Cable | 17. 15 Steve Crake |
| 8. 95 Pauline Wingate | 17. 15 Ann-Marie Kerr |
| 9. 80 Elizabeth Marland | 17. 15 Ray Reynolds |
| 9. 80 Kirk Bamford | 20. 9 Gary Douglas |

We have already commenced aerobic swims for 2011 and any of our members who are interested can join us on Sunday mornings at 9:00am. We can swim 400m or 800m of any stroke but need to complete 5 sets of these over the 12 month period, but only one swim of each 400m or 800m in each stroke can be attempted each month. The longer distances of 1500m, ½ hour, ¾ hour and 1 hour swims can be swum in any stroke other than butterfly, but need to swim one only of the different strokes to gain points for the club.

Ocean swims are well and truly under way and members can choose any of these which may appeal to them.

Happy Birthday to all who have birthdays in January. They are: Graeme McAuslane on the 2nd, Kirsty Sinnot on the 5th, Anne Marie Kerr and Ethan Norris on the 11th and Rosemary Green on the 20th.

Liz Marland who returned with husband Paul to Queensland, has rejoined our club for 2011 and was hoping to return to Mandurah this summer but that will now not be possible. She will attempt to support us with aerobic swims done up there for 2011.

Rod Baker has had a trip to hospital to implant a stent in a troublesome artery. We wish him all the best as he is hoping to improve his times by 10 seconds in his 83rd Year.

Cheers,

Pauline

Avalon Swim

There was a good rollup for the swim at Avalon Beach on Tuesday 28th December and a bit of talk about we should do this more often. So perhaps we shall if most members are keen. We'll take a quick poll on training night at the pool.

But remember you can join those on Saturday mornings at 9:00 am at Doddi's for a 750 or 1500m swim. This has become quite popular amongst some of our members with more and more joining in and having coffee afterwards.

Check Out the Weekend Swimming.

If you don't have a copy of the Open Water Swim Calendar there are copies in the shed. You'll find there's a swim on (or two) nearly every weekend somewhere. If you are entering a swim, put your name on the list in the shed and see who else is going, perhaps form a car pool. If so, it's a good idea that each passenger pays the driver \$5 for fuel.

Then there's Doddi's beach 9:00 am every Saturday morning followed by coffee at the Dome for those who want a leisurely morning.

And, don't forget Aerobic Swims at the pool on Sundays at 9:00 am. These swims are a great way of monitoring your fitness and swimming progress (or otherwise). These swims are 400 or 800m, you against the stop watch. Each month there will be day set aside primarily for longer swims of 1500m, and 30 or 60 minutes duration.

Captain Ken

Sunday Swimming December

2nd	9th	16th	23th	30th
Aerobics	Aerobics	Aerobics	Aerobics	aerobics

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

COMING EVENTS.

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/>

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 MASTERS SWIMMING INC.



Membership Fees are now due

Membership fees for 2011 (1st January to 31st December) are \$ 85:00

It is preferred that all new and renewing Memberships are transacted on-line and paid by credit card. This will save the Club registrar 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 Username & Password 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 at <http://mhmannas.tripod.com/Forms/membership202011.pdf> pay by cheque, cash or electronic transfer into our bank account - details are on the back of the form.

Ivan's Lament

(sung to the tune "The Blue Tail Fly")

Verse 1 Ivan coaches the Mandurah Masters.
He tries so hard to make us swim much faster.
He stands there tall waving arms about
while we just talk and muck about.

*Chorus He stands there dry while our skins are glistening.
We nod our heads but we're really not listening.
He stands aloft with his knowledge to share
while we muck about and just don't care.*

Verse 2 Wife Pauline's there, in lane one plus two,
doing exactly what he tells her to.
He enjoys himself - it gives him a buzz,
it's the only time all week she does.

*Chorus It ain't no law but it just seems right
to be in the pool each Tuesday night.
Remember as into the pool we're divin'
we wouldn't be there if it weren't for Ivan.*

Verse 3 He has much charm and plenty of guile.
He'll put you at rest with engaging smile.
But don't be misled by cheerful demeanour:
There is no mind that's sharper or keener.

*Chorus He stands aloft with his knowledge to share.
while we muck about and just don't care.
Remember as into the pool we're divin'
we wouldn't swim as well if it weren't for Ivan.*

Verse 4 Ivan coaches us Mandurah Mannas.
For working routines he's a bit of a planner.
His major aim is our times to dent
but to us it's just a social event.

*Chorus He stands there dry while our skins are glistening.
We nod our heads but we're really not listening.
He plans each set with a lot of thinkin'
while we just think about sex and drinkin'.*

Verse 5 Ivan's the coach of the Mandurah Masters.
Trying different routines to make us swim much faster.
He plans the sets over many long days
so the least we can do is do as he says.

*Chorus He stands up there waving arms about.
To get our attention he has to shout.
Remember as into the pool we're divin'
we wouldn't swim as well if it weren't for Ivan.*

My thanks to Kirk for picking the tune to go with the words.
Regards, Des.

MANDURAH MANNAS NEWSLETTER

February 2011

PRESIDENTS REPORT

Hi,

It's been a very busy month with school holidays, open water events and preparation for our Cambria Island event.

We've had a good selection of open water events this year, with swimmers enjoying swims at the Cottesloe Classic Mile, Scarborough and the Classic Swim Thru Perth. Conditions varied at the different events, but proved to be challenging, which is what it's all about. The recent Swimming WA event was cancelled due to the Cyclone concerns, Swimming WA's second cancellation this year. The first was due to a shark attack at Rockingham.

Please remember to enter yourselves in the 2011 Masters Nationals being held in May, as this will be a great opportunity to participate in an event like this, without travelling too far.

The Cambria Island Swim organization is progressing and into the final stages, before the event date 13/02/2011. The event is being sponsored by Alcoa, Tiwest and City of Mandurah, with water support from Mandurah Water Rescue, Mandurah Murray Vietnam Vets and Mandurah Paddling Club. The event is posted on our web page, mhmannas.tripod.com, with online registration being used to enter the event.

We are again rapidly heading into a new year, and I encourage all members to take up opportunities, challenges, not only in the water, but in helping with the running, coordination of events, officiating or coaching when training is offered by Masters WA. The Saturday morning swimming group has grown over the summer period, with people using the occasion to train for OWS's and Triathlon.

The Australia Day Breakfast at Doddi's beach was great with many people enjoying a swim and a barbecue. What better way to start an Australia Day? Thanks to Graeme and Claudia for setting up the marquee and barbecue. Like I mentioned at training, its one thing coming up with ideas, but having people that make them happen, is something else.

Please give some thought to nominations for positions on the committee as the club AGM is planned for the 20th of March. A good opportunity to help in the running of our club, ensuring new ideas and perspective are maintained, going forward.

Thanks
Wayne

All Club Members Please Note:

Our AGM will be held on Sunday 20th March at 10 AM.

It will be held in the Mandurah Swim Club Clubrooms at the Mandurah Aquatic Rec. Centre.

AGM begins at 10 AM sharp and will be followed by a morning tea.

Coach's Report

There were close on 40 at training last Tuesday and about 35 on Thursday – is there something coming up? Is it our Canal Swim next Sunday, or Rotto the weekend after or maybe the very popular Coogee Jetty to Jetty on March 13th? Also, the unofficial gathering of Club members and friends on Saturday mornings at Doddis has grown in numbers which suggest a very strong interest in Open Water Swimming within the Club at present. To see 14 members participate in the Busselton Jetty Swim in such appalling conditions really showed the interest our members now have in nurturing their Fitness, Fun and Friendship – it's great to see.

As previously mentioned, we are about to lose the services of Graeme McAuslane for a number of months. Graeme and Claudette are doing the “grey nomad” thing, pulling their caravan around Australia – at a pace that suits them at the time. The “Lane Ones” will really miss him, so will Wayne and I, having now to put up with that cheeky lot. Nah! They're fun too – just joking. From all of us Graeme – a big thanks for all you've done and we wish you and Claudette all a very happy and fruitful journey.

Wayne and I have recently been putting together programs with slightly more variety to maintain the freestyle emphasis for Open Water, but balancing it with some form-stroke and sprint training in preparation for the pool swims. It was a fluke we did last week as a main set of repeat 400s wouldn't have worked too well if there was ten in your lane. Now that numbers are constantly “up”, we'll continue with the shorter repeats for logistical purposes but feel sure that the distance freestyle training you did before Christmas plus Doddis and the like (Splash & Dash for example) will keep you distance fit for the remainder of the season.

Until next month –

Cheers,

Ivan

Recorder's Report

We now have 51 financial members for 2011 and remind those who are still un-financial to renew as soon as they can.

Our Aerobic Swims are underway and last Sunday, Ken Phillips and Wayne Cable swam a ½ hour freestyle and Deb Bloor and Rosemary Green completed a one hour of freestyle which was a great effort in very warm conditions.

Liz Marland who is a member of our club and lives with husband Paul at El Arish in Queensland, about a 10 minute drive from Mission Beach, are both fit and well after the cyclone and had only minor damage to their guttering on their house. It's good to hear that they survived so well.

Quite a number of our members are participating in the Open Water events although a couple were cancelled due to bad weather conditions. Those of us who competed in the Busselton Jetty Swim enjoyed their time at the opening of the reconstructed jetty with an amazing fireworks display. The actual swim was quite trying with very windy conditions, but all completed the course.

February Birthdays are: Lynette McPhail on the 3rd, Gary Douglas on the 6th and Debbie Stocco on the 8th.

Happy Birthday to you all.

Cheers, Pauline.

Property Officer Report

We now have bathers in stock. Ladies sizes 12 at \$42, (approx) mens sizes 14 and 16 at \$36.(approx) Ask Deb Brown before swimming on training nights or phone Deb on 9535-7578.

Missing from our property cage are 1 small and 3 large kickboards. If you have borrowed a kickboard, please return it or contact Deb on the above number.

Sunday Swimming February

6 th	13 th	20 th	27 th	
Aerobics	Cambria Island Swim	Aerobics	Aerobics	

COMING EVENTS.

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/>

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.

F stands for Official

In Masters we have the motto, "Fitness, Friendship and Fun".
But it's more than just a motto; it's the way our movement is run.
There's another one, yes another "F", that I've discovered comes into play;
better in the background it comes out on competition days.

The "F" stands for 'Fficials", you'll see some out on the pool decks
strutting around and lording it with those things around their necks.
While others sit behind a desk giving discs to gals and chaps
who've volunteered to get stripped down and swim for one or more laps.

Others will tell you where to sit and when to get on your feet
to go and stand behind a block to get ready for your heat.
Others sit in a room somewhere keeping tallies of results
which swimmers eagerly refer to as if they're missives from a cult.

There are those who blow a whistle and wave their arm about
and that other one with nothing to do but press starting buttons and shout.
Some can seem a little strict and aren't slow to issue DQs
(at least that's certainly what's happened to me, has it ever happened to you?).

But the message that I'm seeking to get across in this little ditty
is not that your modest poet's clever, or even a little witty.
It's to encourage you to take the plunge, take those steps initial,
and put your hand up to do a course and become a Masters 'fficial.

Being a 'fficial ain't that onerous, it's actually a lot of Fun
and you have the pleasure of contributing to helping competitions run.
With 'fficials from the other clubs you'll develop Friendships new
and keep yourself rather Fit walking the poolside fro and to.

In Masters we have the motto, "Fitness, Friendship and Fun".
It describes the spirit in which we aim our movement to be run.
We who are already 'fficials would welcome anyone who
will help us to 'fficiate, and keep events going. Will you?

MANDURAH MANNAS NEWSLETTER

March 2011

PRESIDENTS REPORT

Hi,

Has been another very busy month for the club with OWS swims and Hosting our own Cambria Island Swim.

The branch has passed on a message from the Asthma Foundation about courses available to help sufferers and family, cope with asthma.

We are still collecting names for club members to participate in a CPR course sponsored by MSWA. If we can't get numbers within the club, will ask the Swim Clubs for expressions of interest.

Don't forget to register for a swim at the Nationals, whether pool, open water, or both. Check your work schedule and arrange leave in plenty of time so you can participate.

I composed a report for the MSWA 2010 Report, which is a summary of of Club business in 2010. I hope I adequately captured Club business enough, to reflect the busy year we had. The Report can be viewed on the MSWA web page. This will be used, with necessary updates at the Club AGM on 20th March. I have been encouraging people to take up the batten, and run with the committee, or, nominate someone, preferably after talking to them, for 2011-12. Nominations are received for all Committee positions. Nominations for the new position of Club Safety Officer are also being called for, as requested by the Branch. Role is still to be formulated by Club Committee.

Congratulations to all those swimmers who participated in the Busselton Jetty swim. Quite a challenge for some, with swell and current to contend with. It was the first time I had spent the night before the event in Busselton, and was rewarded by not only being fresher in the morning, but being able to enjoy the festivities the day before, with the spectacular fireworks in the evening to celebrate the opening of the Jetty after repair work.

I would like to thank everyone who turned up to help with the Cambria Island Event proceedings, ie, Club members and family. Again, I have only heard positives from swimmers re the swim, which was quite difficult right from the start, with a strong current challenging their progress around the course. This also made it a little difficult at the start, and for those helping with water support. The swim, and report from Judith Crawford, who was the duty MSWA Referee on the day, will be reviewed at our next Committee meeting.

Our Sat morning swims have been great over the summer period, with some swimmers coming along for a short trial ocean swim and coffee after. It might be a good time to look for a bargain, and think about acquiring a wetsuit for the winter season so you don't miss out on all the action when the water temp drops a bit.

Happy, Healthy Swimming, Wayne.

Recorder's Report

We have had quite a number of new folk come along to our training sessions to give us a go and many have joined as members taking our tally now for 2011 to 57 – great to see.

Aerobic Swims are being held each Sunday and all are welcome to join in. Of course, the ocean swims are still popular each weekend for any member who is interested.

March birthdays are: Wayne Hurtado on the 1st, Annette Newcombe 3rd, Ryan Spencer 10th, Steven Crake 14th and Erica Chisholm on the 25th.

Cheers,
Pauline.

Coach's Report

With a number of new faces in the squad, I thought it appropriate to explain why we set the type of programs we do and why there's an emphasis on training for competition. Many (or most) of you when joining the Mandurah Mannas, would have perished the thought of ever going in a swimming race – and here we are talking about improving technique, getting faster and how to win.

In my more than thirty years of involvement in Masters Swimming, I've seen Clubs of various cultures come and go. The ones that have a long history as does the Mandurah Mannas, keep to a format similar to ours. Some decide: "Oh!, the Club's become too competitive" so they revert to comfortable workouts, often much the same each week, and become (as many of you have heard me say) very good slow swimmers – much like the daily "lap swimmers". Practise makes perfect, so before long they can't get out of that comfort zone, can't elevate their heart rates, so consequently lose the training effect, so why bother? These Clubs in due course – die!

At the other end of the scale, I've seen Clubs focus on competition. They personally recruit only 'elite' swimmers with the idea of training as they did when they were kids with intense workouts. "Practise fast swimming and you'll become a fast swimmer" – and it works. They love being seen at the big swim meets, winning all the medals and trophies and think they're the best club there – but they're not in the eyes of all the others. Where do they end up? – they in due course start accepting some not so competent swimmers who are good friends or whatever and before long you'll see balance within the Club, good camaraderie and the genuine good swimmers will be "egging on" their not-so-competent colleagues. There are Clubs in WA that might have gone through that process that some of you will know but one that even surprised me was the Olympic Club in the USA. It used to be that you had to be an ex-Olympian to join but they now have "all so rans" in their midst too and are now not so elitist as they used to appear to the rest of the world – and a strong healthy "club".

Having said all that – I just wanted to remind Members that we're all here for "Fitness, Friendship and Fun" and the proven way to do that is to train towards a goal – be it to win an event, achieve something previously thought unlikely like swim Rotto or around Cambria Island, be less tired after the swim-leg in a Tri., or simply "look good at a pool party". One of the best ways to assess your levels of improvement is the dreaded stop watch. We do that regularly each Sunday with aerobic swims or as many 'newbies' have found, go in a BACC (a swimming race? – what, are you mad?), enjoy the camaraderie of your Club mates around you and seeing if you can do a little better than you did last time. On the other hand, you don't have to if you don't want to, and the majority of Masters Swimmers in the world, do not go in races. But if you want to improve your level of fitness and look like a good swimmer, just keep coming along.

Until next month –
Cheers,
Ivan

All Club Members Please Note:

Our AGM will be held on Sunday 20th March at 10 AM.

It will be held in the Mandurah Swim Club Clubrooms at the Mandurah Aquatic Rec. Centre.

AGM begins at 10 AM sharp and will be followed by a morning tea.

Morning tea/coffee will be available after the meeting, so please bring a plate to share. Also, we'll have a liquor permit so feel free to bring something stronger of your wish.

March - An Important Swimming Month

Firstly - entries for the National Championships

Masters Swimming WA is hosting the National Masters Swimming Championships at Challenge Stadium from April 26th to 1st May 2011. All the details can be seen on the MSWA web site <http://www.mswa.asn.au/> or on the notice board in the Shed where you'll find printed entry forms if you prefer these to on-line entries. You can swim just one day or every day.

Captain Ken needs your entries by Tuesday 15th in order for the Club's entries to be entered on line and relay teams sorted by the deadline of March 18.

Secondly - Two Popular Open Water Swims

The Coogee Jetty to Jetty on March 13th which has both a 750m and a 1500 event and then the 2011 Dale Alcock State OWS for Masters members only on March 27th. These events are popular with both seasoned swimmers and those new to open water swimming. If you haven't yet competed in an OWS and would like to this is your opportunity. Challenge yourself!

2011 National Championships

It's Western Australia's turn to hold this event and it will begin with registrations on Tuesday 26th April with pool events at Challenge Stadium on Wednesday to Saturday. There will be an Open Water Swim on Sunday 1st May in Matilda Bay in the Swan River. Social events will be held most days, the main two being the Welcome and Opening Ceremony on Tuesday and the Presentation Luncheon after the OWS on Sunday.

Competitors can enter a maximum of 3 swims per day plus the OWS. All the details can be seen on the MSWA web site or in the Shed at the pool.

Girls Overboard Win Rottneest Channel Swim

Team Girls Over Board, comprised of Susan Johnston, Wendy Kennedy, Tanya Thaw and Rhonda Birch won the Female 150+ Rottneest Channel Swim in time of 6 hours, 39 minutes and 16 seconds. The swim was held on Saturday 26th February, beginning in near perfect conditions but deteriorating with increasing swell and more chop during the day. Fortunately the sea breeze was not very strong. One of the referees was overheard to say that Girls Over Board swam a perfect race.

Please Note.

Due to swim carnivals, we cannot use the MARC pool for training on the following dates:

Sunday 27th March, Sunday 5th June, Sunday 28th August.

Sunday Swimming

6th	13th	20th	27th
Aerobics	Coogee Jetty OWS Aerobics	Aerobics	State OWS Coogee Due to carnival MARC not available for training on this Sunday

Saturdays

9:00 am Doddi's Beach

Note: This is not an official club swim therefore not covered by Masters insurance

Coming Events

Coogee Jetty to Jetty Swim 750 & 1500m
13th March 2011

15th March Entries for National Championships to Capt Ken

Dale Alcock State OWS Coogee Beach
27th March

Melville BACC
3rd April

2011 Masters Swimming National Championships
26th April to 1st May Challenge Stadium Mt Claremont.

Mandurah BACC
19th June

Bunbury Open Meet
24th July

Property Officer Report

We now have bathers in stock. Ladies sizes 12 at \$42, mens sizes 14 and 16 at \$30, caps at \$10. Ask Deb Brown before swimming on training nights or phone Deb on 9535-7578.

Missing from our property cage are 1 small and 3 large kickboards. If you have borrowed a kickboard, please return it or contact Deb on the above number.

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.

April 2011 Newsletter



Presidents Report

The Club AGM went off without a hitch. I would like to thank those that came along, as it is an opportunity for Club Members to have a voice in the running of the Club, and listen to a summary of events throughout the past year, and reports from our committee on Club business. Welcome to the new members of the Committee, and look forward to working with you, in making the coming year even more interesting than the last, not only in the water, but socially

Congratulations to Gerry and Graham for receiving the clubs first life membership. Both worthy recipients, with many years spent not only swimming with the club, but helping to build it into what it is today, volunteering their time and energy.

We had a good number of our swimmers turnout at the Jetty to Jetty. A reasonable indication that our training program is building not only fitness, but confidence in some of the new faces to OWS from all lanes.

The State OWS Championships proved to be very successful once again, with perfect conditions and some great times around both the 1K and 2K courses.

We had our first BACC event at Melville this weekend, with I'm sure a record number of swimmers, approx 28, from the Club participating. A lot of cross training happening in the pool, with the OWS season not yet over. Makes it interesting, but watch those shoulders.

On the subject of shoulders, and other things, on behalf of the Club, a speedy recovery to those recovering from operations, procedures, etc, etc, and hope the coming year is one of better health, fitness and fun.

The Saturday morning swims will again continue throughout winter, without Barb Pellick for a while, or, until she masters the one arm Free Style. I'm sure it won't be long, and we still won't be able to catch her.

Until Next Time

Wayne

Masters Swimming National Championships

This year the National Championships will be held in Perth from Wednesday 27th through to Sunday 1st May and we have thirteen members representing Mandurah Masters. These are Rod Baker, Pauline and Ivan Wingate, Ryan Spencer, Jazmyn Tobin, Haydn Brimson, Susan Johnston, Jeff Rimmer, Des Seery, Wayne Cable, John Cahill, Kirk Bamford and Ken Phillips. Lyn McPail and Rosemary Green will also be there as volunteers to help with the smooth running of the event. The total number of swimmers attending the championships is about 560.

The proceedings will kick-off on Tuesday 26th with a Welcome Function and Opening Ceremony and the swimming beginning the next day at Challenge Stadium. The last swim is a 2 km open water swim in Matilda bay on Sunday 1st May to be followed by Presentation Luncheon.

You will be able to follow the progress of the swims on the MSWA web page.

Captain Ken

Coach's Report

I firstly would like to say how pleasing it was for me to announce at the AGM that the Coach's award for 2010 went to Glenda Hurtado. Glenda's quiet demeanour subtly disguises a grit-like determination to succeed. Her swimming racing career began only last year and you only need to look at her times at the beginning in comparison with later in the year, to see the progress she made, so much so that she now trains in lane 4. A goal she set that wasn't achieved however, was to swim 100m 'fly by the end of the year. But Hey ! – the journey towards that goal was the reward and there's always next year. Well done Glenda.

Secondly, I thank sincerely the three "guest coaches": Trevor Atkinson, Sue Johnston and Deric Golembka who have been helping out, mostly on Lane One. They, like yours truly, have not been able to swim because of various adjustments to their bodies so it's great to see them still participating in the training nights. I think the Lane One-ers liked Deric best because he had them playing games.

This report's about March in which we gave you a varied collection of programs to help prepare you for the pool swimming season, whilst keeping a bit of long stuff in there for the Open Water Swims still to go. The long distance repeats became difficult though with sometimes ten and eleven in a lane, but we got through. It was fantastic to see such large numbers from the club enter the Coogee and the State OWSs, then to cap off the enthusiasm in the Club at present to see 28 participate in the Melville BACC today.

See - I told you: it's about "FITNESS, FRIENDSHIP & FUN".

Until next month –

Cheers,

Ivan

Recorder's Report

We are still gaining new members and now have 63, many of whom competed at our first BACC pool swim at Melville on 3rd April enabling Mandurah to come 2nd overall out of the 12 clubs which took part.

Our ocean swims are coming to an end with our State Open Water Championships being held at Coogee on Sunday 27th March. 12 members participated, three of whom won their age groups. They are Sue Johnston, Pauline Wingate and Rod Baker.

The 2010 Awards announced at the AGM on the 20th March:

Be Active Club Challenge (BACC) Awards were:

Pauline Wingate 48 points 1st female

Jeff Rimmer 47 points 1st male

Runners up: Jazmyn Tobin 46 points

Ivan Wingate 44 points

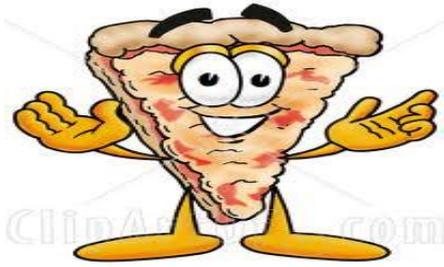
Aerobics Awards were: Jeannette Rein 390 maximum points

Ken Phillips 160 points

Aerobic swims will still be held each Sunday morning at 9:00am except if the pool is not available.

April birthdays are: Tess Evans on the 13th, Michael Hannah the 21st, Ken Phillips the 29th and Betty Payer on the 30th.

Cheers, Pauline



PIZZA NIGHT

WHEN: THURSDAY 14TH APRIL

**WHERE: SUE JOHNSTON'S
4 LEETON CLOSE
HALLS HEAD**

AFTER TRAINING

COST: \$5.00 EACH

BYO DRINKS

PARTNERS ETC WELCOME

Please place your name on the list in the shed by Tuesday 12th April

The Editor Notes:

Kathy Mcleod Award

Congratulations to Rosemary Green who was awarded the Kathy Mcleod Award for the year 2010. This award is won by the person, who in the judgement of our Club President and Coach, has shown the most improvement in their swimming and is a dedicated role member for our club. Kathy Mcleod presented the award to Rosemary at our AGM.

Re 2011 Yearbook.

In past years we have printed and handed out copies of the yearbook to all club members. This year the yearbook will be emailed to all members who are on our newsletter mailing list.

I anticipate the download package will be around 1MB. Anybody on dial up or who anticipates problems downloading, please contact me via email, I will arrange to put the yearbook on a CD for you.

Those members not on the internet, who are receiving a hard copy of the newsletter, will receive a hard copy of the yearbook.

Regards Gerry.

Club Photographer Wants:

Lyn is looking for photographs from the Rottnest crossing. Anyone with photos they would like to share, please email to Lyn at lynmandurah@gmail.com

Property Officer's Report

Anyone wishing to order club T shirts or long sleeved T shirts, please put your name on the list which is on the notice board. More information contact Glenda on 9581-2833

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim.

Please wear a swimming cap to make you visible to other water users.

Note: This is not an official club swim therefore not covered by Masters insurance

Sundays

9:00 -10:30 am at the pool

April

3	10	17	24	26Apr -1st May
Melville BACC	Aerobic Long Swims	Aerobics	Aerobics	National Championships Challenge Std.

Coming Events

2011 Masters Swimming National Championships

26th April to 1st May Challenge Stadium Mt Claremont.

Mandurah BACC

19th June

Bunbury Open Meet

24th July

State Relays

Sunday 14th August, Challenge Stadium

Mildura Masters Games, Mildura Vic. 20-28th August

Stadium Snappers BACC

Sunday 11th September

XIII Australian Masters Games, Adelaide 7-16th October, 2011

<http://www.australianmastersgames.com/>

Fremantle BAC

Sunday 23rd October

Narrogin Open

Saturday 3rd December

2012

Masters National Swimming Championships, Marion, SA April

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

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

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

Don't Sign Up Late!

The morning sky was a stunning blue, lacking any cloud
over Coogee's stunning foreshore. And there amongst the crowd
was Riverton's veritable Treasurer, a bloke named Graeme Pow.
A name you've more than likely not come across, 'til now.

Now the Coogee seven-fifty was Graeme's first open splash
and he'd thought he'd ask some questions, not wanting to do things rash.
So he asked his club mate, Damo, for a quiet tip or two
so he didn't go and act the goose; he'd know exactly what to do.

"Take the big tip", says Damo, puffing his chest and talking loud.
"Whatever you do don't pay up front like the rest of the madding crowd.
Make sure you do a late entry, that way you're pretty sure
you'll not blow your hard-earned dough if you wake up feeling poor.

Or the wind is a mongrel howler and the waves are running high,
or the event is stopped before it starts because a shark is cruising by.
Or the battery or a tyre's flat and you can't get there in time.
Make sure you do a late entry, mate, so you do not waste a dime".

Well Graeme pondered this sage advice and thought it sounded sense.
It could even help him save some bucks as well as a couple of cents.
So he left it to fateful day and made his entry late.
That's when I saw him on the beach, my old Rivertonian mate.

We stood there talking a little while of this and that and things
and of our previous experiences at B A C C swims.
We listened to the briefing from the blokes who held the mike
and when it was all over we were told to take a hike.

With heavy hearts and heavier legs we strolled to the start line
with questions such as "Why?", and "My God! Is that the time?"
"Is this the way it happens, when you age and become all old,
your brain can't tell the difference 'tween being stupid and being bold?"

The answers didn't come to us – these days they seldom do.
It's becoming much more difficult to tell if one and one makes two.
But it didn't take too long before the referee started the race
and we headed off to the finishing line at a dashy, splashy pace.

It came as a total shock to me when I finished between the flags
to find Graeme standing on the beach – he'd beaten me in! - the dag.
He's standing there, melon in hand, chatting to a bikinied peach
while I just ached and gasped for air – I was quite beyond all speech.

But that's where Graeme's luck run out, courtesy of his Riverton mate
and the dreadful tip he'd acted on, 'bout not signing up 'til late.
Not only do late entries pay more but, to Graeme's great surprise,
regardless of where they finish, they cannot win a prize!

So Graeme had turned out early and taken a lengthy drive.
But instead of costing twenty bucks, it cost him thirty-five.
And although he swam the race faster, there's a fact I can't disguise;
Graeme won the age group, *but Desmond won the prize!*

May 2011 Newsletter



President's Report

Hi fellow aquanauts and fun seekers,

Another very busy month with plenty of preparation and participation in the national championships held in Perth over the last week. Congratulations to the organisers of the event, and a special thankyou to the volunteers from the club who gave up their time to help out throughout the week, facilitating proceedings. Thanks to captain Ken for your time and effort in organising the club team. It was bad luck you couldn't swim. Well done from all the club, to those participating, and to those successful in winning or gaining a place in your respective event. I checked the website for results, and was amazed at the number of events, and needless to say competition from people around the country. The OWS held in Matilda Bay was well set up, despite a little trouble navigating into the sun on the first leg. Conditions were ideal with flat cool water, which ultimately led to people completing the 2k event happy with their result. Well done to Sue, Pauline and Rod for putting in impressive swims after a busy week in the pool, competing, and winning events. I had the week off, and still had trouble keeping up with Rod.

There will be A morning tea to celebrate MSWA annual award winners, including 2010/11 Dale Alcock OWS Series and also our State winners drawn from the results of the 2011 National Championships. Additionally after the National Champs we will invite as our guests the rostered volunteers who will be members of the Volunteers Team (in their resplendent red shirts) during the event. Venue is confirmed for Marmion Aquatic and Angling Club.

Please check the MWSA web site for information re events, swim history, and courses available to members wishing to build on their knowledge re the logistics of the sport.

I am still trying to get numbers together for a CPR course to be held. If interested, please let me know, or place your name on the list on the club notice board.

We are currently looking at options for our next OWS, with the possibility of us holding a beach swim. Options / organisation of such an event will be tabled at our next committee meeting, taking into consideration opinion from club members.

Regards Wayne

Coach's Report

The "National Swim" has been and gone for about another six or seven years unless you go interstate. Those who were able to make it to Perth said that they had a great time mingling with all their interstate colleagues. Even though it is now known as the National Championships and medals are awarded – and we saw the cream of elite Masters Swimmers in action, it was still about participation and camaraderie (that's what you say when you can't win). The WA Branch did itself proud by conducting a very well run event and Mandurah Mannas stood tall in its participation and contributions around pool-deck too. Well done.

Training sessions will now focus on competition up until our own BACC (Be Active Club Challenge for those who don't know) next month. This means we'll be practising "swimming fast" and honing your starts, turns and finishes. There will also be more focus on form strokes as there really is more to swimming life than just freestyle – but let me reiterate that improving your form strokes will do wonders for your freestyle technique.

Our own BACC is really a family affair for us because we need as many Club members helping on the day but we would also like to see 100% competing too. Now 100% is unrealistic but you'll probably experience some pressure applied by your Club mates to go in at least this one. Having said that, let me also reiterate that it is also your "God given right" to not go in races, so if you feel allergic to such practises – it's okay to say no !

Until next month –

Cheers,

Ivan

Recorder's Report

We now have 64 financial members and now that the Open Water Swim season has come to an end we will look forward to our next Club Challenge on Sunday the 19th June.

11 of us really enjoyed competing at the Challenge Stadium for the National Championships, meeting many from all corners of Australia. Four of us competed in the Open Water event as well. Ken who was unable to swim, was there every day officiating. Jeanette Rein also helped out as an official and Lyn McPhail and Rosemary Green were volunteers representing our club organising the massage booking roster. Ivan Wingate and Des Seery officiated and competed.

Our aerobic swims will still be held each Sunday.

May birthdays are: Trevor Atkinson on the 3rd, Geoff Clancy the 5th, Jenny Crake the 8th, Garry Bowden the 10th, John Reyburn, Pauline Brimson and Darryl Harris on the 29th.

Cheers,

Pauline

OUR NEXT SOCIAL EVENT WILL BE

DINNER

FRIDAY 20TH MAY 2011

**AT: HYUNDAI STADIUM
MAHOGANY DRIVE
HALLS HEAD**

TIME: 7PM

EXCELLENT FOOD AND PRICES

NO BYO

\$2.00 COVER CHARGE FOR ALCOHOLIC DRINKS

**COME AND ENJOY A RELAXED EVENING.
HUSBANDS/ WIVES / PARTNERS
ARE WELCOME.**

**IF YOU WILL BE ATTENDING, PLEASE PUT YOUR NAME ON
THE LIST PROVIDED IN THE SHED BY: TUESDAY 17TH MAY.**

The Big Event

Sunday June 19 Mandurah will be hosting a BeActive Club Competition. We can expect about 150 visiting swimmers to come along. The entry form will be posted in the Shed later this month so it's time to start thinking about your favourite events. You'll be able to swim in three races plus a relay. We had 31 swimmers at the Melville BACC, let's see if we can have a team of 50 for our own meet!

Narrogin Day Trip

Narrogin is holding a 400, 800 and 1500m swim on Saturday May 21st. Des and Ken are planning to go along to help out with the refereeing and maybe get a swim in too. Anyone else interested in coming along? The entry form for the swim is in the Shed.

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim.

Please wear a swimming cap to make you visible to other water users.

Sundays

9:00 -10:30 am at the pool

8	15	22	29
Swim Aerobics	Aerobics	Aerobics	Aerobics, Morning Tea

Coming Events

Mandurah BACC

19th June

Bunbury Open Meet

24th July

State Relays

Sunday 14th August, Challenge Stadium

Mildura Masters Games, Mildura Vic. 20-28th August

Stadium Snappers BACC

Sunday 11th September

XIII Australian Masters Games, Adelaide 7-16th October, 2011

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Fremantle BAC

Sunday 23rd October

Narrogin Open

Saturday 3rd December

2012

Masters National Swimming Championships, Marion, SA April

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

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

Melville BACC Swim 3RD April

Seems a long time ago, but what a great day! And how proud we should all be that the new Mannas Banner was given such an introduction to BACC swimming.

Mandurah came second out of 12 competing clubs and what a way to do it. Only three DQs were issued for the whole event and we got one of them (watch for the simultaneous two-hand touch in the 'fly and breast). I'm sure that some PBs were set on the day.

The Club won three of the five relays entered, and those who saw the men's 4 x 50 m medley relay (160-199) must have been thrilled at the come-from-behind win. Your correspondent's opinion is that Jeff Rimmer's 'fly leg and Ryan Spencer's free were the highlights of the meet. Goose-bumps jump up just thinking about it.

Members who have not swum much before or have not swum competitively before (or since school days) put in some great performances. Here I include Pauline Brimson, Narelle Gillmore, Debbie Stocco, Sue Thomas, Sue Price, Terri Kuchan (three of whom form the Sunshine Girls – you know who you are), John Reyburn, and Robert Rankine. Good times were set (and a good time was had by all).

Among the older swimmers, Rod Baker continues to amaze and improve. With the times he set for the 50m and 100m freestyle he would get a placing in the same events swimming against men 20 years his junior. Inspirational stuff. Meanwhile, Lyn McPhail won the 100m back event and Annette Newcombe won her 50m 'fly.

There were 28 swimmers representing the Club. Not all are named here but every swimmer won points for the Club, either as an individual or as part of a relay team. Congratulations to all. A big thanks to our coaches for getting our fitness and styles right and to Captain Ken for getting everyone keen and pumped for their events.

Mandurah BACC – 19 June 2011

Our very own BACC is on Sunday, 19 June and we would like to see as many members as possible at the meeting to either swim or help out or to do both.

Pizza Night – 14 April 2011

Twenty-three hungry Mannas turned up at the Johnston residence after a short but torrid workout in the pool. The evening was balmy and the mozzies were few, thanks to Brett being liberal with the insect spray earlier in the evening. The pizzas were delish, the venue superb and the company . . . well, let's say they were respectful and aware that it was a Thursday night. They thoroughly enjoyed themselves, left at a reasonable hour (some had to go to work the following day) and left the place looking quite as it did before they turned up. Our thanks to Sue and Brett for being such generous hosts.

Masters Swimming Nationals - 27 April 2011 to 1 May 2011

What a meet! Over 560 competitors from all over Australia were striving to swim their best and, hopefully, set PBs for their events. Mandurah had 12 members competing and all thoroughly enjoyed themselves. They also had some great swims.

'Flyin' Ryan' Spencer had a great meet. His target was to set a great time for the 200 backstroke but his humble time of 2:29:90 could only break the National Record by a country mile – a record that had been in place since 2002. Ryan also secured first placings in the 100 backstroke, 50 fly, 400 IM, 100 free, 50 fly and 50 free. As soon as the guy engraving medals heard that Ryan was in an event, he reached for the gold and started carving. Ryan was incredible (and he has a son who's almost as quick, and he's not yet 10 years old!) Rod Baker was also prominent among the medal winners, winning the 800 freestyle, 100 free and 50 free. Pauline, Jazmyn and Kirk were also medal winners.

The next Masters Swimming National Championships are in Adelaide in April 2012. Neither that date nor Adelaide are that far away. State and National Swimming Championships are not much more than a slightly bigger BACC and we recently had 28 turn up for the Melville BACC. So don't be scared off by the title - State and National Championships are run on the same lines as the BACCs with the same rules and events: more competitors and a different location are the only differences. So don't be scared of State or National Championships – they're just a local competition on steroids.

Note: Apologies to any medal winners missed out. The above is based on the results for the first 2 days of competition – the only days available on the internet at the time of writing. Also, the morning was stunning, with the air quite still, clear skies and sunshine streaming through the window. That, along with the fact that the results sheets contain a lot of information, makes the eyeballs start to wobble and the mind to wander. Full results will be available from the Masters website www.mswa.asn.au in due course.

Regards Des Seery

80. 60. 40.

We took a trip away from home down to the southern coast -
it was cooler down along that way while Perth was as warm as toast.
And while we thoroughly enjoyed the drive and ranked it near the top
we kept coming across this person leaning on a lollipop
and signs that said "80", "60", "40". "Be prepared to stop".

I don't know why it was that way, perhaps 'twas just the season –
the fact the weather was rather mild might have been a valid reason.
But be it down in a valley deep or near a mountain's top
we'd come across some renegade loitering with a lollipop
and those signs that said "80", "60", "40". "Be prepared to stop".

There'd be earthmoving plant of all types, and the blokes who drive them too.
A swarm of yellow jackets 'neath skies of Wedgewood blue.
And while they're all beavering away to repair the old blacktop
there'd always be this blasted clown swinging from his lollipop
amongst signs that said "80", "60", "40". "Be prepared to stop".

So while I'm driving quietly, thinkin' of rhymes for my latest ode,
I've always found some bastard out there digging up the road.
It didn't matter where I was, my genius would get the chop
by some overpaid underemployed affixed to a lollipop

and signs saying “80”, “60”, “40”. “Be prepared to stop”.

Once my driving day is laid out and I’ve set myself a goal
nothing’s going to stop me – it’s as the Devil seeks my soul.
Nothing, that is, except, perhaps, a book or coffee shop,
or some power-hungry hominid hanging on to a lollipop
and those blasted signs saying “80”, “60”, “40”. “Be prepared to stop”.

If we lived in a perfect world, of course, we’d need no road repair.
We’d travel freely, place to place, by flying through the air.
Then they wouldn’t halt us for we’d more than likely drop
on that unemployed unfortunate with dreams of a lollipop
and sulphurous signs saying “80”, “60”, “40”. “Be prepared to stop”.

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June 2011 Newsletter



President's Report

Pauline and I attended the Council of Clubs meeting on the 17th of this month to share notes and information with other Clubs and listen to any updates / news from the Board.

People are encouraged to participate in the **Bunbury Open Swim Meet, "Have a Go", on the 24th July** –. Effort is being placed on Membership growth throughout the South West, with Jude Crawford, MSA long and respected retiring Technical Officer, conducting coaching clinics throughout the region, over the preceding two weeks, leading up to the Bunbury event. We are hoping that this will encourage people to participate with a focus on 50m > 100m > 200m Freestyle events .

There was a call for clarification about the wearing of swim suits and a requirement that all swimwear meet the Masters Swimming standard, or swimmers will be disqualified, which is still proving to be quite frustrating for both the swimmers, and Officials having to make the call. Clubs are being asked to make the standard very clear, to prevent any situation pool side, after much hard work from swimmers in preparation for the event.

I have placed fliers that we picked up at the CC meeting for the 2012 Masters Swimming Nationals in Adelaide, in the Club House, for those that may like to book / plan holidays.

37th National Masters Swimming Championships Marion South Australia 14 – 17 April 2012

There is encouragement from the State Board for Clubs to familiarize, meet with SWA Clubs, to promote Masters as an avenue for swimmers leaving the Swimming WA organization, who would like to continue with their swimming, at a senior level, competing and having fun. This has already been tabled at our Committee meetings with a social event suggested, but will need follow-up.

Well done to Ken and Des for travelling to Narrogin to Officiate for the Narrogin Club 400m/800m/1500m pool event on the 21st May. Many people within the club are taking up the Challenge of not only swimming, but learning the techniques of the sport and becoming accredited Masters Officials. This not only helps the Organisation, but our Club, to keep us on the straight and narrow re rules and regulations.

Congratulations to Barb Pellick for being nominated for Life Membership of the Rotnest Island Swim Association.

A snippet from her Nomination with quite an impressive summary of her swimming achievements over the years.

2010 marked her 23rd solo and further to this some of her accomplishments over the years also include first female to complete a Rottnest Double Crossing in 1994, English Channel Solo 1995, English Channel Team Triple Crossing 1997, 4th in the Manhattan Island Marathon Swim 2000, World Record Triple Crossing of Lake Taupo NZ in a team 2009, 2 victories for Lake Argyle, WomenSport West Sport Star Award Finalist 2010 & 2001, Southwest Sports Star of the Year Finalist 1996 & 1995 and Awarded the Australia Sports Medal by Prime Minister John Howard on behalf of Queen Elizabeth in 2000.

Swimming, Health and Fun – Wayne Cable

Coach's Report

Many of you would know that I was away for a few days last week, attending a meeting in Riccione, Italy – the things I have to do for you lot ! The last time the Italians ran a FINA World Masters Championships up there was in 2004 and it was the best ever – going by the planning to date and what's to follow, next year's will be even better. Last time Mandurah Mannas fielded a mixed relay team so we surely must not break with that tradition. Half a team is already committed, so check your bank balances and see if we rustle up another couple or more. Des and Kay will be there in a few days time to check out the facilities, so we should expect a poem from Des in the next newsletter. The "Swimming" is on from 8th June to the 17th (yet to be confirmed, but most likely). Let's know if you would like more information.

By now you should all be in your tapering phase as it's now less than three weeks before our own Club Challenge. Wayne and I will continue to set short, sharp repeats for the squad sessions up until then and we'll look at giving you some "starts & turns" practice. The problem is that the air temperature in the lapper pool area is getting quite cold and the forecast suggests that it's getting worse. Accordingly, we'll look at finishing off some nights in the inside pool after the kids get out to practise keeping you goggles on whilst starting.

Now is also the time to refresh your knowledge about the swimming rules for Masters. Coming last still earns a point for the Club – a DQ scores no points, so we don't want that. See Ken or myself if you are uncertain of any of the stroke rules.

Remember – "Winning is not important – until you think you can".

Until next month –

Cheers,

Ivan

Recorder's Report

We are now concentrating on being fit for our own Be Active Club Challenge here in Mandurah on the 19th June, and as we now have 65 members, it would be wonderful to have as many as possible competing. Of course, we need helpers as well.

Aerobic swims are continuing to be held each Sunday as usual (but not on the 19th of this month of course).

June birthdays are: Melanie Young on the 1st and Terri Kuchan on the 14th.

Cheers,

Pauline

Will you Swim in our Club Challenge?

Sunday 19th June is Mandurah Masters big day out where we host other clubs to a swim meet. It is expected that there will be about 150 swimmers.

It would be great to have as many members who can come along and swim. Remember the competition is all about yourself - how well can you do at this moment. There will, of course, be some fast swimmers (marvellous to watch) but a lot of others just like ourselves. In fact you'll be pleasantly surprised how well you do.

If you haven't swum in a BACC before talk to Coaches Ivan, Wayne, Capt'n Ken or other swimmers in your lane who can help you with what goes on.

Entries can be made until Tuesday 14th June by:

- hand on the sheet in the Shed
- email to mhmanns@hotmail.com
- telephoning Capt'n Ken on 9581 4213

Each swimmer can enter up to 3 events and hopefully everyone will be slotted into a relay or two as well. 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

You will need to nominate your estimated time to complete each swim. This is used to place you in a heat with other swimmers who nominate a similar time. Good luck!

Redevelopment of the Mandurah Pool

At the City of Mandurah Council meeting on May 25th councillors considered recommendations regarding the redevelopment of the aquatic centre.

Several conceptual designs have put forward all with a 8 lane 50 m pool to replace the 25m lappers pool we train in. The council selected the option of a new uncovered 50m pool with shade sails for sun protection, a Leisure pool and some upgrading of the first 25m pool. In fact the pool will be 52m to allow a floating boom to be used to divide it into two 25m pools on occasions. The estimated cost is about \$16 million.

The Council agreed to proceed with detailed designs in the 2011/12 financial year and to arrange the financing.

Of particular note is that the design allows for a new Swim Club Room which the intention is that it be shared by all the Mandurah swimming fraternities.

BACC Swim Volunteers for 19 June.

We are asking members to help run our interclub swim in June. We are especially asking new members to take part in running the swim, any new members wanting to help, will be working with or surrounded by an experienced group of club members who have been running the swim for many years. None of the jobs to be done is onerous or complicated and you will get plenty of support from people around you.

I would particularly like to hear from anyone with some computer experience to become familiar with the set up and operation of the software programmes required to run the swim meet. Our current "computer gurus" are quite happy to show you the ropes and hopefully have your assistance at future interclub events.

Anyone who wishes to help, and has not already been approached can contact me at the pool, by phone 9581 7960, or email, gerlyn4@bigpond.com

I will email a roster to all concerned about a week before the swim.

Regards Gerry (Meet Director)

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim.

Please wear a swimming cap to make you visible to other water users and swim with a buddy.

Sundays

9:00 -10:30 am at the pool

June

5	12	19	26
Aerobics	Aerobics	Mandurah BACC	Aerobics, Morning Tea

Coming Events

Mandurah BACC

19th June

Bunbury Open Meet

24th July

State Relays

Sunday 14th August, Challenge Stadium

Mildura Masters Games, Mildura Vic. 20-28th August

Stadium Snappers BACC

Sunday 11th September

XIII Australian Masters Games, Adelaide 7-16th October, 2011

<http://www.australianmastersgames.com/>

Fremantle BACC

Sunday 23rd October

Narrogin Open

2012

Masters National Swimming Championships, Marion, SA April

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

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

John Reyburn on Triathlon Training.

Late in life I have become addicted to exercise in general and triathlons in particular. So when I planned my recent excursion to stay in France I went knowing that I would be running, cycling, swimming every day. I can run anywhere; cycling is not a problem as I have a bike in France, and it is cycling heaven; however the swimming was a challenge.

April in Europe is, of course, still cool to cold, and all the outdoor swimming pools are shut for the winter (open only June to September). So I was forced to swim in the local river, the Lisle. Talk about cold. The locals found it very amusing; the skinny Australian in his wetsuit and bright yellow bathing cap sharing the river with carp, dodging the fishermen. They fish with rods about 12 metres long, so their lines are well towards the middle of the river. I had this vision of being caught!!

I had to head north to the Somme area for the Anzac day 'celebrations'. Very much colder up north and no clean rivers to swim. So off to the English Channel I went, to Cap Gris-Nez (Cape grey nose!) south of Calais on the English Channel. Le Cap is one of the set off points for the cross-channel swimmers; so as I ventured into the surf, I had visions of a heroic long distance effort to England- not quite; I lasted 4 seconds. Icy cold does not begin to explain just how cold it was. Even with a wetty on, bits froze, contracted, shrivelled and stopped working.

A week later, back in Australia, I completed my Ironman event, and the swimming was a doddle- thanks very much to all the training and encouragement I have received form the coaches and proud Lane 1 members of the Masters club.

ENGLISH CHANNEL SWIM

Recently, after a Saturday morning Doddi's swim, a group of club members who had perhaps taken in too much salt water, were contemplating whether as a club, we would try and put together a relay team, of at least 6 swimmers, to attempt to swim across the English Channel. Subsequent internet investigations suggested that august/september 2012, would be the earliest it could be done.

Remarkably, our little group showed a lot of interest. I now invite the Club committee to investigate what interest there is in the idea. If there is insufficient interest to put a club effort together, I plan to organise it myself, and will, in any event continue to look within the club for swimmers and supporters.

John Reyburn.

I swam in lane 2

The other night, I swam in lane 2.

It's not the normal thing I'd do:
lane 3 is the usual place for me.
But a physical day pulling grass and weeds
had left me in a great personal need
to take it easy, take it slow.
So I decided into lane 2 I would go.

There was surprize in their eyes, it seemed to me,
as I plopped into lane 2 instead of lane 3.
We exchanged the usual comments (trite,
it's what you do to be polite).
We talked a lot then I thought, perhaps,
I'd do what I came for and swim a few laps.

There were six in the lane, including me.
There was Lyn and Rosemary and sweet Anne-Marie.
Gerry Green was there too, with young Mister Wayne,
and we proceeded to splash up and down the lane.

Our coach for the night was a real god-sender:
tall, slender and blonde with the name of Glenda.
She made me swim hard, to reach out and strive.
Things I normally wouldn't do for Big Ive.

We did our routines in a reasonable time,
while my mind kept drifting to roast meat and wine.
Though my times would likely not win me a race
having Rosemary in front gave me something to chase.

At the end of the night it seemed to me
that swimming in lane 2 is like swimming in lane 3,
'cept lane 2 has this tendency to stand there and prate
which usually means that they finish up late.

So now I can say, with my hand on my chest,
That I've swum with some of the Mandurah Club's best.
I remember the night's I've swam in lane 4
and as for lane 3, well, I've been there before.
So, now for some of fun, I might stir up lane one.
It's not the normal thing I'd do

but the other night, I swam in lane 2.

Des Seery

July 2011 Newsletter



Presidents Report

Hi,

Congratulations to the Club, firstly, for winning our BACC swim held on the 19th June, and secondly, for how it was organized and run on the day. It was a great team event, not only in the water, but with everyone helping to make proceedings run smoothly. Thank you also to the non member helpers, with much appreciation from the club. We presented Ryan Spencer with a number of State and one National Certificates for his efforts over the year at the various meets. We acknowledged Judith Crawford's work over the years, her contribution to Masters Swimming, and wished her well for her retirement and travel plans.

Well done to Jazmyn for winning her State OWS age group. Not bad for a newcomer to the open water environment. Congratulations to all our swimmers who have won their respective events, and to those that haven't, but have just participated and had a go. This is what we're about.

I was down at the pool today for a Sunday aerobic swim with the club, and sat with Lyn who was timing Rosemary. It was great watching someone who has gained so much confidence and ability, to be able to swim a strong backstroke over 800m, put in her personal best and not be exhausted five minutes later.

Certificates to be presented are, Graham Mcauslane for Life Membership and for his contribution to the Club over the years, and Jeannette Rein for qualifying as a Inspector of Turns.

During the month Ivan attended an Information Session for Clubs and Associations, which covered Incorporation, (why), Rules, Obligations, Members rights and committee responsibility and liability. I met with Judith Crawford to run over Open Water Event Planning, which is part of the Event Sanctioning process.

I would like to encourage people to participate in the Bunbury Open Event on the 24th of July. Another opportunity to have a go, and have some fun while doing it.

Saturday morning swims are still popular, despite dropping temperatures and challenging conditions. It looks like we have a team travelling to Europe next year to take on the English Channel. Come down on Saturday mornings at 0900am to have a swim, or just to encourage the team and have a coffee after. We always enjoy the experience all year round. Caps, Tri suits, Wet suits and rashees allowed. I've been proposing that we call the Saturday group the "Seals", rather than the "Sic" group, especially, as during a swim one Sat morning a large seal swam under some of our swimmers, and then sat up on the beach and watched us. Great experience, and maybe a message. It might have been checking out our technique. Until next time.

Wayne

Coach's Report

You may recall me saying in the last newsletter that: - "Winning is not important – until you think you can". Well – we did, and THAT's important. Allow me to add my congratulations to all who swam in our own BACC for "winning the day" enabling us to engrave the Mandurah name on the perpetual shield again after an absence of a few years. Some of our members scored some excellent wins, others (like me) fluked a few honours, but in the main it was a team effort of a lot of members "having-a-go" and picking up a point or two for each swim. Well done. But wait there's more

Last weekend was the annual Branch Awards day at which Pauline and I attended (and two other Mannas were there too). Two of the annual shields are awarded to the top scoring country club in the Aerobic Trophy competition and the State Swim and - surprise, surprise, Mandurah won both and I had the privilege of accepting on behalf of the Club. The replica trophies are in now the cabinet in our "shed" for you all to share. There was no State Championships this year so the results were compiled from swims WA swimmers swam at the Nationals. Resulting from that, age group aggregate gold medals went to: Jazmyn Tobin, Ryan Spencer and Haydn Brimson. Silvers to: Sue Johnston and John Cahill and dear ol' Rod Baker was awarded a bronze (a colour he is unaccustomed to receive). [It had something to do with the number of swims you entered]. Also presented were certificates and goodies for age group winners in the Open Water series and our only success was with Jazmyn – not bad for someone who has only recently tried OWS.

Highlight of the morning was that Ryan Spencer was named as male Swimmer of the Meet. Ryan was there to receive his award. Well done Ryan – we're proud of you.

Back to training. This time we're targeting the Bunbury "Have a Go Swim Meet" on 24th July. This event will be run by the Branch in order to generate renewed interest in the Bunbury Club and surrounding areas so a coaching clinic will be held leading up to the event too. Next year, the State Swim will be held there. The few Bunbury Club members of recent years have always supported our events so it would be nice to see a sizeable Mandurah presence at theirs.

Numbers at training have dropped as they do this time each year but we still have about 20 or so keen souls braving the elements each Tues/Thurs nights which demonstrates a keen interest in keeping fit – after all, that's why we do it isn't it?

Until next month –

Cheers,
Ivan

Editors Comment

I am sure all Mannas swimmers will join me in sending a "cheerio" and best wishes to Betty Payer and Pat Greysmith. Both ladies have suffered some setbacks in recent weeks, but my roving reporter tells me that with typical determination both ladies are working hard to regain their fitness. I think these ladies should be an inspiration to all of us. We look forward to seeing both Betty and Pat's smiling faces in the not too distant future.

Regards Gerry.

Recorder's Report

There was great excitement at our BACC event held on 19th June, when Captain Ken accepted the winner's trophy on the day with Mandurah earning the most points of 258. The best of the 12 clubs competing.

Our 29 members who competed did a fantastic job, also a huge thankyou to our new non-swimming members and member's partners who volunteered on the day making the meet the success it was. We now have a grand total of 70 financial members which is the most we've ever had.

Sunday mornings we set aside for members to participate in the Aerobic Trophy award scheme, but we also welcome those who want to come along to do some extra training.

July birthdays are: Brad Wardrope on the 7th, Jeannette Rein the 8th, Elizabeth Marland the 10th, Kate Gillespie the 15th, Jenny Hurley the 22nd, Deric Golembka the 23rd, Barb Pellick the 24th, Karen Boyce the 25th and Pauline Wingate on the 30th. Happy Birthday to you all.

SWIM SHOP

Club chlorine resistant bathers are available.

Men's @ \$30 and Women's @ \$42.

Club silicone caps are \$10 each.

Ordered Club shirts will be available this week.

Cheers,

Pauline

Bunbury Open Swim

Didn't we all do well at our BACC last month? Well here's another swim meet this time at Bunbury in their 50m indoor pool on Sunday 24th July. The entries sheet is in the shed and you must have your choices in by 7:30pm Tuesday 12th July which is rather early but we have to have them lodge by Friday 15th. There is a \$10 entry fee.

The events are:-

Event 1	50m Backstroke	Event 5	100m Backstroke
Event 2	50m Butterfly	Event 6	100m Freestyle
Event 3	50m Breaststroke	Event 7	100m Breaststroke
Event 4	50m Freestyle	Event 8	200m Freestyle

You can enter at the Shed or email to mhmannas@hotmail.com

As this is an Open swim meet non Masters Swimming members can enter too. So if you know people who swim and might be interested invite them to enter.

...And There's More

The Golden Groper State Relay Carnival

At Challenge Stadium Sunday 14th August. It will be swum over a short course and the events are:-

1. 4x50m Freestyle Mixed
2. 4x50m Medley Men
3. 4x50m Medley Women
4. 4x25m Freestyle Mixed
5. 4x25m Freestyle Men
6. 4x25m Freestyle Women
7. 4x25m Medley Mixed
8. 4x25m Medley Men
9. 4x25m Medley Women
10. 4x100m Freestyle Mixed
(if time permits and not for points)

Entry Sheet is in the Shed or email your interest to mhmannas@hotmail.com.

Entries close 7:30 pm Thursday 28th July. There is a \$10 entry fee.

We had a great time at this event in the past two years. If you want to arrange your own team just let Haydn or Ken know otherwise everyone will be slotted into a relay or 4.

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim.

Please wear a swimming cap to make you visible to other water users and swim with a buddy.

Sundays

9:00 -10:30 am at the pool

July

3	10	17	24	31
Aerobics	Aerobic Long Swims	Aerobics	Bunbury BACC	Aerobics, Morning Tea

July 10 will be a morning for 1/2 hour, one hour and 1500m swims. Never done one of these. Challenge yourself!

Coming Events

Bunbury Open Meet

24th July

Golden Groper State Relays

Sunday 14th August, Challenge Stadium

Mildura Masters Games, Mildura Vic. 20-28th August

Stadium Snappers BACC

Sunday 11th September

XIII Australian Masters Games, Adelaide 7-16th October, 2011

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Fremantle BACC

Sunday 23rd October

Narrogin Open

Saturday 3rd December (make it a swimming social weekend)

2012

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

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

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

OUR NEXT SOCIAL EVENT

“POT LUCK NIGHT”

SATURDAY 9TH JULY

AT - SUE AND KEITH GILES'S RESIDENCE

**3 CARAVEL WAY
HALLS HEAD**

6.30PM

**BRING FOOD THAT BEGINS WITH THE FIRST LETTER OF
YOUR SURNAME.**

EITHER SAVOURY OR SWEET



POT LUCK !



**PLEASE NOTE : WE HAVE LIMITED HEATING SPACE SO
PLEASE KEEP YOUR DISHES WARM.**

BYO DRINKS

SWIM FOR MS

On Saturday 30th July Brett and I will be swimming in the Swim for MS (Multiple Sclerosis) at Challenge Stadium.

This is a 12 hour event which can be done as a solo or as a relay team with a maximum of 12 people. We have opted for a team of 12. Eleven of the twelve swimmers are staff from Frederick Irwin Anglican School with different swimming abilities.

Our team name is “**Suzie and the Snappers**” – not my choice.

We are currently fundraising for the event by weekly cake stalls and selling Brett’s mandarins and oranges at the school which has been successful.

So, what is MS?

MS is the most common disease of the central nervous system and strikes young Australians in the prime of their lives.

Did you know?

- MS is a progressive disease for which there is no known cause or cure
- the average age of diagnosis is between 20 and 40 years
- Women are three times more likely to develop MS than men

The Multiple Sclerosis Society of Western Australia (MSWA) aims to minimise the impact of multiple sclerosis on all individuals affected by the disease, as well as their families, carers and the community, by offering a wide range of services, equipment and support. MSWA's goal is to assist everyone affected by MS to live life to their fullest potential and secure the care and support they need.

If you wish to sponsor our team in this event the website is www.mswaevents.org.au then select Challenge stadium – find a participant/team and follow the prompts.

Sue Johnston

THE WINNERS!!! BACC 2011



August 2011 Newsletter



Presidents Report

Hi,

Winter is finally here, and despite cold and blustery nights, we are still seeing good numbers attending our Tuesday and Wednesday training nights, keeping Ivan and myself on our toes. Thanks to Deric and Gerry for your help with lane one while Graeme is away. Quite a few members have taken flight and migrated north to warmer conditions, thawing out from the particularly cold temperatures experienced throughout July.

Thank you to the two Sue's, for organizing the Potluck night, and to the Giles Family for hosting it. It was a fun night, with a varied and delicious cuisine to choose from, and laughter with the tennis ball and matchbox competition. It was all about technique.

Congratulations to the team that travelled to Bunbury for the MSWA, "Have a Go", Open Event. Mandurah well and truly demonstrated the meaning of "Have a Go" with about 20 of our swimmers travelling south for the event. (About half of all swimmers attending) I was pleasantly surprised to be run down, overtaken, and pipped at the post in the 50m Breaststroke by Annette. Might have to move her up to lane two.

A busy couple of months coming up with the Council of Clubs meeting on the 16th Aug to share club business, a Coaching Clinic to be held on the 3rd Sept, focusing on Free and Fly, a President's meeting on the 17th Sept, and a Club Conference on the 27th of Nov.

Thank you to Ivan, Ken and Gerry for your time in attending information sessions re Shire updates on the New Swimming Pool Plans, and Club Management. Participation in gathering Information is critical, in preparing and ensuring that the club moves forward looking after the needs of its members.

We are progressing with the coordination of the 2012 OWS off Silver Sands with Applications submitted to the Shire and funding being sought. TiWest have joined us again to support the event, while we wait for a response from Alcoa. Alcoa Mining have withdrawn their support from the event, so have had to re-submit our application for Partnership, to Pinjarra Refining. Alcoa is currently offering funding through participation, with community groups, sporting groups, taking on small projects within the area. Recently, Alcoa offered us a funding opportunity to attend a family day at the McCoy Mine site. This is planned for the 11th Sep, the same day as the Stadium Snappers BACC, so will be looking for people not participating in this event, who wouldn't mind travelling to the mine, approx 50min away, to direct traffic for a few hours, as required. Please contact Gerry or myself if available.

Hats off to the English Channel Team for their determination in acclimatizing themselves with rough, and cold water. It's taken the Sat morning swim to another level, with a goal to achieve in about twelve months time. Yesterday, we had two swims in the cold water, (approx 17 Deg) to prepare the swimmers for the relay scenario, at the usual time of 0900, and then again at 1200. I don't know whether the cold water is affecting our minds, but believe it or not, we actually enjoyed it. I'm starting to think those of us that aren't in the team and still subjecting ourselves to this experience, might be more affected. Go the Seals, or is it Brass Monkey's. Personally, I prefer Seals after we saw this seal sitting on the beach watching us swim one morning, admiring our technique, I dare say.

Regards Wayne

Coach's Report

Not a lot to say this month as they say: "everything's going along swimmingly". Numbers at training have increased again (27 last Tuesday) so the realisation that consistency beats trying to claw your way back to your former fitness level after missing a few sessions, is there.

Well done to the 21 swimmers who journeyed to Bunbury for the "Have-a-Go" swim. It was certainly laid back because of the low numbers in that "HUGE" complex (wouldn't we like to have it?), but fun nonetheless. It will be different next year when it'll be the venue for the State Swim. Watch out for details.

From this week's WA Branch eAlert – "The Coaches Workshop conducted last Saturday 16th July by Claremont's Elena Nesci was a great success. Another is planned for Saturday 3rd September, this time focussing on Freestyle & Fly, with further details available soon." Let me or Wayne know if you have an interest in becoming a coach someday – this might be the opportunity for you to make a start.

Our thanks to Gerry for assisting with the coaching duties in Lane 1 during his convalescence over the past few weeks. It seems a shame that he'll be okay to go back into the water soon – who's next on the injured list we can engage to fulfil this vital role?

Until next month –
Cheers,
Ivan.

Recorder's Report

The Bunbury Have A Go Meet on the 24th July was a fun time for all our club. With only 55 competitors entered on the day, nearly half of those were from Mandurah. A big thanks to all our members who were so supportive. Let's hope that it will give Bunbury a boost to rebuild their club to its former glory.

Not much change otherwise, but encouraging to see good attendances at our training sessions regardless of the inclement weather.

August birthdays are: John Cahill on the 5th, Rod Baker and Haydn Brimson the 8th, Wayne Cable the 9th, Jazmyn Tobin the 13th, Gerry Green the 17th and Deb Bloor on the 30th. Happy Birthday to you all.

Cheers,
Pauline

Editors Comment.

In the Presidents Report, Wayne mentioned that Alcoa are offering funding opportunity's through participation with community and sporting groups.

We are currently seeking at least six volunteers to act as parking marshals at a family open day at the McCoy Mine site on the 11th September. The volunteers can be club members, partners or friends. Expected time to be on site is approx 4-5 hours.

This is a great chance to add a sizeable amount of dollars for our clubs bank account. Contact Gerry or Wayne at the pool or on; Gerry, 9581-7960 or return email. Wayne is on 9582-7954. The mine site is about 50min from Mandurah and we will arrange a car pool.

Let me know if you are available ASAP.

Regards Gerry

The Golden Groper State Relay Carnival

This short course meet is at the Challenge Stadium Sunday 14th August. We have 16 members competing in 3 or 4 relays each for a total of 14 relays. Most of the relays are 4 x 25m which will be all very quick, exhausting and finished before you know what's going on!
Entries for this meet are now closed.

Warm up commences at 8:30 am with the first relay at 9:15 am. If you would like to car pool be at the MARC car park at 7:00 am for a 7:15 departure.

Please bring your \$10 entry fee along on the day or pay to Capt. Ken beforehand. This fee includes you pool entry. Complimentary refreshments will be proved by Claremont masters at the conclusion of the meet.

Don't Miss Out!!

Entries will be called for the **Stadium Snapper BACC** soon. This meet is at Challenge Stadium on 11th September. There will be some 50m, 100m, 200m individual events and medley relays. Watch the notice board in the Shed or check it out on the Masters Swimming WA web page.

The ECS Relay Team

ECS? English Channel Swim, what else? The team of John Reyburn (currently in Europe sussing the competition and conditions?), Ray Reynolds, Deb Bloor, Alex Galbraith, Sue Giles and Ken Phillips has been acclimatising in the cold water at Doddi's every Saturday morning under the guidance of coach and mentor Barb Pellick. Last Saturday the team braved the rough waters of Doddi's beach for a one hour swim then at midday another 30 minutes swim in the estuary. For some of the team a lot more acclimatising to cold water swimming is required but most are getting accustomed to it!

It is not only this team that swims on Saturdays but other Club members too. Want to join them for a refreshing swim? See Weekend Swimming further in this newsletter.

The logistics of the channel swim venture are progressing with ominous speed. The deposit has been paid for a pilot boat and accommodation has been booked at Varne Ridge Holiday Park. The swim will be attempted between 1st - 8th July 2012 when the water temperature will be a refreshing 15 degrees.

Along with coaching from Barb, the pilot boat captain and the Varne Ridge proprietors have all offered lots of advice including a comment that there were two relay teams in Dover at the time (third week of July) waiting for the bad weather to pass so they can make their attempt.

Property Officer

For anyone still requiring club T shirts, Glenda will be putting another order form on the notice board. Any enquires contact Glenda on 9581-2833

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim then coffee at the Dome across the road.

Please wear a swimming cap to make you visible to other water users and swim with a buddy.

Sundays

9:00 -10:30 am at the pool

August

7	14	21	28
Aerobics	State Relay Carnival Challenge Stadium; Aerobics	Aerobic Long Swims	Aerobics, Morning Tea

August 21st will be a morning for 1/2 hour, one hour and 1500m swims. Never done one of these before? Challenge yourself! You versus the clock.

Please note that there will be limited pool space Sunday August 28th as one of the swim clubs will be holding a big carnival.

Coming Events

Golden Groper State Relays

Sunday 14th August, Challenge Stadium

Mildura Masters Games, Mildura Vic. 20-28th August

Stadium Snappers BACC

Sunday 11th September Entries in the shed soon!!

XIII Australian Masters Games, Adelaide 7-16th October, 2011

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Fremantle BACC

Sunday 23rd October

Narrogin Open

Saturday 3rd December (make it a swimming social weekend)

2012

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

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

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

2013

Masters National Swimming Championships, Sydney, NSW

2014

FINA World Masters Championships, Montreal, Canada

Des Seery in France

I was in a village a couple of hours drive out of Avignon, France. I can't remember its name, but it was a picture-postcard setting. It was market day and the main street, and a many little ones that fed off it, was full of barrows of all sizes selling all sorts of things, mostly locally-made cheeses, breads and pastries (the aromas), olive oils, soaps, jewellery, colourful earthenware kitchenware, clothing and the like. You probably know what it's like. The day was sunny and warm and the place was thick with people – a pickpocket's heaven – and the number of tourists that abounded would have made their agile little hands itchy with the prospect of rich pickings, especially from American tourists.

For some time I had been looking for a photo jacket, which is a light-weight jacket with lots of pockets to house extra camera lenses, filters, cleaning cloths and, because some still use film, spare film. And I found it. Just what I wanted and going for only €15 – a bargain! So I bought it, stuffed it in my backpack and continued on my way judiciously avoiding light fingers for the rest of the day.

That night, I examined the label with the care instructions clearly laid out in English, or rather, a sort of English. I think. A facsimile of, perhaps. I give below the care instructions and would welcome any advice as to what the hell they mean.

You can hydograph machinery washing in 40

You can't using bleach and launder power of in dusion bleach

You can wield micro therm Smoothing in 110

You can fumifator it dry in wield microtherm Scrolling

Needless to say, I got a headache reading it then and I have another one now. And poor old Microsoft Word has a headache too! How does it do a spelling and grammar check that!

I think the Chinese still have way to go before they take over the world.

Regards Des.

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

September 2011 Newsletter



PRESIDENTS REPORT

Hi,

We had a lot of fun at the State Relay Event held at Challenge Stadium, hosted by Claremont. The event was again well run on the day, with all participating clubs, I'm sure, not only enjoying the atmosphere, but the friendly competition.

Pauline and I attended the Council of Clubs meeting in Perth to be brought up to speed with National, State and Club business... Business from the meeting included positions vacant, OWS Official, Education/ Training Official and Finance Executive. A Coaching course, Intro and Club Coach, is planned for 29/30 Oct. So anyone interested in training as a Masters Swimming Coach, let Ivan, Graeme or myself know, so we can hopefully point you in the right direction. There is also an opportunity for funding through MSWA, for club equipment, projects, special needs. Money left over from the World's Event held in Perth in 2008. Any ideas, please forward to the committee. We have new Clubs joining Masters Swimming throughout the Metropolitan area, and are being helped by the State Branch to find their feet and get established.

I attended a Coaching clinic on Butterfly and Freestyle at Challenge on the 3rd September, and brought home plenty of new drills to share with Ivan to build into our Tues / Thurs night training. Should be fun.

Our OWS organization is pretty well on target, with Alcoa and Tiwest partnering us in the event. Still working on other funding opportunities, including Healthway, to help set up our first ocean swim. We had our first Sub Committee meeting last week to review the organization timeline, and event plan.

Good luck to the swimmers heading off to Perth on the 11th September for the Stadium Snapper BACC, and to the Guys and Gals heading off on the same day to Alcoa's McCoy mine to try their hand in controlling traffic at an open day, for more fund raising.

The water temperature down at Doddi's is warming up for our Saturday morning swims, with the temperature hitting 17 degrees last week. Almost tepid. Everyone is thoroughly enjoying the swims, with all the benefits of cold water swimming, particularly the nice warm coffee and toast after, at the Dome. We were swimming with a pod of Dolphins the other week and didn't even know it. I think one took a fancy to Ken, but he gave it a cold shoulder.

All the Best

Wayne

Coach's Report

It is well understood that as working adults, many of you are under time pressures to get to the pool by 5:50pm and for some it can't be done, so we are very happy to accommodate the "better late than never" members. However, most of you can make it on-time if you really want to – of course there are exceptions from time to time, but let's put some discipline into your time management as part of your training session for the night. **AND DON'T FORGET TO SIGN THE ATTENDANCE REGISTER.**

That off my chest, I'm pleased to report that good numbers have attended each night throughout the winter – probably the best we've ever had. I trust that your fitness levels have benefitted from such discipline. Sadly however, we have difficult times ahead as the "lapper pool" closes for maintenance from Monday 19th September through to 16th October. We will be allocated lanes in the "inside pool" (which will be cooled a little for training) but we have to share some times with the two other swimming clubs. Not ideal, but we've managed in the past and will again.

On the four Sundays however, we can go and do our "aerobics" in the beautiful waters of the 50m pool at Aqua Jetty, Warnbro. It will now be open 7am to 7pm on all Sundays leading into summer.

With a few more Swim Meets coming up and because of the compromises we'll have to make in the indoor pool, sessions will be mostly focussed on the "short stuff" but when we get back into the refurbished lapper pool, we'll start working on longer freestyle sets in preparation for the Open Water season.

Until next month –

Cheers,
Ivan

RECORDERS REPORT

Sixteen of our club members participated in the Golden Groper State Relay Carnival on the 14th August. We succeeded in coming 8th on the day and it left all of us feeling quite weary by the end of the meet.

Our training is well in progress for our next BACC on the 11th September at the Challenge Stadium hosted by the Stadium Snappers.

All new members wishing to join our club will be encouraged to join on-line for 16 months which commences from the 1st September 2011 through to the 31st December 2012. The registration fee is \$100.

As our lapper pool will be closed for a month from the 19th September, we will go to the Warnbro Aqua Jetty for those four Sundays to do the Aerobic swims in the 50m pool.

September birthdays are: Susan Johnston on the 2nd, Melanie Eager the 6th, Debbie Brown the 7th, Ray Reynolds the 16th and Ivan Wingate on the 18th. Happy Birthday to all of you.

Cheers,

Pauline

Editors Note

Inaugural Life Members Meeting

In another first for our club, the inaugural meeting of all life members (all two of them, (Graeme and Gerry) was held at a local eatery last week. In between munching on a meal and sampling a brew, the diligent pair discussed a number of constructive ways they could be of help to and benefit our club in their role as life members. At the end of the meeting a resolution was passed, (unanimously), that all resolutions passed at this meeting should be should be re-viewed in a sober frame of mind at another time.

Stadium Snapper BACC. This meet is at Challenge Stadium on 11th September and entries are now closed. We have a team of 12 participating which is a good turn out as this event clashes with the open day at Alcoa where some of our members have volunteered to assist with parking allocation. The meet includes some 50m, 100m, 200m individual events and medley relays.

Open Water Swim Calendars

These calendars are now available in the Shed if you haven't already got one.

Swimming WA is beginning the season with a swim at Rockingham on Sunday 30th October with a choice of 1.25, 2.5, 5 or 10 km swims. This is followed by the popular Maida Vale Masters Lake Leschenaultia 1600m swim on Sunday 6th November.

Pool Closure

The Lappers Pool will be undergoing renovation from the 19th September to the 16th of October. Alternative space will be allocated in the inside pool during this period. Rockingham Masters have invited us to join them on Sunday morning for aerobic swims. More on this will be discussed prior to training at the Shed.

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim then coffee at the Dome across the road.

Please wear a swimming cap to make you visible to other water users and swim with a buddy.

Sundays in September 9:00 -10:30 am at the pool

4	11	18	25
Aerobics	Stadium Snappers BACC	Aerobic	Aerobics, Morning Tea

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

Coming Events

Golden Groper State Relays

Sunday 14th August, Challenge Stadium

Mildura Masters Games, Mildura Vic. 20-28th August

Stadium Snappers BACC

Sunday 11th September Entries in the shed soon!!

XIII Australian Masters Games, Adelaide 7-16th October, 2011

<http://www.australianmastersgames.com/>

Fremantle BACC

Sunday 23rd October

Narrogin Open

Saturday 3rd December (make it a swimming social weekend)

2012

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

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

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

2013

Masters National Swimming Championships, Sydney, NSW

2014

FINA World Masters Championships, Montreal, Canada

New Ocean Swim:

an early reminder to all club members that we will be replacing next year's Cambria Island Swim with an open water event to be held in the ocean adjacent to the Henson St reserve at Silver Sands.

The swim will be a choice of 1500 or 3000 metres. The swim will start between the Henson and Aileen St groynes and traverse a rectangular course toward the Seashells resort and return to the start line. 1500m competitors will complete one lap of the course, an extra lap for the 3000m competitors.

We will be asking for every ones support to make the day a success. Apart from providing the necessary course officials to run the swim, we will be running a sausage sizzle and need volunteers to cook snaggers, butter buns and control the hand out of the goodies. We would also like to see as many Mandurah Mannas swimmers as possible in the water to complete the course. The swim will be held on Sunday 19 Feb 2012.

Regards Gerry

LET'S GO SPANISH!

WITH DINNER AT

THE TAP BAR

**8 OLD COAST ROAD
SHOPPING PLAZA
HALLS HEAD**

TUESDAY 20TH SEPTEMBER

AFTER TRAINING 7.30PM

SAMPLE VARIOUS TAPAS

“SPANISH APPERTISERS

OR HAVE THE CHEF'S SPECIAL OF THE DAY

DESSERTS AND CHEESES ALSO AVAILABLE

FULLY LICENSED – NO BYO

THE MENU IS POSTED IN THE SHED

PLEASE PUT YOUR NAME ON LIST BY THURSDAY 15TH SEPT.

October 2011 Newsletter



Presidents Report

Hi,

September has been an interesting month, with again plenty happening in the pool, around the pool, and in the ocean.

Congratulations to all those people who travelled up to Challenge Stadium for the Stadium Snappers BACC swim, a good result with participation from all levels of ability, and club placing in the competition.

I would like to thank the people who took time out, and travelled up to the Alcoa Mine on the 11th Sept and directed traffic for an open day on a fund raising exercise for the Club. The Company paid the Club \$1000 for the effort. A thankyou letter will be sent to the Alcoa Communications Officer on behalf of the Club.

We have also been successful with a Healthway grant, (\$800), to promote training, safety initiatives and wellbeing within the Club.

I attended a Club Presidents meeting in Perth held on the 17th of Sept. We listened to an interesting presentation by a guest speaker from Volunteering WA and Dept of Sport & Recreation. Talking on the part Volunteers play in the community, e.g., clubs, emergency services, care, just to name a few. In summary the message was to encourage people to take part, get involved in Club management, Club development.

Discussion on Special Projects and funding from MSWA being available to Clubs to develop these projects, ideas, for the benefit of members.

New initiatives from the various clubs were shared, with Mandurah being asked at the start of the discussion, why the shift from our Canal Swim to an Ocean event. Despite concerns we had, all the good reasons why to try something new, people still say how they enjoyed the Canal event.

Have been looking at a Pace Clocks for the Club, with Ivan doing the research and costing.

Application to be placed with MSWA for special funding to purchase the Kiefer Clock from the Swim Shop in the UK. Will be a little better having a large clock, approx-800mm dia at the end of the pool, rather than trying to see the one up on the wall.

Please take five and make sure that your personal details, contacts etc, are up to date for the club records. If any changes need to be made, please contact Pauline, as the New Clubs on Line roles out on the 1st December.

The 2012 OWS timeline is on track with all the applications having been submitted, and approved.

We are now into the hard part, actually organizing the event, on the ocean and on the land. We now have a Sub Committee to work on this event, our first in the Ocean, to make it a success. May be looking for some non swimming helpers for the day.

Please check out the following Masters Swimming websites – National, State and Club.

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

<http://www.mswa.asn.au/>

<http://mhmannas.tripod.com/>

Regards Wayne

Coach's Report

Congratulations to all those brave souls who have endured the “hot water” sessions at the MARC. Numbers at training have continued on in the high teens. Our first night however began with some difficulty in that we were allocated just “two” (2) lanes and we had “twenty two” (22) swimmers – then to make matters worse, Peel Aquatic had five lanes and NO swimmers, except for a couple of kids mucking’ around, which wasn’t a good look so I reported my displeasure to the pool staff. Dear Wendy jumped to our plight and negotiated a third lane for us from Peel so we managed to get in a good workout after all.

As reported last newsletter, we’ve kept the sessions to mostly 25m and 50m repeats so no swimmers’ pressure valves have blown off steam yet – a few red faces though. The refurbished lapper pool is looking good with its new coat of paint and the “shut” seems to be ahead of schedule but don’t expect to be in there until the 18th as previously advised. The other difficulty we’ve had to face is the upgrade of the change rooms, so the guys have had to shower and change in the temporary facilities outdoors. A bit chilly the first couple of nights, but it hasn’t been too bad though.

We’ve also taken the opportunity whilst in the indoor pool to focus on more drills for you to improve your technique. Remember, we don’t continue to give you drills ‘coz that’s what it says in the coaches’ manual, they’re there for you to learn and practise better skills. However, the amount we are only able to give you in two sessions a week is not enough to show a lot of improvement so it is vital that you make time for additional sessions to swim on your own and practise these drills as often as you can. Always remember: “if you are not able to be a good swimmer, at least try and look like a good swimmer” – that’s all I seem to be doing at present.

Until next month –

Cheers,

Ivan

Recorder's Report

Our membership has now reached the grand total of 78 which is truly amazing. We welcome all of our new recruits and hope that they enjoy being part of our healthy Club.

Our next BACC is at Fremantle on the 23rd October in their outdoor 50m pool and is usually an enjoyable meet.

We are continuing our aerobic sessions each Sunday at Aqua Jetty at Warnbro in their 50m pool at 9:00am which has been very pleasant except for a couple of showers of rain last week.

October birthdays are: David Vittiglia on the 1st, Matthew Loney the 4th, Sue Thomas the 6th, Pat Greysmith who will be 94 years old this time on the 10th, Paul Taylor the 17th, Wendy Kennedy the 18th and Christine Shaw on the 26th. Happy Birthday to you all.

Cheers,

Pauline

Fremantle BACC

Entries close for this meet on Thursday 13th October. This meet is held in a heated open air 50 metre pool with a promise of no rain – but sometimes they lie!

The programme is:-

Event 1a	200 metres Freestyle	}	Please choose only one of these events
Event 1b	200 metres Backstroke		
Event 1c	200 metres Breaststroke		
Event 2	50 metres Freestyle		
Event 3	50 metres Backstroke		
Event 4	50 metres Butterfly		
Event 5	50 metres Breaststroke		
Event 6	4 x 50 metres Mixed Freestyle Relay		
Event 7	4 x 50 metres Mixed Medley Relay		

Narrogin

Narrogin Masters will be holding a meet open to all WA clubs on Saturday 3rd December. Many members had a good time at this meet last year, staying overnight and returning on Sunday morning. Although we haven't yet got the details of the meet later this month a list will be on the notice board in the Shed for expressions of interest in a block booking for accommodation.

Open Water Swims

The OWS season is nearly upon us. If you haven't yet got a calendar of events they are available in the Shed and can be viewed on the Masters Swimming WA web page

<http://www.mswa.asn.au/>

The first event for the season is at Rockingham on 30th October followed by the ever popular Lake Leschenaultia Swim on 6th November. Ten of our members have formed two relay teams for the Geo Bay Swim, Dunsborough to Busselton, a distance of 20 km.

The Need for Officials.

(Reproduced from Masters Swimming September e-News)

Have you ever broken a record at a Masters swim meet? Maybe records aren't the primary focus for your swimming. Either way, a little bit of background might be interesting.

For each swim meet, the Recorder produces a list of the records which have been broken at that meet. That list has to be signed by the Meet Referee to confirm that the meet was run according to the rules which includes such things as the number of officials, were correct swimsuits worn and correct procedures followed in running the meet. The Meet Referee relies on the officials working at the meet to implement the correct procedures and to detect any infractions of the rules by swimmers. Having the appropriate officials at the meet is therefore a key requirement for records to be set. Without them, the meet is effectively reduced to a time trial.

That preamble only serves to illustrate some additional aspects that you may not have thought about in relation to officials but my real message is that Masters Swimming is facing a shortage of officials and that we need to act now to address the problem. Despite what some people seem to think, officials are human and they can't go on forever so we sorely need more candidates to volunteer to become officials to maintain and even increase their numbers. In common with the State Swimming Associations, the average age of officials is increasing so, even in States where the current number of officials generally seems to be adequate, we are facing an impending crisis at some stage in the not too distant future.

It takes considerable elapsed time to become an official. The training courses to become an official in total only add up to a few days but the accreditation takes the bulk of the elapsed time. Analysing the technical aspects of all parts of a swimmers race is a skill which takes time to hone sufficiently so that an official in training can recognise an infringement of the rules quickly, confidently and accurately. Accreditation requires practical assessment of those skills over multiple meets and for all strokes.

The time required for accreditation means that we can't just train up new officials when we hit the time of critical shortage. We need candidates to start training well in advance of when they might be needed and the best time to start is now.

Some States run only a limited number of meets which limits the opportunity for practice and practical assessment and thus extends the elapsed time required to get accredited. State Swimming Association officials can be accredited as Masters Referees so training with a State Association can reduce the total time required to gain accreditation.

Some of our officials no longer swim and some never have but it is great that they support those who do compete by officiating. Others do compete, either by managing their programs at the longer meets or choosing to swim at some meets and officiate at other. Choosing to become an official doesn't mean the end of your swimming career. Why don't you consider helping to share the load?

Weekend Swimming

Saturdays

9:00 am Doddi's Beach for an ocean swim then coffee at the Dome across the road.
Please wear a swimming cap to make you visible to other water users and swim with a buddy.

Sundays in October 9:00 -10:30 am
Sunday 9 and 16 October at Aqua Jetty, then at MARC

2	9	16	23	30
Aerobics	Aerobics	Aerobic Long Swims	Fremantle BACC	Aerobics, Morning Tea

Coming Events

Fremantle BACC
Sunday 23rd October

Narrogin Open
Saturday 3rd December (make it a swimming social weekend)

2012
Masters National Swimming Championships, 14-17th April, Marion, SA
FINA World Masters Championships, Riccione, Italy. 3-17th June
Alice Springs Masters Games, Alice Springs, NT, 13-20 October

2013
Masters National Swimming Championships, Sydney, NSW

2014
FINA World Masters Championships, Montreal, Canada

Property Officer Reports.

Now is a good time to stock up on an extra set of bathers. We still have 7 ladies and 7 men's club bathers to sell and there will be no more orders placed for bathers until the current stock is sold. Men's bathers are \$30 and the ladies are \$42 also anyone wanting club T-shirts there is a list on the board in the club room. Any queries on the above contact Glenda on 9581 2833

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

November 2011 Newsletter



PRESIDENTS REPORT

Hi,

Throughout October we had a variety of events with the Fremantle BACC, and the first of the Open Water Season swims, the Swimming WA Series #1 at Rockingham. We had good Club participation in the Fremantle event with swimmers putting all the hard work from our training nights to the test over the huge 50m outdoor pool. I don't think I was on my own looking for that elusive 25m wall to turn and kick off. Although there was no mention of the Tragic loss of Freo's Bryn Martin at Cottesloe beach, I'm sure the thought was there. Masters WA have passed on condolences and sympathy to the Club, and to Bryn's Family.

The Rockingham OWS event started off a little rocky, with poor set up timing, but turned out to be a great swim, and challenge for our swimmers, with some taking on their longest distance in the Open Water. Congratulations to all those hard workers, on your new experience, whether in the comforts of a swimming pool, or out there in the wilds of the ocean.

We have had some lengthy discussion around the Committee table regarding Aerobic swim times. It was moved and passed after considering input from members, that Aerobic swims be held on a Wednesday or a Sunday morning, with a Club member as a timekeeper. Wednesday mornings will require swimmers to book lanes through the Aquatic Centre.

A reminder for those of us who actually travel out of the State, to keep in mind :-

2012 FINA WORLD MASTERS

As advised last week on our website this event is being held from 3-17 June in Riccione, Italy. Masters Swimming Australia's preferred travel agent IST has developed packages for Masters members and they can be found via www.mastersswimming.org.au

&

2012 MASTERS NATIONAL CHAMPIONSHIPS

I have received additional promotional brochures for anyone interested plus an accommodation option brochure. Contact Wendy Holtom, MSWA, wendy@mswa.asn.au

Good luck to the swimmers, (Saturday Seals), heading south for the Geo Bay Swim from Dunsborough to Busselton. 13th Nov . (20Km) Should be a good swim with two teams participating, one made up from the 2012 English Channel Team, the other from Saturday morning swimmers. It's a pity Ken can't make the event to swim in the Channel Team, and will be replaced by Sue Johnson. After trying to keep up with Rod Baker, along with a couple of other swimmers out in the ocean this morning with rain and rough conditions, I think the group are up to the task .

Regards Wayne

Nobody in our club would be surprised to learn that club stalwarts Ivan and Pauline Wingate have excelled in gaining a gold award again. The talented duo recently reached another milestone in celebrating their Golden Wedding Anniversary. Congratulations Ivan and Pauline and many thanks for all you have done for our club.

Coach's Report

As promised, we've given you lots more freestyle in recent weeks, leading up to the Open Water season. As a result, many of the sessions have covered 3,000m and a touch more in some cases. However, we have also managed to kick off each session with plenty of drills for you to think about whilst 'grinding' away in the longer freestyle sets. One problem though, it is disappointing to us on pool deck when we see good technique in the drills, then some swimmers drop right back into their bad old habits for the Main Set. This is the most important time for you to practise your stinkin' thinkin' and replace bad with good habits.

We will continue to include drills and other strokes as they're very important for your overall muscle definition and fitness development. If we did just freestyle sets each time, you would soon develop a muscle imbalance which in turn can cause joint injuries – ask any serious “lapper swimmer” (not one of ours of course) who comes down regularly and grinds away at bad freestyle technique. To give you further food for thought, I frequently put on the notice board, articles about technique, mostly taken from the “Swim Smooth” people's newsletter. I commend you their website <http://www.swimsmooth.com> for further great free advice and links to excellent video clips. I would also hope that some of you then go on and purchase some of the great products they offer. Let's know what you think of them.

Last Sunday morning, there was some confusion about our lane allocations. Peel Aquatics now have three lanes of the lapper pool up until 10:00am. The problem was that they were using the lanes allocated to us, so that should be corrected next week. They have lanes 1, 2 & 3 and we have 4, 5 & 6 from 9:00am up until 10:00 then we also have lane 3 up until 11:00am. The confusion probably is that we call lane 6 #1, 5 #2 and son on (the reverse of the lane numbering you'll see on the blocks at the other end). Our “lane one-ers” actually swim in lane 6 – the top lane – as they should.

Until next month –

Cheers,

Ivan

Recorder's Report

Thirteen of our members travelled to Fremantle on Sunday the 23rd of October and tied for 5th place with Claremont out of the 13 Clubs that participated gaining 108 points. As there were 170 swimmers who competed we ran out of time for the final event to be run which was the mixed medley relay, but we all enjoyed the outdoor contest.

All members who are involved in the Aerobics program are now completing their 400 and 800 swims before the end of 2011 and some who have, are now gaining extra points in doing the longer 1500m and half hour etc swims. I have been putting up on the notice board a running sheet each week, showing the progressive total distances each swimmer has completed. This has raised a few eyebrows and enthused others to get in and do a bit more.

November birthdays are: Jim McQuade on the 3rd, Brett Johnston on the 10th, Robert Rankine the 15th, Glenda Hurtado the 18th, Jeff Rimmer the 20th, Bev Webber and Kirk Bamford the 22nd, Sue Giles the 23rd and Robert Skiffington on the 30th. Happy Birthday to you all.

Cheers,

Pauline

Two Teams to tackle the Geo Bay Swim

Some of the Saturday morning swimmers are making two teams to compete in the Geo Bay Swim to be held on November 13. One is the "Mandurah Mannas EC" comprising Ray Reynolds, Alex Galbraith, Deb Bloor, John Reyburn (if fit) and Sue Giles being five of the six who will be swimming a relay across the English Channel next year. The second team, "Mandurah Ocean Swimmers" is Barb Pellick, Peter King, Haydn Brimson, Rod Baker and Wayne Cable. Wayne and Alex's sons will be paddlers to accompany the swimmers. The swim starts at the Quindalup Boat Ramp near Dunsborough and finishes 18.9 km later at the Busselton Jetty. For relay swimmers there are five legs in all with beach change-over points. The legs are 3.7 km, 4.6 km, 2.3 km, 4.2 km and 4.1 km. Apparently there is much infighting in the teams for the third leg! Hopefully they'll all reconcile over a night out in Busselton after the swim.

Good luck to all the swimmers whom we're sure will survive the cold water and stingers!

Hosting Swims in 2012

Masters Swimming WA recently held a meeting of all club captains to draw up the pool swim calendar for 2012. Mandurah agreed to host two swim events for next year. These will be a Be Active Club Challenge in June as we have done for many years and a 1500m swim in October. We invite other Masters clubs to attend and we generally have about 150 entrants for the BACC which makes for a busy day in the pool and providing lunch for everyone afterwards. The second event, the 1500m, generally attracts about 25 swimmers, some of whom want to have a crack at a record over the distance in a stroke of their choice in a short course pool.

Narrogin

Narrogin Masters will be holding a meet open to all WA clubs on Saturday 3rd December. Many members had a good time at this meet last year, staying overnight and returning on Sunday morning. Although details of the meet aren't available yet a list will be on the notice board in the Shed shortly calling for expressions of interest in a block booking for accommodation. It is expected that Narrogin will be hosting a social evening Saturday night after the swim.

Open Water Swim

The first OWS for the 2011/12 season was held on Sunday 30th at Rockingham. It was a Swimming WA event with distances of 1250m, 2500m, 5000m, and 10,000m. Barb Pellick swam the 1250m to test her shoulder which past with distinction. Deb Bloor, Alex Galbraith and Ken Phillips entered the 2500m, Wayne Cable the 5000m. Ray Reynolds intended to enter the 5000m but found himself in the 10000m event. He made a tactful withdrawal at the 5000m finish but the 10000m results show him with very fast time! Unfortunately Ann Marie Kerr had to leave for work before the swim began as it was nearly one and a half hours late in getting started.

Congratulations go to Barb, Deb and Wayne who won medals for their efforts.

Popular OWS

A very popular swim is the Fremantle Masters Club's Fremantle Ports Swim Thru to be held at South Beach, South Fremantle on Saturday 10th December. There are two events: a 400m novice swim and a 1600m swim. This is a good introduction event if you are new to open water swimming and want to have a go.

Before that, on November 20th Meville Masters are holding the Hella BBB River Swim at Bicton. This swim, on occasions, has had a strong current and maybe not be suitable for beginners to OWS but can be a good challenge to those with more experience..

2012 MASTERS NATIONAL CHAMPIONSHIPS

Wendy Holtom at Masters Swimming WA has promotional brochures for anyone interested in the 2012 National Championships plus an accommodation option brochure. If any members want these email Wendy and she will post out.

Wendy's email is: info@mswa.asn.au

The National Championships will be held at Marmion Aquatic, South Australia, from 14-17 April 2012.

Computer Workshop.

We need a couple of volunteers to attend a workshop on using the "Team Manager" software used to record our BACC swim. (once a year). Two of our members have been doing this job for a number of years and are looking for a break. The workshop will be held at Challenge Stadium on 26th November. The programme is not unduly complicated and would suit anyone familiar with using a computer. If you are interested but would like more details contact me by return mail, on 9581-7960 or at the pool.

Regards Gerry

Property Officer Report

We have two club shirts available at the moment, they were ordered for people that don't require them any more so we need to sell them , an XL short sleeve Men's with the old logo on it for \$30 and a Large short sleeve Ladies with the new logo for \$40.70. Contact me on 9581 2833

Thanks Glenda.

Weekend Swimming

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

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

November Sundays in the Pool

6	13	20	27
Aerobics	Aerobics	Aerobic Long Swims	Aerobics, Morning Tea

December Sundays in the Pool

3	4	11	18	25
Narrogin BACC	Aerobics	Aerobic Long Swims	Aerobics Morning Tea	No Session

Coming Events

Checkout the [Open Water Swim Calendar](#) – events too numerous to list here

Narrogin Open

Saturday 3rd December (make it a swimming social weekend)

2012

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

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

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

2013

Masters National Swimming Championships, Sydney, NSW

2014

FINA World Masters Championships, Montreal, Canada

OUR BIKE RIDE

On Sunday 30th October after aerobics, 15 club members participated in the social bike ride from the aquatic centre to Miami Bakehouse in Falcon.

Before we departed Ivan delivered the rules/instructions for the ride. Ivan was our leader for the day and Pauline travelled at the rear of the pack to keep us all in line.

We set off in a northerly direction to the lights at Pinjarra and the Bypass roads, which made me wonder whether we were going to the Miami Bakehouse in Melville instead. Fortunately we then proceeded south down the Bypass road. At the Leslie street lights we were joined by Rosemary who was still working out her gears.

After riding under the Estuary bridge we had our first official stop under some shady trees. At this point we had our only “mishap” for the day – Karen's chain came off by simply riding up the kerb! Thanks to Kirk she was soon back on the road again.

We followed the paths to and around Mandurah Quays, the long way of course, then along the estuary to Falcon. A couple of kms short of the bakery we were joined by Terry who looked a lot fresher than us.

When we arrived at the bakery we were greeted by Graeme and Claude who wondered why it took us soooooo long. By this stage we were ravenous! Most of us dined on pies (of course) and coffee except Rosemary who thought she deserved something better after all her exercise – a HUGE creamy sundae. Totally healthy I'm sure!

After lunch and a well deserved rest it was time to head back. Ivan's pace at the front had not slowed, I'm sure the coffee had given more energy.

It was a great day out. In total we rode approximately 30kms. A big thank you to Ivan and Pauline for their direction on the day.

If you were unable to join us on this ride I am sure we will ride again in the cooler months next year.



Sue Johnston.

The Time I Met Me Neighbours

Des Seery

The time I met me neighbours, a time I well remember,
'twas a dark and stormy night –the worst for that September.
Though the day had started out all right and all seemed fair enough
by the even' tide things had changed and had got a little rough.

I'd spent the whole day in the yard, I'd dug and pruned and lopped.
I'd worked real hard, me joints all ached, I'd worked till I'd near dropped.
And I'm sitting at the table thinking of the progress that I'd made,
eating pasta hot right from the pot and sipping a lemonade.

Relaxin', takin' it easy, exchanging pleasantries with me wife.
Thinking to me-self that, all-in-all, we're havin' a pretty good life.
When all at once the wind grew strong and then it really gusted -
there was this blast of wind, a mighty 'crack', and I thought, "the fence's busted".

Did I tell you that we were baby-sittin' a precious little packet?
A little quadrapedal fiend who dug and made a racket.
My eldest daughter's beagle, Jake, a dog more like a mole
cos every mornin' when I awoke there'd be another hole!

He was a miner, gopher, four-legged Satan, diggin' to Hell I'm cert.
All he wanted to do in life was chew and dig the dirt.
He ate most of my retic, to fix cost heaps of money!
Everybody thought it kinda cute but I found it less than funny.

Well, anyway, there was this little hole that had been there in the fence
where Jake and the next door neighbours' dog rubbed noses – it got intense.
No doubt they'd sniff and bill and coo, and whisper, "I love you",
and think all the things dogs in love are naturally bound to do.

But I've wandered off, at the rate I'm goin' me story won't be told.
Did I say the wind was howlin' and the night was getting' cold?
The rain was really beatin' down and things was getting' soggy
when there it was, at my back door, the next door neighbours' doggy!

"Well, bugger me drunk and ding, dong dell.
There's the next door's dog with the Beagle from Hell!"

"The fence is gone", I sez to me wife, "It was always on the cards.
I'll have to tell the neighbours or they'll have no bloody yard.
If that's their dog that's wanderin' 'round and acting like a belle
you can bet the beagle is in their yard and diggin' his way to Hell".

So I puts me rain-proof jacket on and I'm thinking I'm a jerk.
Why is it that in times like this it's the men who do the work?
It's wet, it's cold, it's miserable, it's not good to be outside.
But snugged up warm and cosy inside's me childhood bride.

But out I went off to the neighbours, it wasn't very far.
They only lived in the house next door so I didn't take the car.
The wind was blowin' me hair around, and I was gettin' wet as well
as I gamely walked up to the door and leaned against the bell.

Well I introduced them to me-self and gives 'em me business card.

I said "I hate to spoil your night right now but there's a threat to your back yard.
The fence's gone, and that's a fact, and I come to give fair warnin'.
if we don't do a jerry fix right now you'll have no yard come mornin'.

The daughter's dog will dig it up, of that I'm more than right.
There's no respite from the bloody hound, he'll dig and dig all night.
He's a natural born for diggin' holes, a Kalgoorlie-born rock miner.
Leave him half a night out there and he'll dig right through to China".

Well the doll who'd answered me at the door seemed not to hear a sound.
I think she was more impressed with me – she'd forgot about the hound.
"Go home and come back over and share a little wine.
And bring your wife back with you – she'll help to pass the time".

Now I'm not much of a drinking man, in fact, I rarely touch the stuff.
I find the whites lack flavour and the reds are always rough.
But the offer it was made to me, by she who lived inside,
to go back home and get me babe and come back to imbibe.

And imbibe we did for most the night, or so it seemed to me.
I think I floated down their drive at sometime 'round 'bout three.
With a belly full of something red and vision slightly blurred
and my ears ringing from all the jokes and laughter that I'd heard.

We've continued in that jolly vein from that day 'til this,
eatin' out at lots of restaurants and drinkin' lots of wine.
And I really find it very nice, it's a pleasure, not a job,
to be living next door to neighbours, the likes of Lainie and Bob.

With apologies to C J Dennis

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

December 2011 Newsletter



PRESIDENTS REPORT

Hi,

It has been pleasing to see the number of members slowly build throughout the year. This in itself presents an increasing challenge for the club to provide a variety of interesting, and enjoyable swimming, and social events. Addressing the needs of our membership is a priority, and is an ongoing commitment of the club committee. Improvement ideas are welcome through the club suggestion scheme, or, just by raising it with one of our committee members to be tabled at the next meeting.

We have had swimmers participating in a wide variety of events, taking on the challenge of distance, with the Geo Bay Swim, Masters and SWA events. Congratulations to all those swimmers, who had a go, and conquered their challenge. We have about eleven club members travelling to Narrogin this weekend for the last pool event for the year, and I am sure they will have a great time in, and out of the pool. The “Alcoa Mandurah Masters Ocean Swim” organization is moving along, and will require some volunteers to help on the day. We are looking for people that are not intending to swim, to allow as many Club members as possible to participate in the event. We are planning to have a test swim from the Henson Street reserve on the 8th of January. The Saturday morning swim numbers are building with the fine weather and warmer waters. A great morning for all levels of swimmers, to enjoy the ocean and the experience of live water.

For interest:-

Masters WA new website <http://www.mastersswimming.org.au/>

Masters Facebook address - <http://www.facebook.com/pages/Masters-Swimming-WA/236437756388216>

Looking forward to seeing everyone at our Christmas Party on the 11th Dec at Sue and Brett Johnston’s house.

Regards Wayne

Coach's Report

In my last Report, I said about how there some tensions about us were losing some lane space on Sunday mornings to the Peel Aquatics club. Well, subsequent to that, we haven't sighted them so it has been "business as usual" for us despite the new limitations placed on us. It makes you question the standing we have in the eyes of the MARC management.

On a positive side at the MARC is that we now have new 'flash' lane ropes (or lane lines as they are now often called in elite circles). They certainly dress up the pool significantly and will, when we get used to them, enhance our capacity to train. Some have already commented on the reduction in backwash from neighbouring swimmers and others have commented on how hard they are when you hit them. Just get used to

Attendances on Tuesdays and Thursdays have remained consistently good, but I feel it's time for me to raise my regular "gripe" about getting there on time. Often we have only ten or twelve regulars there at the "shed" at around 5:45pm to socialise with their Club mates, listen to the news of your Club and then be ready to dive in at 6:00. Then at 6:15 or so, we have 25-30 swimmers in the lanes. It reeks of poor discipline therefore detracts from gains you might have otherwise benefited from your workout. Let's see if we can do better in this regard.

The last of the "pool swims" is now behind us, so the total focus now will be on the open water swims for the next couple of months. This doesn't mean that we won't doing any "form strokes" – we will, as they are important for you to develop your overall fitness and muscle balance. Freestyle only, is a well known cause of the so called "swimmer's shoulder" – and we have a number in the Club who can tell you about that.

Don't forget, you can join a number of your Club mates each Saturday morning at 9:00am down at Doddis for an ocean swim of a distance of your choosing and there are a few others who gather on Wednesdays, also now at 9:00am. It's a great way of honing your open water skills – and the coffee and company at the Dome afterwards is a great reward for effort.

Until next month –

Cheers,

Ivan

Recorder's Report

The year 2011 has flashed past and our Club has been involved in such a lot of activity. Members have attended four Be Active Club Challenge Swims and successfully ran our own BACC in Mandurah. We participated in the National Swim run in Perth, took part in the Golden Groper State Relay Carnival, attended the Bunbury Have-a-Go Swim and lastly, the Narrogin open carnival. We also ran our own Cambria Island Canal Swim earlier in the year.

A number of our members really enjoy the various Ocean Swims which are run in the summer, so that'll be the main focus in these coming months.

We have ended our year with 82 members which is by far the most we have ever had, and we can have up to 30 or more attending our training sessions.

The last few weeks of the year enable members to complete their aerobic swims for 2011 so I can report on our achievements in my next Report. A new Aerobic Trophy system is being launched in 2012.

December birthdays are: Robin Trotter on the 6th, Narelle Gillmore the 10th, Alex Gailbraith, the 14th, Janet Duncan the 17th, Anthony Overton the 21st and Des Seerey on the 29th. Happy birthday to you all.

Wishing all members a very Happy Christmas and Good Luck for the New Year.

Here's Cheers,

Pauline

Popular OWS

There are some popular open water swims coming up. Keep an eye on the Open Water Swim Calendar for these and other events. Don't have a calendar; there's some in the Shed and on line on the MSWA web page

The Fremantle Ports Swim Thru on Dec 10. Entries for this close on Dec 8th so be quick.

The icon Swim Thru Perth on Jan 22 – this event has been running for about 80 years, Barrack Street to Matilda Bay, 4 kms.

Australia Day Swim at Scarborough – you know the date of this one!

Busselton Jetty Swim. If you are thinking of entering this and want to make a weekend of it think about arranging some accommodation now. Busselton puts on two days of entertainment on this weekend.

And the big one you are waiting for... The Alcoa Mandurah Masters Ocean swim at Silver Sands. There will be a 1500m and 3000m swim.

Entries for all of these swim can be found on the MSWA webpage. Go to Events and Programs then Open Water Swims then click on the web address in the contact column

Masters Swimming WA State Championships

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

Weekend Swimming

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

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

December Sundays in the Pool

3	4	11	18	25
Narrogin BACC	Aerobics	Aerobic Long Swims	Aerobics Morning Tea	No Session

Coming Pool Events

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

2012

March 4 & 5

Masters Swimming WA State Championships – Bunbury

For details see MSWA web page

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

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

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

2013

Masters National Swimming Championships, Sydney, NSW

2014

FINA World Masters Championships, Montreal, Canada

Useful Web Addresses

Our Club <http://mhmannas.tripod.com/>

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

Masters Swimming Australia <http://www.mastersswimming.org.au/>

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

CHRISTMAS PARTY

It is almost that time of the year again!

SUNDAY 11TH DECEMBER

**AT: SUE JOHNSTON'S
4 LEETON CLOSE
HALLS HEAD**

START: 5PM

**BYO: Barbeque meat, drinks and chair
Nibbles, salads and desserts will be provided.**

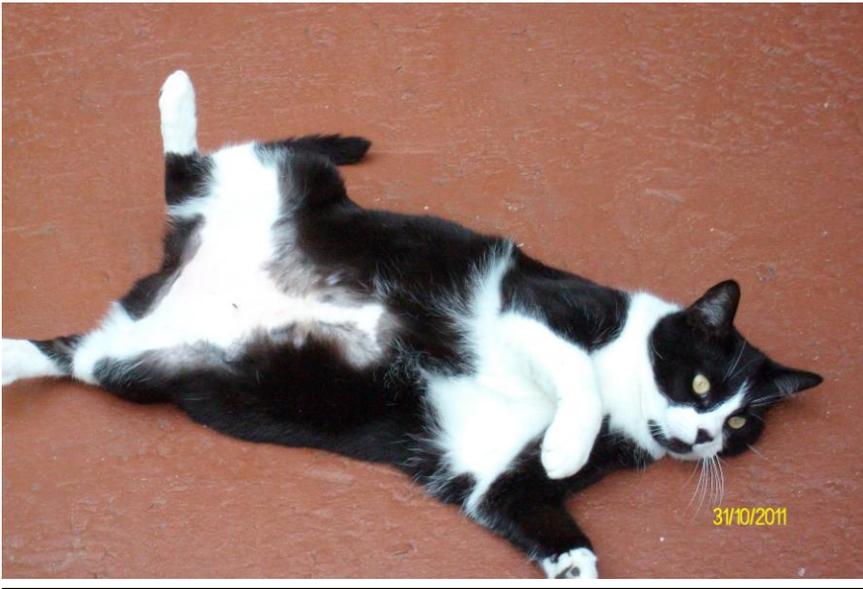
We will be playing a Christmas Game so if you wish to participate could you please bring a gift with a maximum value of \$10.00

For catering purposes, please place your name on the list in the shed.

(Please Note: street parking will be scarce so if possible "car pool" with friends)



Lyn Mcphail, who has been a club member for seventeen years is moving house and is unable to take her beloved cat to her new home. Hopefully a club member, or someone a club member knows, could offer "Soxy" a good home. Any assistance would be gratefully appreciated.



FREE to a CARING HOME

URGENTLY NEEDED

“SOXY” 3yr old female cat
Spayed
Playful, Cuddly,
Good Mouser”
Black with white shirt front,
White socks & white Whiskers.

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Lyn.