

MANDURAH MANNAS NEWSLET

February 2008



Presidents Report

January 2008

Happy new year everyone. It seems like the last month has just flown and it was just yesterday we were celebrating the New Year. It has been a very warm month and thus a good opportunity to do lots of swimming, if not for the 'worlds', for your own fitness and fun. !

Steve and I spent three weeks in Queensland and managed to find some local pools to swim in –all 50 metre outdoor. It seems such a long way to the end after the 25 metre pool. We had one swim in a lake, 800metres across, which is inhabited by turtles that have the distinction of being able to breath through their bottom ! When we were in the tablelands, inland from Cairns, we met two of the local Masters swimmers who are in training for the World Championships in Perth. One of them is in my age group so it's possible we will be in the same race. All Australia is in training for the big event!!

Our club has been busy over the last month .We had a lovely training swim at Wakiki followed by the traditional champagne breakfast.(I think Pauline and Ivan have been a strong influence here!) There have been a number of Thursday ocean training swims and a number of swimmers have been competing in ocean swims – the 5km Scarborough swim, 4km Swim thru Perth, the Rottnest swim (Barbara Pellick completing her 19th Rottnest swim and vying for her 20th-fantastic Barbara) and the 4km Busselton swim .

Wayne has been busy organising the Cambria Canal swim - if he hasn't contacted you about helping out and you are available please let him know. It promises to be a great day.

A big thanks to Susan who has been making our training sessions interesting and to Graham and Jeanette for their ongoing coaching.

Ken and Gerda are still waiting to hear about their trip to Brazil. This, of course, gives Gerda much longer to plan her packing! Meanwhile we keep enjoying their company. Barbara and Kirk have returned from freezing Canada – look for the pale swimmers!!

Bev is recovering from a knee operation but manages to still come along and do some swimming. What a champion.

I welcome all our new members and hope you enjoy being part of our club. Do come and join us at our social events. It's a great way to get to know us better.

[Our AGM is coming up on Sunday 24th February. If you would like to take a role on the committee please let me or any committee member know or fill in a nomination form. I urge all members to come along and support our club on the day.](#)

Enjoy your swimming.

Jenny Crake

Captain's Report

Over the past 2 months a regular group of members have competed in various Open Water Swims and have obtained some great results; Rod Baker winning his age group in all his swims and beating many swimmers much younger than him – well done. Barb Pellick has also been successful in her age group. Great to see members traveling to Busselton for the 3.7km Jetty swim and making a social weekend of it.

Earlier this month Barb Pellick swam her 19th Solo Rotto Crossing enabling her to swim her 20th crossing in the Rottnest Channel Swim on the 16th February, what a milestone!
Good luck to all members who will be swimming in the swim – Barb Pellick, Brad Wardrope, Jeannette Rein, Wendy Coles and Ethan Norris. Apologies if I have missed anyone.

During February we will be competing in the Country Correspondence Carnival on Tuesday nights, Sundays (aerobics) and the possible Thursday nights. This is an annual carnival the club enters; more details are in the shed.

Sue Niven

Recorder's Report

Our Aerobic point score for 2007 was 1948 – an improvement on last year's 1784.
Individual points gained are as follows: Kirk 250, Deb 171, David 15, Wayne 98, Colleen 36, Michelle 15, Jenny 15, Gerry 55, Rosemary 18, Darryl 50, Scott 18, Ann-Marie 15, Jack 10, Rachelle 9, Lyn 133, Sue 150, Ethan 15, Ken 195, Jeannette 390, Ray 40, Ivan 90 and Pauline 160.

Our Club memberships as at 31st January is 22. All former members who have not renewed are now not covered by insurance so are urged to re-join ASAP. An e-mail was sent to everyone (with an e-mail address) with the renewal form attached on the 9th January urging all to renew before the end of January. A notice has been on the board in the 'shed' since September and forms are available there too.

Our January birthdays were: Graeme McAuslane and Casey Ginbey on the 2nd, Anne-Marie Kerr and Ethan Norris on the 11th, Rosemary Green the 20th and Georgie Feodorov the 26th. Lyn McPhail is our only February birthday on the 3rd.
Happy Birthday to you all.

Pauline

Coach's Corner

The World AUSSI Masters Games are only two and half months away, many of our membership have already been preparing themselves. I spoken with a few of you and have heard and appreciate the difficulties you experience trying to juggle work and swim training. Planning a training schedule with work-time constraints can lead to feelings of frustration. The starting point to overcoming this issue is to consider carefully how much time is actually available and prioritizing things. It is important not to develop self-defeating thoughts regarding training and ultimately performance. Each swimmer should think carefully about beliefs they hold on the amount of time available and challenge your attitude and assess carefully whether there is insufficient time or whether you are using this argument as a reason for not performing to your expectations.

The first stage in developing a schedule that caters for achieving goals in different areas is to identify goals and propose ways in which those goals can be attained. When planning your timetable for goal achievement mark out time that is under your control from the time you have to respond to requests from others. The time that is yours is a precious resource and seek to maximize usage of this time. Once you have identified time that you can use, then consider how best to use this time:

- Set realistic goals and develop an action plan to achieve these goals. Ensure that goals are established across different aspects of your life. Write these down as measurable outcomes;
- Use psychological skills, such as imagery and positive self-talk, to prepare yourself to cope with pressure. Think of specific situations where you will need to be in control of your thoughts and emotions and mentally rehearse performing these situations many times.
- Identify key training dates/phases as well as rest times. Also identify important work and family dates.
- Establish outcomes (ie finishing times, performance targets in work and swimming) and process goals (ie swimming technique, being relaxed under pressure) which are relevant and will bring about success.
- Be aware that performance occurs in a social context – discuss your goals with your employer and coach. This means discussing your goal, and explaining that you are committed to achieving these goals.

At first sight, achieving multiple goals may appear incompatible and a potential source of conflict. For most people, an objective evaluation reveals they have more time than they think – it just takes better management and planning. “Creating” this time may still be not enough and a strategy to optimize the use of this relatively scarce resource, may require you to focus on quality and high-performance training.

There will be setbacks and periods when progress is slow or stagnant, or when you feel that your performance is deteriorating. Poor performance is associated with unpleasant emotions accompanying an analysis of the reasons for defeat. A key skill is to learn to ‘**park**’ this response for review at an appropriate time. Poor performance can reduce self-confidence and lead to further decrements in performance. To prevent such occurrences, it is worth anticipating the thoughts and emotions that are typically experienced. I often remember my mother saying anything is possible but you need to put your best foot forward if you want achieve something special. The top rung of a ladder is only as high as you place it in your mind. Imagine that ladder and at the top of the ladder write your goal, then go to the bottom of the ladder and write down at the first step your easiest achievable goal and then progress up the ladder writing down all the next necessary steps you will have to work through in order to get to the top of the ladder to achieve your ultimate goal. To make the world your oyster you need a positive outlook and often positive things follow.

If you wish to discuss with me any points covered here or if you have any other queries come and speak with me, I will always try to make time for you at the pool or at another better suited time. Thank you for your support this year as your coach. It has given me much pleasure to see everyone swimming so well, for some there has been a great improvement in their swimming skills and performance and heightened pleasure in being able to swim with ease. No greater reward can be given to any coach. I would like to finish with some great focus one liners that have helped me and that could assist you in your efforts.

Belief is the thermostat that regulates all success.

A journey of a thousand miles must begin with a single step.

Success is getting up one more time than you fall down.

It never gets easier, you just go faster.

The view from the summit is worth the effort.

*All the best always,
Jeannette*

February--SUNDAY SWIMMING PROGRAMME

3RD	10th	17th	24th	
Aerobics	CAMBRIA ISLAND CANAL SWIM	Country Carnival Aerobics	MANDURAH MANNAS AGM	Country Carnival Aerobics

Surf the AUSSI Web Page at www.mastersswimming.asn.au

Training Times

Tuesday 6.00 – 7.30 pm

Wednesday 7.00 – 8.30 am

Thursday 6.00 – 8.00 pm

Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

MANDURAH MANNAS NEWSLETER

March 2008



Presidents Report

Thank you to all those people who attended the AGM . It was one of our best attended with about twenty four present.

I look forward to another year as President and, of course, always enjoy working with the hard working but fun committee and club members. We are very fortunate to have many club members who will help out on any occasion. I thank everyone for their support in 2008.

There are only two changes in the Committee from last year. Ivan has taken over from Jeanette as Coach, and, Colleen and Jim are going to share the role of social conveners taking over from Ken. A very big thank you to Jeanette and Ken for the terrific work they have done in their roles over the last few years. Your ongoing support to the clubs motto of 'Fun, Fitness and Friendship' is very much appreciated.

Congratulations to Deb Bloor for winning the Kathy McLeod Club Contribution Award. Well deserved. Deb is always there to help out, often behind the scenes so that you are not aware of her involvement.

Our next big event is the World Championships .I hope you have been checking out the times and nominating for your best events. Sue and Ivan will be working with us to ensure we can go along and join in the fun.

See you in the swim.

Jenny Crake

Thank you Committee of 2007. Welcome Committee of 2008

2008 Committee

President:	Jenny Crake
Vice: President:	Wayne Cable
Secretary:	Deb Bloor
Recorder:	Pauline Wingate
Captain:	Sue Niven
Coach:	Ivan Wingate
Treasurer:	Ray Reynolds
Social Coordinators:	Colleen Cheale/ Jim Mc Quade
Newsletter:	Gerry Green
Property Officer:	Bev Webber

MANNAS COMMITTEE FOR 2008

The following is intended as a brief introduction to the coming year's committee. We can all make the coming year as successful and enjoyable as previous years by supporting club activities both in the pool and on social occasions.

President: Jenny Crake;

Jenny has been with our club for seven years, this is her second year serving on the Club Committee

Vice President: Wayne Cable;

Wayne is in his third year with our club, his second as a committee member.

Secretary: Deb Bloor

Deb has been with our club for eleven years. This is her second year as Secretary. Has previously served two years as Recorder, three years as Treasurer, two years as Social Officer and one year as Vice President.

Treasurer: Ray Reynolds

Ray is in his fourth year as a Mannas member. In his third year as treasurer.

Coach: Ivan Wingate.

Ivan has been with the Mannas for six years. Has previously served as assistant coach.

Former Mannas Club Coach, Carolyn Nilson has offered to assist Ivan and take on Thursday nights coaching session when her time permits.

Club Captain: Sue Niven;

Sue has been with the Mannas for seven years. This is Sue's second year as Captain. Previously served two years as Club Secretary.

Recorder: Pauline Wingate.

Pauline is in her sixth year as a Mannas member. Has served two years as Treasurer and in third year as Recorder.

Public Relations: Gerry Green:

Gerry is a foundation member, helping to start the Mannas in 1993. Has served as President for four years, Captain for one year and in seventh year as Public Relations.

Property Officer: Bev Webber: Bev is in her fifth year with our club, her fourth year as property officer.

Social Officer:

Our Social Office will be jointly shared by;

Colleen Cheale. Colleen is her second year with the Mannas, first time on the committee.

Jim McQuade: Jim has been with the Mannas for three years, his first year on the committee.

CAPTAIN'S REPORT

This month has been a busy month due to the running of the Country Correspondence Carnival held on Tuesday nights. Thank you to the 17 members who participated. There were some great swims, with some swimmers being surprised by their efforts. We will now wait and see how we go against the other competing clubs.

Congratulations to the members who swam in the Rottneest Channel Swim on 16th Feb and big congratulations to Barb Pellick in completing her 20th crossing solo, you can now have a rest!

The **FINA Worlds** are fast approaching, just a reminder entries close on 23/03/08. For further details you can go online www.2008finamasters.org

Open Water Events:

8/03/08 Bunbury Swim Thru
9/03/08 Coogee Jetty to Jetty – followed by the best breakfast!
15/03/08 Cocos - I wish!
16/03/08 Geraldton Ocean Mile
22/03/08 Albany Harbour Swim
23/03/08 Denmark Southern Ocean Classic Mile
29/03/08 2008 Dale Alcock State OWS – Coogee
19/04/08 Rockingham Mussel fest Mile
25/04/08 2008 FINA World Masters OWS

Be Active Club Challenge – the next Club Challenge we will be competing in will be at Melville on Sunday 6th April. Details should be received shortly so check the shed during the month. It would be great to increase our numbers at these events.

Sue Niven

Recorder's Report

It is pleasing to see that twelve of our members have commenced their 400m and 800m Aerobic swims. As we need to complete five units of each stroke we will not know how many points will be gained until later in the year.

We have just completed our Country Carnival by Correspondence during February and I will publish the results as soon as we receive them from Albany AUSSI who are the 'hosts' this year.

We have 37 financial members at this stage and would urge all former members to rejoin as soon as possible.

Our March birthday belongs to Steve Crake on the 14th. Happy Birthday young man.

Pauline

Coach's Report

You not only have a new Club Coach, you have two: myself and Caroline Nilson. Actually, neither of us are new, many of you will know that I helped out by taking Tuesday nights for a twelve months a year ago and Caroline was our Club Coach some years back prior to being snaffled by the Mandurah 'kids' club where she had much success. We sincerely welcome Caroline back and trust that she'll benefit personally from the challenge. It is my pledge to see that we'll have on-deck coaching for both week nights, so I'm most grateful that Caroline has seen fit within her busy work and studies schedule, to take the Thursday nights. The good news for me is that I'll still be able to swim with you guys at least once a week. On the occasions that Caroline can't make it, I'll fill in and when I'm not there we have two others to step up to the plate: Graeme McAuslane will be there most nights helping out as he has done in the last twelve months or so and Wayne Cable, who is working his way through a Green Licence accreditation course (but also has a lot on his plate at present) will be on-deck with us in the near future. Jeannette Rein will continue with the Wednesday morning sessions which allows you a great opportunity to gain some one-on-one technique tuition with her.

Next – I now put out the call for more trainee coaches. I feel sure that some of you out there would like to pass on that knowledge you've gained from swimming with AUSSI and grow personally in the process. Not a ground breaking discovery, but I've found that the best way to learn is to teach. I've coached on and off for the duration of my swimming career which spans about fifty years. Initially it was because there were no coaches in the country where I grew up and there was no written material in those days. To be an effective coach, you need knowledge and lots of on-deck experience. Fortunately today, there's a mountain of knowledge readily available which we can put you in touch with, then both Caroline and myself who have both had considerable experience in "coaching-the-coaches" will be pleased to nurture you in this self-satisfying activity.

In this next month or so, we'll be focussing on grooming those who have entered for the FINA World Masters Championships, which will include a lot more speed-work. This does not mean that we'll be ignoring the "Lane Ones" nor others who couldn't 'give a toss' about going in races – we'll be giving you a hard time too (well, as hard as you want it to be). We have found in AUSSI that the Club as a whole, does better if it focuses on improving times. To do that, you need to develop good technique (look good) and continually improve your fitness – and isn't that what we're all here for? Fitness, Friendship and Fun – let's do it.

Ivan

March--SUNDAY SWIMMING PROGRAMME

2nd	9th	16th	23rd	30th
AEROBICS	AEROBICS	AEROBICS	AEROBICS	AEROBICS

Surf the AUSSI Web Page at www.mastersswimming.asn.au

COMING EVENTS

APRIL Sunday 6th — Melville Club Challenge

April 17-24th--- FINA World Masters at Challenge Stadium

JUNE Sunday 15th Mandurah Club Challenge
Sun 29th Gosnells Club Challenge

JULY Sunday 6th Swan Hill Club Challenge
Sunday 20th Belmont /Maida Vale Club Challenge

SEPTEMBER Sunday 14th Mandurah — 1500 metres short course
Nov 1st --- Heart Swim at Challenge Stadium

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MANDURAH MANNAS NEWSLETER

April 2008



Presidents Report

March 2008

Congratulations to our new coaches who have been keeping us working for the World Championships coming up in a few weeks. There are quite a number of Mandurah Mannas entering various events and I wish everyone good luck for their events. It's going to be amazing to be part of a world event right on our doorsteps. We hope to have some of our members gaining medals in their age groups.

Ken and Gerda Phillips are finally off to Brazil at the end of March after a long wait for their visa. We wish them all the best and look forward to hearing from them over the next six months.

A number of us enjoyed a pizza night at our house (after the mozzies) left. I encourage everyone to join us at our social events. Colleen and Jim have some great plans for us over the coming year.

Enjoy your swimming this month as it remains warm.

Jenny Crake

CAPTAIN'S REPORT

COOGEE OWS – we had a great turn out for this event on 10th March. 15 swimmers participated in the swim – Rod Baker, Ivan and Pauline Wingate, Ken Phillips, Kirk Bamford, Sue Niven, Barbara Pellick, Deb Bloor, Wayne Cable Graeme McAuslane and Ray Reynolds, all who competed in the 1500m event. Colleen Cheale, Lyn McPhail, Jeannette Rein and Bev Webber who competed in the 750m event. Rod, Ivan, Pauline Lyn and Jeannette were all successful in winning their respective age groups – well done. It was a great social morning and we all enjoyed the cooked breakfast after the swim.

STATE OWS COOGEE – held on Saturday 29th March conducted further north of the previous swim. The conditions were perfect; flat, clear waters but just a bit chilly before the start. Again we had good numbers participate – Barb, Ivan, Pauline, Rod, Ken, Kirk, Wayne, Deb Bloor, Sue and Anne-Marie. Again Ivan, Pauline and Rod won their age groups. In this event there is a prize presented to the first club with 6 swimmers finishing over the line. We didn't win; Perth City did however we came second which is a great effort.

WORLDS - are fast approaching. The club has entered relay teams for the Tuesday relay day. Teams will be finalized closer to the event.

MELVILLE CLUB CHALLENGE – Sunday 6th April. 14 swimmers will be competing which will be a great warm up and fitness test for the Worlds

Barb Pellick has done it again – yet another Solo Rottneest Crossing, this time on 15th March in the Freo to Rotto swim. This crossing makes it her 21st crossing which is equal to the record holder Peter Tatham. In total Barb has completed 3 solo crossings in 8 weeks this year, amazing. Well done you certainly deserve a rest now!!

Sue Niven

Coach's Report

Attendances at the squad training sessions on Tuesdays and Thursdays have continued upwards of twenty, which is comforting in that we would have been in danger of losing a lane now that Peel Aquatic occupy the other two lanes in the 'lapper' pool.

As promised, emphasis has been on grooming those who have entered the "World Swim" so we've had a number of quite intensive sessions which, going by the feedback, has been well received. Even those not entered for the Worlds, report that they've benefited from the extra work. It's fantastic to hear that we have 17 Mandurah Mannas entered and a few others will be volunteering. Believe me, the World Swim in Perth will be a real "Hoot" with Swimming, Diving, Water Polo and Synchro often all happening simultaneously plus the continuous entertainment - all within the Challenge Stadium. Recent figures indicate that there will be over 5,000 entrants, mostly from overseas and about 700 will do the Open Water in Perth on Anzac Day. If you're not doing it, go and have a look.

The intensity of training will drop off in the next two weeks but you can expect more speed work and the finer points of competition will be addressed. "If you want to swim fast, you must practise swimming fast". Then, after the Worlds, we'll go back to basics and give you all sorts of "drills", "drills", "drills" – some of which, you ain't gunna like, but trust me, they're good for you.

Until next month – Cheers,

Ivan

Recorder's Report

Quite a number of our Club members have been involved in open water swims during March, but are also making time to progress with their aerobic swims which is good to see. Note that there are only nine months left in the year so you'll need to plan now for those 400s and 800s not yet commenced.

Our number of financial members now stands at 40 which is an improvement on this time last year but we would still be pleased to see more former members join us. If you know of a former member who might be ready to come back, your phone call to them might just be that catalyst to prompt them into rejoining us.

April birthdays belong to Tess Evans on the 13th, Ken Phillips on the 29th and Betty Payer on the 30th. Happy Birthday to you all.

Pauline

Property Officer

There are ladies and gents bathers available in sizes 14-16.
If you wish to order T shirts there is a list on the notice board in the shed. Any queries contact Bev on 9535-5349.

Editors Chat.

Copies of our clubs yearbook are now being distributed and hopefully you will receive a copy in the next week or two. If you don't receive one in the near future, contact Gerry at training, by email or phone 9581-7960.

Many thanks to Pauline Wingate for the hours (and stress) put into preparing and photo copying the fourteen detailed pages of club records contained in the yearbook.

Thanks also to Lyn Mcphail for photo copying the written section of the yearbook. Without the timely efforts of both these ladies, club members would probably have got the yearbook in next years Xmas stocking!!!

Regards Gerry.

--SUNDAY SWIMMING PROGRAMME

6 th	13 th	20 th	27 th	
AEROBICS (Melville CC)	AEROBICS	AEROBICS	AEROBICS	

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COMING EVENTS

APRIL: Sunday 6th — Melville Club Challenge

April 17-24th--- FINA World Masters at Challenge Stadium

May 17th: Stadium Snappers long course (1500)

JUNE: Sunday 15th Mandurah Club Challenge

Sun 29th Gosnells short course 400/800. (This is not a club challenge)

JULY: Sunday 6th Swan Hill Club Challenge

Sunday 20th Belmont /Maida Vale Club Challenge

SEPTEMBER: Sunday 14th Mandurah — 1500 metres short course

Nov 1st --- Heart Swim at Challenge Stadium

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MANDURAH MANNAS NEWSLETER

May 2008



Presidents Report

May 2008

The World Masters Swimming Championships have taken up our time over the last few weeks. It was very exciting to be there and mixing with swimmers from all over the world. There was a huge buzz around Challenge Stadium with cheering, socialising, excitement at PB.s and groans at PW's(my own term of Personal Worsts) . I managed to do both a PB and a PW, loved being part of the relay team and sitting with our Mandurah team and sharing their joys and laughs!

A big congratulations to our medal winners - Rod Baker who won five golds medals and broke two world records ! What a wonderful inspiration you are to us all, Rod. Congratulations to Ivan, Pauline, Pat for also winning medals in their age group. We are very proud of you all. I hope you all saw Pat Greysmith on the front page of the West Australian. Pat swam in the 90-94 year age group

What an amazing lady she is.

Thank you also to the band of members from Mandurah who acted as volunteers during the week of the games. It was lovely to see your smiling faces as we dragged ourselves out of the water, encouraging us from the timing chairs or marshalling (though no amount of bribing would make them 'fix' our times!).

We're now back into our regular training and looking forward to our Mandurah Club Challenge on Sunday 15th June. Please let any of the Committee members know if you are able help on the day. It's always a great day made better by many helpers. Deb Bloor may also be approaching you to cook some soup or make a slice on the day. So hone up those cooking skills.

I encourage you to start working on your timed swims on Sunday mornings. It's a friendly relaxed session always ending in a coffee and chat.

Keep enjoying your swim. I look forward to seeing you in the pool.

Jenny Crake

Coach's Report

Squad training sessions went a bit quiet this month as many of our regulars were up in Perth for the World Championships. We thank Graeme for "keeping the shop open" and looking after you hardy souls who needed to keep up your regular chlorine fix.

This last week we had 19 at each session, and that's without a number of the regulars, so we're gradually getting back to normal. It was quite evident though that the enthusiasm was lacking with the 'Worlds' swimmers, and the triathletes were tapering for their half-ironman the following Saturday so we were only able to squeeze out a little over 2Km – mind you, we did include more drills into the sessions (as promised).

A couple of our swimmers were DQd at the Worlds so that's something we coaches need to address. No matter how fit you become and how fast you swim, it can all be undone in a split second with a DQ and it's a devastating feeling – I know. We'll be paying more attention to the Rules but please, take the initiative and ask if you have some uncertainties.

There was a mixture of successes and a few "if only"s being talked about at the Worlds but I must use this opportunity to pay tribute to Rod Baker's incredible achievement. Details will appear elsewhere in this newsletter but I felt important to let you all know that his preparation was impeccable and done almost entirely on his own (with some recognition to his personal trainer and sparring partner – Graeme). As Jeannette told you all on a number of occasions, it's about goal setting if you want to reach your full potential. Rod set about focussing on this event about two years ago and established a plan. Sure there were a few hiccups on the way but in the main, he stuck to his guns and knew what he had to do to reach the goal – A WORLD CHAMPIONSHIP GOLD MEDAL. Maybe he did hope for two or more but that first one was the ultimate. As for World Records, he didn't know what times he had to beat, he just needed to win – NOW it's different, he knows them all and has a new set of goals. That's our Rod.

Until next month – Cheers,

Ivan

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Tuesday 6.00 – 7.30 pm
Wednesday 7.00 – 8.30 am
Thursday 6.00 – 7.30 pm
Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

Recorder's Report

We are now trying to catch our breath after the FINA World Masters Championships in Perth and are very proud of our Club members as we had 17 who entered. Unfortunately, Wendy Kennedy-Smith was unable to compete because of illness. We also had our wonderful volunteers: Wendy Cole, Anne Marie, Rosemary and Gerda Phillips. Quite a few who swam were volunteers as well. A great effort by everyone.

Our heartiest congratulations go to Rod Baker for his outstanding performances at the recent Championships. From his limit of five pool swims and one Open Water, he won **SIX GOLD** medals. Of the five pool swims, two were **World Records** and two **Championship Meet** records. The five were all **National** Records, so consequently **State** and **Club** Records too. An awesome performance – we're all so proud of you Rod. Further more, the two mixed relays he anchored, also broke State Records.

Ivan and Pat won top ten medals for their pool swims and Pauline and Barb won top ten medals for the Open Water Swim.

There is no change in our number of financial members for this month. We can now settle down and concentrate on our aerobic swims.

May birthdays: Trevor Atkinson and Colleen Cheale 3rd, Geoff Clancy 5th, Jenny Crake 8th and Darryl Harris 29th. Hope you all have very happy birthdays.

Pauline

--SUNDAY SWIMMING PROGRAMME

4th	11th	18th	25th	
AEROBICS	AEROBICS	AEROBICS	AEROBICS	

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COMING EVENTS

JUNE;

Sunday 15th Mandurah Mannas Club Challenge at Mandurah Aquatic Centre.

Sun 29th Gosnells Club Challenge

JULY Sunday 6th Swan Hill Club Challenge

Sunday 20th Belmont /Maida Vale Club Challenge

SEPTEMBER Sunday 14th Mandurah — 1500 metres short course

Nov 1st --- Heart Swim at Challenge Stadium

MANDURAH MANNAS NEWSLETTER

June 2008

CAPTAIN'S REPORT

A relatively quieter month after the Worlds, we have been able to give our bodies a well deserved rest. Our next event is of course our own Club Challenge on Sunday 15th June. Entries will close this coming Tuesday night 3rd June at the latest; the entry form is on display in the shed. Currently we have 16 members swimming which is great to see. Please make yourselves available to assist on the day as "many hands make light work".

Other up and coming events are:

Sunday 29th June - Gosnells short course 400/800m event.

Sunday 6th July - Swan Hills BACC

Sunday 20th July – Belmont/Maida Vale BACC

Please mark these on your calendars – and have a go! It is always great to see new faces competing. If the traveling is a concern, we can always carpool to cut costs down.

Sue Niven.

Coach's Report

As promised, the first three weeks of this month we focussed on drills. Disappointingly, numbers dropped considerably so we have been questioned about the need for us to have the four lanes when we have only a dozen swimmers or so and the next two have about twenty kids jammed in. So far we've convinced the 'poolies' that we need the four but be warned, we may not continue to enjoy this luxury if our numbers don't come up again.

The reason for the lower numbers could be a number of things: lack of motivation after the Worlds, terrible weather on some nights, or maybe you don't like drills???? This last week we started 'race' preparations leading up to our BACC on the 15th June, so the next two weeks will focus on sprint and racing techniques. We would certainly like to see all of our members 'have-a-go' in the Club Challenge, regardless of your ability – coz it's a lot of fun. However, we will still respect everyone's God given right to not have to go in races, but you can still enjoy the fitness benefits in doing the preparation sessions along with your mates. After the BACC we'll go back to practising looking like good swimmers.

Another big disappointment this last month is that we have not had the privilege of Caroline's sessions. She's been up to her ears in crocodiles (she said lecturing, marking papers etc, but it would seem like crocodiles) so we'll be looking forward to her return soon – especially me, I need some squad sessions too. The good news however, is that we now have a new 'trainee' coach in Wayne Cable helping Graeme with the lane one-ers. Wayne is doing the Green Licence coaching course so after all the theory he has done, he now needs to develop the practical side of passing on all that new found knowledge to you guys – enjoy.

Until next month - Cheers,

Ivan

Recorder's Report

It is good to see our members concentrating on their aerobic swims each Sunday morning and of course, enjoy a cup of coffee and a natter afterwards. The last Sunday of each month is an organised morning tea 'get-together' which is proving to be very popular with over 20 at this last one.

Our next big event is the Club Challenge on the 15th June which is being run by our own members at the Mandurah Aquatic Centre. We need as many swimmers and helpers as we can get to make it a successful day.

June birthdays are: Jack Lacey on the 9th and Stephen Peraldini on the 17th.

Happy birthday to you both.

Pauline

--SUNDAY SWIMMING PROGRAMME

1st	8th	15th	22 nd	29th
AEROBICS	Mandurah Mannas Club Challenge at MARC -be there	AEROBICS	AEROBICS	AEROBICS Gosnells C.C.

Surf the AUSSI Web Page at www.mastersswimming.asnwa.au

COMING EVENTS

JUNE Sunday 15th Mandurah Club Challenge

Sun 29th Gosnells 400/800

JULY Sunday 6th Swan Hill Club Challenge

Sunday 20th Belmont /Maida Vale Club Challenge

SEPTEMBER Sunday 14th Mandurah — 1500 metres short course

Nov 1st --- Heart Swim at Challenge Stadium

Training Times

Tuesday 6.00 – 7.30 pm

Wednesday 7.00 – 8.30 am

Thursday 6.00 – 7.30 pm

Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

A Mandurah Manna in Brasil

Ola, como via? muito bem!

Let me tell you that a 10m hotel pool doesn't really do much for your swimming push off the wall, three strokes breath and it's time to turn again. After 10 lengths you're absolutely buggered, not enough breathing.

Gerda and I had a week in a hotel at Sao Paulo, the world's third biggest city with 17 or 18 million people, and then set out for Poços de Caldas on 7th May. We're still in a hotel here but expect to move into an unfurnished 7th Floor 2 level apartment in a 12 floor building in the down town area soon. While I'm at work Gerda has been busy buying furniture on the company account to make it comfortable.

The town has a population of about 150,000, is in a very scenic spot, surrounded by hills (an ancient volcanic crater 35 km across), very green and patches of dense forest. Its winter, day temperatures at the moment are 25deg and 10 at night. No rain as winter is the dry season. The town is quite an attractive place with a number of early 1900 buildings mixed in with modern ones but these, the roads and the marble mosaic footpaths all suffer from a lack of maintenance.

Brasil (that's how it's spelt here) supposedly has a big Masters swimming organisation but there isn't a club in Poços de Caldas. However last week I found a private health Club with a 3 lane 20m heated pool, no I lie; it's a hot pool! For R\$100 a month I can swim twice a week, coach provided, for 45 minutes a session. Goggles and cap are mandatory. I've only managed to get there twice and each time I've had a lane to myself.

Mid June is the Brazilian Short Course Masters Championships. Since I'll be missing out on our own Club Challenge I've entered this comp. It's being held in a town about 140km from where we are. I doubt if I'll do much to enhance the Australian swimming reputation in Brasil I will enjoy myself!

Cultural Moments #2

Brasilians like a lot of salt on their food so I was pleasantly surprised to see two shakers at a restaurant one day. The shaker with lots of holes on the top had an S? on it so naturally I thought the one with 1 hole was the pepper. I upended the shaker, gave it a little shake and out slid a couple of tooth picks onto my dinner. Have you ever tried to look nonchalant and as though you always add toothpicks to your food?

Cultural Moment # 3

As I got out of the curtained shower cubicle after my 45 minute swimming training session and stepped into the open common dressing area I realised I had not packed any undies. Fortunately I was first out of the shower and not wanting my new swimming buddies to spread stories about Aussies not wearing undies I hurriedly tried to dress before they got out of the showers. Well you know how difficult it is when you're not dried properly to get your feet through the lined legs of a track suit so I was hopping about on one leg, falling over, bum exposed and just succeeded when I heard the shower taps being turned off. That was when I realised the trackie dacks were on back to front! A few casual words in my best Portuguese, a Boa Noite and then slinked out of the change room and walked back to our hotel.

Cheers,
Ken

MANDURAH MANNAS NEWSLETER

JULY 2008



Presidents Report

June 2008

The World Masters Swimming Championships took up much of our time in April. . It was very exciting to be there and mixing with swimmers from all over the world. There was a huge buzz around Challenge Stadium with cheering, socialising, excitement at PB.s and groans at PW's(Personal Worsts !) . I managed to do both a PB and a PW, loved being part of the relay team and sitting with our Mandurah team and sharing their joys and laughs!

A big congratulations to our medal winners - Rod Baker who won five golds medals and broke two world records ! What a wonderful inspiration you are to us all, Rod. Congratulations to Ivan, Pauline, Pat for also winning medals in their age group. We are very proud of you all. I hope you all saw Pat Greysmith on the front page of the West Australian. Pat swam in the 90-94 year age group What an amazing lady she is.

Thank you also to the band of members from Mandurah who acted as volunteers during the week of the games. It was lovely to see your smiling faces as we dragged ourselves out of the water, encouraging us from the timing chairs or marshalling (though no amount of bribing would make them 'fix' our times!).

Our Mandurah Club meet held on 15th June was another great tribute to our Club. The Meet went very smoothly .Gerry, who was in charge of setting up for the day, was sitting back relaxed at 7.30 with all preparations completed. The only setback was when a number of Perth swimmers were stranded at the station and volunteers went to pick them up in cars. Thank you to all those who helped out so willingly. Once again, after the swim, all participants enjoyed pumpkin soup, sandwiches, fruit and cake prepared by Deb Bloor and her team.

The weather is getting cooler and some days it is hard to get motivated to get to the training sessions but I urge you all to keep swimming. Ivan has some excellent training sessions that will ensure you will maintain a high standard of fitness

Keep enjoying your swim. I look forward to seeing you in the pool.

Jenny Crake

Coach's Report

Despite the cool and sometimes stormy nights through June, the numbers at training have crept up again into the mid to high teens which was good to see. We've continued to practice "fast swimming" because of the concentration of Club Challenges in June/July – three in five weeks. Then towards the end of August we have the State Swim at the Challenge Stadium. However, there's a five weeks gap between the Belmont/Maida Vale BACC and the State Swim so we'll be able to do some "slow swimming" practice - i.e. drills and longer distances.

Caroline has still been unable to take the Thursday night's sessions because of work pressures and is now about to go O/S for a couple of weeks for a well earned rest, so we have kindly extended her leave of absence. She should be back on deck just after the Belmont BACC so will be able to take you right back to basics and give you heaps of those clever little drills you all enjoy so much to help you improve your technique. (Even if we can't be a good swimmer, we'd all like to look like a good swimmer wouldn't we?).

I have been striving to have our sessions start right on the tick of 6:00pm which helps our personal discipline in good training practices and so that the group before us doesn't keep eating into our allocated time slot. I'd appreciate everyone's help with this when you can. It is understood that work pressures and family commitments will often prevent you from being at the pool at around 5:50 or earlier but feel sure that many of you could be there a little earlier if you wanted to. Let's see if we can make a significant improvement in this area.

It is very much appreciated when swimmers give us thanks and comments after each session, so please be aware that the door to our "office" is always open for constructive critique and suggestions for improvement.

Until next month - Cheers,
Ivan

CAPTAIN'S REPORT

It has been another busy month with conducting our own club challenge. We had 138 swimmers participating on the day. Mandurah came 3rd overall behind Somerset and Fremantle respectively. Our club had 17 members participating. Congratulations must go to Rod Baker for setting 3 State records for each of his individual events and also to Ivan Wingate for setting a State record in the 50m Fly. A big thank you to Alice Cable, Wayne's wife, and Karen Boyce for recording on the day, it was greatly appreciated.

Our next Club Challenge will be next Sunday at Swan Hills, I think we will need a packed lunch and water bag for this one.

Other events:

20/7/08 Belmont/Maida Vale Club Challenge - Belmont. Entry form in the shed and will close Sunday 13th July.

10/8/08 Somerset 1500m event, long course.

23rd & 24th August Masters State Swim – Challenge Stadium. Entry form in the shed.

Recorder's Report

Our Club ran the Club Challenge at the Mandurah Aquatic Centre on the 15th June and thanks to our members, 14 of whom competed and just as many helped on the day with leadership from our President Jenny Crake as Meet Director. It was a very successful day with Mandurah coming 3rd overall with 147 points. As it was a wet and miserable day, most stayed on to enjoy the hot soup, sandwiches and sweets. Our "old boys" broke six State Records: Jack 2, Rod 3 and Ivan 1. Individual points and times are on the notice board.

Our Sunday Aerobic swims are going well and going by the number who stay back each week, we all enjoy our coffee break afterwards.

Next Sunday 6th July, we travel to Swan Hills for our next BACC competition.

July birthdays are: Brad Wardrope the 7th, Jeannette Rein the 8th, Jeanette Peraldini the 19th, Deric Golembka the 23rd, Barbara Pellick 24th, Karen Boyce 25th and Pauline Wingate on the 30th. Have a Happy Birthday everyone.

Cheers,
Pauline

--SUNDAY SWIMMING PROGRAMME

6th	13th	20th	27th	3rd AUG
AEROBICS	AEROBICS	AEROBICS	AEROBICS	AEROBICS

Surf the AUSSI Web Page at www.mastersswimming.asnwa.au

COMING EVENTS

JULY Sunday 6th Swan Hill Club Challenge
Sunday 20th Belmont /Maida Vale Club Challenge

SEPTEMBER Sunday 14th Mandurah — 1500 metres short course
Nov 1st --- Heart Swim at Challenge Stadium

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Tuesday 6.00 – 7.30 pm
Wednesday 7.00 – 8.30 am
Thursday 6.00 – 7.30 pm
Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

Members Profile

Date 21/05/08

Name: **Kirk Bamford** Age Group: **60-64**

Place of Birth Toronto, Ontario, Canada

Family Wonderful Wife: Barbara; Children: Kirk's four and Barb's two; Grandchildren: Kirk's five grandsons and Barb's new granddaughter

Any events of Interest from your childhood

Thought I was going to drown in an undertow at 5 years of age while on family holiday in Florida. Bumped in to my father's leg on the way out and he managed to grab me just as I was starting to black out. Guess that was my first incentive to learn to swim.

Hobbies/Interests (other than Swimming)

Play the guitar a little bit, walk the dogs, gardening, any water sport when I get a chance, general fitness such as jogging, cycling, roller blading, surf life saving club at San Remo.

Events of Interest as an Adult

I had an awesome career for over 30 years as an educator that included teaching at all levels from kindergarten to grade 12 and university. Also spent time as a physical education consultant and Canadian director of the Daily Physical Education advocacy project and finished off as a school Principal of a junior high school in Calgary. Decided to retire when Barb suggested we could check out Australia for a couple of years to see if we might like it. After travelling in a little motor home for about a year, we ended up in Mandurah, loved it and so far we are still here and likely to stay.

What brought you to Aussi Masters ?

After competing in the WA country Surf Life Saving Championships in 2006 I decided I better work on my swimming during the winter months to stay in shape and work on stroke improvement. Jeannette Reine met me at the pool one day and suggested I should give Aussi Masters a try and now I love to train all year round so that I'm ready for the ocean swim schedule and the club challenges. The real bonus of membership is the wonderful group of friends that we now have.

Favourite Stroke.

That would have to be the Breast Stroke. In Canadian Life Saving programs there is an emphasis on head up approaches and also direct contact when towing victims which depends on a strong breast stroke or "whip kick". This is where the emphasis has been in my basic swim training in the past.

Swimming Events participated in .

I like All of them. Open water events and club challenges. The relays are probably the most fun.

Favourite Swimming Event /Why?

I would have to say that I enjoy the Busselton Jetty Swim the most so far because of the conditions, (that jetty provides a great visual guide and the bottom is interesting) but even more important is the socializing before and after the event.

A Mandurah Manna Lost in Brazil

June 13-14th was a big weekend. At home it was the Mandurah BeActive Club Challenge, in Brazil it was the Copa Brasil Masters de Natacao (Brazil Masters National Championships) which was held at the Tenis Clube de Campinas in the State of Sao Paulo.

Not being able to be at our own meet I entered the Brazil Nationals in Campinas, a city of about 1 million people . We had to travel at night and because a lot of the roads in Brasil leave more than a bit to be desired, we travelled by coach. The 150km journey took 3 hours but the good news was it only cost \$16.00 each way. ,

You need to be a member of a Brazilian team to swim in the championships. I was part of MAC NINA, a team formed by 75 others from all over Brazil. In Brazil you don't have regular Masters Clubs as we have in Australia. Swimmers either join a social club, other sport or fitness club because there aren't many municipal pools anywhere. If a group is big enough they might form a masters swimming club within the host club otherwise they form some sort of alliance as MAC NINA has.

That's how this swim was held at the tennis club, and what a club it was. It had two 25m pools, a water polo pool with grandstand, a recreational 20 x 50 m oval shaped pool, two mini soccer pitches, tennis courts, basketball stadium, gymnasium, bar, café, two restaurants and function rooms. You get the impression that only the well-to-do can afford to swim. A big difference I noticed was the number of 25-40 year olds swimming, compared to the same age group in Australia. It could be because anyone who can afford to swim, can afford a live-in maid/nanny which allows them plenty of free time!

Wearing my yellow AUSSI shirt purchased at the Worlds in Perth earlier this year I was very obviously a visitor and many people came and spoke to Gerda and I, in particular three couples who came to Perth for the Worlds - Brazilians are naturally very friendly and helpful people.

And can they swim! The standard of swimming was awesome. A men's 240 free relay swum in 1:56. I was quite happy with my own effort, managed a 6th in the 50 'fly (I swam 42.95, the winner 30.65), 6th in the 50 back (I swam 50.57, the winner 35.09) and 9th in the 50 free (I swam 36.75, the winner 27.95). I also swam in a 4 x 50 freestyle relay which was fun, 5th place in the B grade!

All in all it was lots of fun, we met lots of interesting people and made contacts for some future swim meets in this area . Even though I haven't had the opportunity to do much training, it's the Fitness, Fun & Friendship that makes it worth while!!

Editors Notes

Can anyone in Mandurah Mannas speak or write Portuguese? If so contact me (Gerry) and I will send Ken an email written in his current address's language. I might put the email in the context of an admiring letter from one of the ladies in the photograph that shows Ken on the beach in Brazil !!!

On the subject of photo's, Lyn Mcphail has done a great job of arranging club photos both on displays in the shed and the club photo album, its worth checking out if only to admire your own photogenic qualities.

MANDURAH MANNAS NEWSLETTER

August 2008



It's great to see members are continuing to strive towards improvement in their swimming on a regular basis even during those wet and windy days. Congratulations to Ivan on providing an interesting and varied programme.

I invite all members to join us on Sundays mornings for the Aerobic Swims. It's a relaxing (and quiet) way to spend a morning. Most swimmers stay for a coffee and chat after and the last Sunday of the month everyone brings a plate to share. Last Sunday we had twenty of us for morning tea.

Ken and Gerda Phillips are flying back from Brazil for a few weeks (such jetsetters) so hopefully we will see Ken in the pool with us and hear about his international Swim Meet he entered in Brazil.

Our Club is running a 1500m Swim Meet on September 14th. We hope you will enter for the Swim or come along and help out on the day. Please let me know if you will be available to help.

Our thoughts are with Bev Webber, who has just undergone a major knee reconstruction operation. Bev, on crutches, joined us for morning tea on Sunday especially to bring us her lovely home made scones. Good luck with your rehabilitation. Hopefully it won't be too long before you are back in the pool with us. Lane Two swimmers are missing you. Rod Baker turns eighty in August. Can you believe it! Happy Birthday, Rod. You are a terrific example to all of us and inspire us to keep swimming.

See you in the swim.

Jenny Crake

Coach's Report

Firstly, we congratulate Wayne Cable for being granted his coach's "Green Licence". Some months back, Wayne attended the Swimming WA course which consisted of a series of lectures covering all the basics of coaching principles, risk management, ethics, the Australian Sport community, and then he was able to learn about the biomechanics of swimming, swimming technique and training strategies. And they call it "entry level" to coaching accreditation ????. Boy – I had to do a crash course to be able to carry out a competent assessment of his workbook which had to be lodged in order to gain the licence. Well done Wayne. You will see him now on Tuesdays assisting me on-deck when he can.

The other good news for the month is that Caroline is now back on Thursdays. This will give you all a different dimension to your training – and a chance for me to swim with you all again and claw back some level of fitness.

Numbers at training through July remained at around the mid to high teens, so with better weather around the corner, we expect those numbers to creep back up into the twenties soon. After the last BACC we went back to more emphasis on drills and longer distances, but we'll toss in a bit more speed work shortly leading up to the State Swim. It is also pleasing to see a greater interest in aerobic swims on Sundays. Going 'under the watch' every now and then brings out that little extra in us all which is a most important factor in improving out fitness levels.

Until next month - Cheers,
Ivan

CAPTAIN'S REPORT

This month the club competed at two club challenges. Firstly at Swan Hills with 11 swimmers braving the cold conditions. The carnival was efficiently run considering Swan Hills only had 2 members running the event. The officials did a great job with swimmers helping where needed. The club came 5th overall.

The next club challenge was the Belmont/Maida Vale club challenge held at the Belmont pool. Again we had 11 swimmers competing and we came 4th overall just missing out on 3rd position. These were the last of the club challenges that our club is entering for this year. Thank you to the members who competed especially to the newer members; Rosemary and Anne Marie.

Also this month Jeannette Rein and Wayne Cable swam at the Gosnells 400/800m event.

Up and Coming Events:

Be Active State Swim – State Championships at Challenge Stadium August 23rd and 24th. **If you wish to swim please put your entries on the list in the shed by this Tuesday night or email them to seniven@tpg.com.au**

Mandurah 1500m swim – 14th September.

<p>Please note the pool will be closed for maintenance 14th & 15th August therefore there will be no training.</p>
--

Sue

Recorder's Report

Mandurah competed in two BACC carnivals in July – Swan Hills at Midvale, and Belmont, run by the Maida Vale and Belmont clubs. We had 11 club members compete each time and came 5th at Swan Hills with 127 points and 4th at Belmont with 119 points.

Our aerobic swims are progressing well with members trying hard to complete their five 400/800m swims before the end of the year.

Our next and final pool competition for this year is on August 23rd and 24th and is the State short course Meet at the Challenge Stadium. We have had all our pool swims in quick succession but they have been well patronised by our members.

Our new member Elliott Combes celebrated his birthday on the 29th July. August birthdays are: King Neptune (Rod Baker) who will be a special 80 on the 8th, Haydn Brimson also on the 8th, Wayne Cable 9th, Gerry Green 17th and Deb Bloor on the 30th. Happy Birthday to you all.

Cheers,

Pauline

We are having a **PIZZA NIGHT** on Tuesday 12th August.

All attending, please add your name to the list posted on the shed notice board. Immediately after training on Tuesday, head for Jim McQuade residence at 13 Darter Place Halls Head,

Any queries check out notice in shed or phone Jim on 9581-3048

Mandurah Masters Swimming

Members Profile

Date: 3rd August, 2008

Name: Pauline Wingate

Age Group: 65-69

Place of Birth: Renmark, South Australia

Family: Husband Ivan, daughters Karen and Sandy, sons-in-law Adrian and Andrew and grand-daughters Catherine and Jessica.

Any events of Interest from your childhood: I had a very happy childhood and my schooling was at Renmark Kindergarten, Primary and High Schools. Helped my Dad, a journalist who broadcast a sports programme each Saturday night on the radio, by taking results by phone many of which came in long after the programme was on air. My Mother taught all of my family (two sisters and one brother) to swim and because Mum and Dad were great sports participants we were encouraged to partake in all sports.

Hobbies/Interests (other than Swimming): Triathlon, Cycling, Jogging, Kayaking and gardening when time and energy permits.

Events of Interest as an Adult: Started working as a clerk in an accountants office. Shifted to Adelaide to work in an Insurance Company. Ivan and I were married in 1961 and after Karen and Sandy started school I returned to work until retirement and finished my career in dealing in money market and foreign exchange at Southcorp Treasury which was a real **Buzz**.

What brought you to AUSSI Masters? Our daughter Karen swam in her school sports days and Ivan took her to the pool to help her train. At the same pool there was an adult group of men who swam together to keep fit and called themselves the Old Time Swimmers' League and Ivan joined in. A while later AUSSI Masters was formed and I tagged along.

Favourite Stroke: I enjoy freestyle the most and breaststroke is my next choice.

Swimming Events participated in: With Ivan I have competed at eight World Masters Championships, numerous Masters Games and my favourite would have to be the Alice Springs Games, which is held every two years and has always been great fun. Have attended most National Swims and of course the South Australian and West Australian Meets at all levels.

Favourite Swimming Event/ Why? 800 metres freestyle as I prefer distance and always enjoy the open water swims providing it is not stormy or rough weather. I rather enjoy the **after** party especially if there happens to be a chance of a glass of bubbles. The great benefit from all of this is the wonderful people you meet and the friends you make.

--SUNDAY SWIMMING PROGRAMME AUGUST 08.

AUGUST

3rd	10th	17th	24th	31st
AEROBICS	AEROBICS	AEROBICS	AEROBICS	AEROBICS

Surf the AUSSI Web Page at

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

COMING EVENTS

SEPTEMBER [Sunday 14th Mandurah](#) — 1500 metres short course at MARC

[Nov 1st](#) --- [Heart Swim](#) at Challenge Stadium

Training Times

Tuesday 6.00 – 7.30 pm

Wednesday 7.00 – 8.30 am

Thursday 6.00 – 7.30 pm

Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

MANDURAH MANNAS NEWSLETTER

September 2008

Presidents Report

This month has flown and despite the weather there has been lots happening in the pool. Ivan has been working everyone hard and being rewarded with great times and pretty good strokes (most of the time).

We have another major birthday celebration coming up. Ivan turns seventy in the next few weeks. Like Rod Baker he is another inspiring role model for us. Ivan is still swimming strongly, coaching us and travelling the world representing Australia for Fina. Happy birthday, Ivan. I believe his celebration includes a wine tasting with Ray Jordan from the Sunday Times. Ivan expertise is not only in the water!

We had a contingent of swimmers compete in the Sate Championships with great results. The States swim is worth attending for those who have never been. There are lots of friendly rivalry between clubs and plenty of socialising.

I recently handed out twenty certificates for Sate records. Rod Baker (our world record holder) received quite a number of these. A nice surprise were two records for our oldest swimmer Jack Lacey. So don't stop swimming everyone your turn may yet come!!

See you in the swim.

Jenny Crake

CAPTAIN'S REPORT

This month the State Championships were held at Challenge Stadium on the 23rd /24th August. We had 5 club members competing: Ivan and Pauline Wingate, Ken Phillips, Karen Boyce and myself. It was a short course event which consequently saw close to 200 State Records being broken as there is not many short course events held. I am lead to believe Ivan was successful in obtaining a State Record in each of his swims which was 6 in total. It was a great weekend had by all.

Our last pool event for the year is of course our own 1500m swim on the 14th September. If you wish to compete could you please enter your details in the shed by the 9th September. Otherwise could members please make themselves available for timekeeping or helping out on the day.

The Open Water Season will commence at the beginning of November, calendars are now available in the shed. This season there are some new swims, with 34 in total. It is always great to get a few club members participating at these events together as there is generally a breakfast held after the swim.

Sue Niven

Recorder's Report

Our Club had five members who competed in the State short-course Meet at the Challenge Stadium on August 23rd and 24th. They were Ivan and Pauline Wingate, Karen Boyce, Sue Niven and Ken Phillips. Ivan won all his events in the 70-74 years age group and broke or established State Records in each. We were all pleased with our efforts and four of us won the only relay we competed in with Sue Niven as our "Cheer squad". We came 16th out of 24 clubs and gained 174 points. An excellent effort for so few.

As mentioned previously, our Club is hosting a 1500 metre swim on September 14th so we would like to see many Club members participating to add points to the Club's Aerobic Trophy total. Most of our members who are involved in the aerobic program are now well on the way to completing their five 400/800 swims.

Our birthdays for September are: Susan Niven on the 2nd, Scott Jarrold the 4th, Debra Brown the 7th, Wendy Cole the 13th, Ray Reynolds the 16th and Ivan Wingate will be a young 70 on the 18th. Best wishes to everyone.

Cheers,
Pauline

Membership Fees

Fees for new or renewing members are now:

\$35:00	from 1 st September to 31 st December 2008 (4 months) (only available for NEW Members, not former/old Members rejoining)
\$85:00	from 1 st September 2008 to 31 st December 2009 (16 months) (This 16-month discount fee is very good value for new members and also rejoining members.)
\$65:00	for current members for next year - 2009 (1 st January to 31 st December)

Note - Fees for 2009 are due as of the 1st January but must be paid at the latest by 31st January, 2009.

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

The Committee would like it known that the decision to hold the fees at \$65:00 for 2009 was done

in consideration of the healthy financial state the Club is now in. Our fees are probably now one of the lowest in WA and Australia, but will be increased for 2010.

in Mandurah for about two years before I made it along on a Tuesday night. For many years I preferred to swim on my own and do my own thing, in my own time.

**Favourite Stroke ---Freestyle
Swimming Events participated in.**

World Masters in Perth this year. (800 pool swim and 3000m Swan River swim) _Busselton Jetty Swim, Scarborough 5000m Swim through Perth. All the major local swims except Albany or the Rotnest Channel Swim.

Favourite Swimming Event /Why?

The Busselton Jetty Swim, **with** the atmosphere and the clear water.

Property Officer

Anyone requiring new bathers needs to put their name on the list on the notice board. Ladies "Katz " swim suits are now available. Any queries contact Bev on 9535 5349.

MANDURAH MANNAS NEWSLETER

October 2008



Presidents Report

September, 2008

It is now Spring and so hopefully the weather will start to reflect this and we can enjoy swimming occasions both in and out of the water. Congratulations to those who have continued to enter the BACC Pool Swims. Members always return with several PB's and records after these swims.

Last week Mandurah held their 1500m swim. We had over thirty entrants. Once again thank you to our team members who turned up to help out and ensure a successful event. The morning went very smoothly and we finished in time for our usual excellent fare of soup, sandwiches and cakes. Thank you especially to Deb Bloor and her helpers for their work in the kitchen, and to Sue Niven for her work with the recording.

Swimmers on the day left us with many positive comments about the event.

Congratulations to those who broke records and PB's.

Ken and Gerda returned from Brazil for a few weeks and shared some of their tales of life in Brazil. They have now returned and will be away for most of the year.

Congratulations to Ivan Wingate who turned 70 recently and celebrated in fine style for several days.

I apologise that I have not been on the scene too much lately. I have had several injuries but am on the mend and hope to be back in action soon.

Keep swimming and enjoy the fun, friendship and fitness.

Jenny.

CAPTAIN'S REPORT

Thank you to the members who volunteered their services or swam at our recent 1500m swim. We had 32 swimmers compete on the day, with 12 State Records being set for the 1500m swim and possibly others set within the swim, i.e.: 100/200/400 or 800m records.

Country Correspondence Carnival

Congratulations to the club members who competed in the Country Correspondence Carnival held during February this year. Albany have finally recorded the results and advised that the winning club was Mandurah!!!! The results were: Mandurah 1105 points, Albany 1083 points and Geraldton 649 points. The downside of winning the event is that we will be running it next year, I might need to consider retiring, ha, ha!

Another pool event coming up is the Heartswim which is to be held at Challenge Stadium on Saturday 1st November. This can entered as a team event with up to 5 swimmers per team. Registration for this event is done online through www.mastersswimmingwa.asn.au. Entries close 17th October. If you wish to swim in this event get your team together and nominate a team captain who will then need to make the registration for the team online. The cost per team is \$75.00.

Next on the calendar is the start of the Open Water Swim season with the first swim being held on November 2nd. Throughout the season there are 34 swims with usually one or two swims held each weekend. This gives us plenty to choose from. As a club it is great to get a group together for the social aspect as well, there is usually a breakfast or lunch held afterwards. To help with cost of travel, I will soon put up a list in the shed of the up and coming swims so that those who are swimming can indicate and possibly could car pool with other members. OWS calendars are available in the shed and are also available on the Masters Swimming website: www.mastersswimmingwa.asn.au.

Sue Niven

Crocks Corner

We extend our best wishes to a number of our members who are either sick, recovering from sickness, have injured spouses or recovering from operations. The list includes;

Lyn McPhale (Foot), Bev and Jack (Knee and Shoulder), Ivan(eye), Jen(shoulder), Kirks wife's Barbara(accident), Gerry and Lyn (dogs disease). Pauline is also away to the Alice.

Cambria Island Swim co-ordinator, Wayne Cable is looking for helpers for the Cambria Island swim. Particularly seeking kayakers with First Aid qualifications. Contact Wayne on 9582-7954

--SUNDAY SWIMMING PROGRAMME

5th	12th	19th	26th	2nd Nov
AEROBICS	AEROBICS	AEROBICS	AEROBICS	AEROBICS

Surf the AUSSI Web Page at
<http://www.mastersswimming.asnwa.au>

COMING EVENTS

Nov 1st --- Heart Swim at Challenge Stadium

Training Times

Tuesday 6.00 – 7.30 pm
Wednesday 7.00 – 8.30 am
Thursday 6.00 – 7.30 pm
Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

MANDURAH MANNAS NEWSLETER

November 2008



Presidents Report

November is almost upon us and with it warm weather and ocean swims. Training sessions are not heralded by a cold gasp as we crawl into the water and we don't rush off to the change room before we freeze. Congratulations to all those diehards who swam regularly throughout the winter and are now enjoying the benefits of constant training. Ivan, with the help of Graham and Wayne are producing some terrific training routines so it should see a few PB's.

I hope you will consider trying a few of the Ocean Swims. They are a lot of fun and those who participate enjoy the challenge and the collegiality of fellow team members. Congratulations to Pauline and Ivan who competed in the Masters Games in Alice Springs and came home with a swag of gold medals. They are the quiet achievers, who are fantastic representatives for our Club.

Look out for who now has a new look full swim suit (it looks like it would fit a six year old). The suit should take about 20 mins to put on –check out the new svelte Rod Baker !!

Our Xmas wind-up is being held on Sunday afternoon 14th December. Put it in your diaries and come and see what we all look like without goggles, caps and fully dressed!

Enjoy your swimming.

Jenny Crake

Coach's Report

It must be "Rotto" time again as numbers at training have increased in recent weeks. Some nights you might expect six or more in your lane but if everyone co-operates, you can all still get a good work-out. I'm pleased to say that so far it has worked out well with swimmers positioning themselves in the line according to their speed for that set. Keep in mind that you may need to move up or down the line as we change sets e.g. there are some who might usually be at the back of the line but are good kickers, so then they move up and vice versa. If there's eight or more in the lane, the Coach may alter the session to shorter repeats so there's no overtaking but everyone, please make sure you always leave a five second gap from the swimmer in front when you push off.

I noted last week that many freestylers have gone back to their old habits of taking a breath on their first stroke – you can almost see them putting the brakes on as the head lifts just after leaving the wall. TRUST ME – if you change that habit to streamlining and gliding away from the wall, then not taking that first stroke until you slow down to swimming pace (AND NOT BREATHING until the next stroke), you will improve your technique much more than any other drill I know of. This applies to Open Water swimmers too. If you can get into the habit of good body alignment, you reduce all that drag and put the energy saved into more productive forward propulsion.

I thank both Graeme and Wayne for looking after the sessions whilst we were away. Graeme will continue to nurture the lane ones on both nights but as of next week, I'll be taking the other three lanes on Tuesday nights and Wayne the Thursdays.

A few months back when the "shed" was flooded from heavy rains, the plastic satchel containing the sets of training programmes filled with water. Most of those not laminated were destroyed or mouldy beyond salvage so had to be thrown out. In sorting out the mess, I found that many sets were incomplete – presumably some had been 'borrowed' for personal use. We made good all the sets that were left but disappointingly the other night when I went to get a set out, I found them all out of sequence again and a couple were missing. PLEASE don't just help yourselves to these – if you would like a copy of any particular one for your own personal use, then ask and we can arrange that for you. One, popular for use on your own is the one I called "Faertlek", so Deb has run off and laminated a few extra copies which will be available for interested members to take in the 'shed'.

My last little 'gripe' for this month is to appeal once again for all those who can, please try and be earlier at training so that we can be ready to dive in right on 6:00pm. Some of you witnessed a couple of weeks back where one of the kids' club's coach, looked up an old booking schedule which showed us not starting on Thursdays until 6:30. Accordingly they kept training on in the water after 6:00. Some fast talking to the Duty Manager managed to correct the situation but be aware that if we don't do justice to the amazingly good lane hire arrangements we have in place at present – we will surely lose such benefits.

Until next month - Cheers,

Ivan

Recorder's Report

Club members who are involved in the Club's Aerobic Trophy scheme are now well on the way to completing their five 400/800m swims. We had 17 members who participated in a half hour swim which was held during a Thursday training night during September. It was wonderful to see so many give it a go as quite a few were unsure they could swim for that length of time.

During October, another distance swim of 1500m was held on a Thursday training night and seven of our members completed the distance. These swims have been beneficial for those who wish to compete in the Ocean Water Swims which have now commenced.

A late October birthday wish to Pat Greysmith whose special day was the 10th and Wendy Kennedy-Smith on the 18th.

November birthdays are: Jim McQuade on the 3rd, Bret Johnston on the 10th, Bev Webber and Kirk Bamford on the 22nd, Sue Giles on the 23rd and new member Tony Bowman on the 29th. Happy Birthday and Best Wishes to everyone.

Cheers, Pauline.

Mandurah Manna's XMAS Function

Date: 14th December

Time: 6.00pm onwards

Venue: 22 Rialto Place Port Mandurah
(Jenny & Steve's residence)

Bring: Your meat to BBQ and drinks.

Each person is asked bring a gift to the value of \$5.00
for a Kris Kringle.

*The club will be providing nibbles, salads, bread rolls,
desserts, cutlery, plates, coffee, chocolates.*

More details will be in the next newsletter and on the shed board
in December.

--SUNDAY SWIMMING PROGRAMME

November

2nd	9th	16th	23rd	30th
AEROBICS	AEROBICS	AEROBICS	AEROBICS	AEROBICS

Surf the AUSSI Web Page at

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

COMING EVENTS

1st November – **Heartswim**, Challenge Stadium

OPEN WATER SWIMS

2nd November – Water Corporation Champion Lakes 1.25km/2.5km/5km/10km

9th November – Lake Leschenaultia, Chidlow 1600m

15th November – Water Corporation Rockingham Foreshore 1.25km/2.5km/5km

29th November – West Coast 1000, Cottesloe 1000m

30th November – Koombana Bay, Bunbury 1600m

6th December – Rottnest Swim Thru 1600m

13th December – Fremantle Ports Swim Thru 1600m & 400m

14th December – Water Corporation, Mullaloo Beach (includes Carolyn Burke Fundraiser)
1.25km/2.5km/5km

20th December – Tower to Tower Swim Thru, Scarborough to Trigg beach 1800m

21 December – BBB River swim, Bicton Baths East Fremantle foreshore 1600m/5km

Training Times

Tuesday 6.00 – 7.30 pm

Wednesday 7.00 – 8.30 am

Thursday 6.00 – 7.30 pm

Sunday 9.00 – 10.30 am

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. Every one please bring a plate.

MANDURAH MANNAS NEWSLETTER

December 2008



Presidents Report

December, 2008

The year is coming to an end very rapidly and Xmas is nearly upon us. It has been lovely to be swimming in the warm weather, to get out of the pool or the beach and not have to rush to get warm.

It's great to see so many in the pool at training sessions and a big welcome to our new members. Ivan, with Wayne's help, is keeping us working hard and pushing our times down. Graham is keeping Lane one on the straight and narrow and developing their techniques and times.

The Ocean Swims have started and a number of Mandurah Aussies have been attending the events. Last weekend a number of swimmers went down to Bunbury for their Koombana Bay Swim. We couldn't have had a more ideal situation. Several dolphins joined us in the shallows as we were waiting to start, the water was dead flat, there was no wind and the sun was shining. Kirk and Rod won best and nearest times and several others won bottles of wine for spot prizes. Check out the swims coming up and join us. Our Xmas wind up is on 14th December in the afternoon. I hope you will all join us and see if you can recognise everyone with all their clothes on!

I hope you will all have an enjoyable Xmas and New Year. Don't give up your swimming –it may just allow you to indulge in some Xmas cheer without stacking too much weight on.

Keep having fun.

Jenny Crake

CAPTAIN'S REPORT

The Open Water Season is well under way! Recently there was a swim at Rockingham Foreshore held by Swimming WA. Three distances were available; 1.25km, 2.5km and 5km. The conditions were cold and windy. In the 1.25km swim in the over 50 age group we had 3 members swim; Anne Marie Kerr, Jenny Crake and Deb Bloor. The ladies scooped the medals for this category winning gold, silver and bronze respectively, well done ladies. Today a few club members traveled to Bunbury for the Koombana Bay OWS but unfortunately I do not have results available but they will be published next month. For up and coming swims check the end of the newsletter and the plastic shelves in the shed for entry forms.

During December and January if the weather becomes warmer, we will be having a swim at Avalon beach, Falcon. This will most likely be on a Thursday night but I will keep you posted. Also on Sunday 11th January there be a swim and breakfast at Waikiki beach – further details will be available in the next newsletter.

Congratulations to the club members who have made it into the Rottneest Challenge Swim in February; Haydn Brimson and Ethan Norris – duo

Anne Marie Kerr, Jeannette Rein and Wendy Cole – team

Wendy Kennedy Smith – duo?

Barbara Pellick – solo

Sue Niven – solo.

Regards, Sue.

Coach's Report

It's pleasing to see twenty or more at training each Tuesday and Thursday nights plus reasonable turnouts on Sunday mornings given that we're now well into the Open Water season. Sessions have continued to focus on middle-distance freestyle and spacing – so important for an enjoyable and effective Open Water Swim. We'll keep training each Tuesday and Thursday nights with the obvious exceptions – Christmas and New Year's Day.

Not a lot to say this month but will comment on the few non-triathlete members who have ventured down to the Splash 'n' Dash on Friday nights. Ocean swimming is rather daunting if you've not done it before, so Splash 'n' Dash is a great way to get started – highly recommended to all who've yet to try it. Further, it's a great way to finish off the week, meet new people and to get rid of the pent up aggression you've built up through the week at work.

Sue, our Captain, has plans for a couple of nights at Avalon beach in the New Year. These will take the place of regular training nights either Tuesday or Thursday. Care is taken to cater for all abilities so you swim whatever distance you can handle. The out-and-back course is about 1500m (if you go straight, that is) so you can do only half or double if that takes your fancy. Then, there will also be a Sunday morning at Safety Bay in the pristine waters over brilliant white sand prior to a BBQ "brunch"- don't miss it. Ocean Swimming is an important supplement to your overall swimming fitness programme –after all, that's what we're all doing it for, isn't it?

Until next month - Cheers,

Ivan

Recorder's Report

We are now near the end of 2008 and quite a number of members are participating in the Open Water Swims.

Our Sunday Aerobic Swims are nearing completion and everyone involved this year is well on the way to finalise their schedule. Because of the new registration system not being available until last month, the data for the aerobic system has to be updated this month for the whole of 2008, which is rather annoying. Our coffee get-togethers each Sunday after swimming has proved to be very enjoyable and beneficial in getting to know each other that much more.

December birthdays are: Ian Jones on the 1st and Alex Galbraith on the 14th.
Happy Birthday to you both.

Happy Christmas to everyone, although we will have our Club party on Sunday 14th December and hope to catch up then. Notices with all the details are in our own Club Shed.

Cheers,

Pauline

A.G.M.

Our clubs AGM will be held next year on Sunday 22nd February and will be held in the Mandurah Swimming Club Clubrooms.

The meeting will commence at 10 PM, so you will have time for a quick swim before the AGM. Please mark your colander and keep this day free. We need your attendance at this important annual meeting.

As we will be electing a new committee, the club will need office bearers to run our club next year. If you are considering serving on the committee or require further information, please talk to any current committee member.

Deb Bloor

With the festive season approaching, I thought someone might need a recipe for a Christmas Cake. Hope it tastes OK. Regards, Gerry.

Fruitcake Recipe

1 cup water, 1 cup sugar, 4 large eggs, lemon juice, nuts,
2 cups dried fruit, 1 teaspoon baking soda, 1 teaspoon salt, 1 cup brown sugar.

1 gallon whiskey

Sample the whiskey to check for quality. Find a large bowl.

Check the whiskey again to be sure it is of the highest quality.

Pour one level cup and drink. (Repeat at least once)

Turn on the electric mixer; beat 1 cup butter in a large, fluffy bowl.

Add 1 teaspoon of sugar and beat again.

Make sure the whiskey is still OK..

Cry another tup

turn off mixer.

Break 2 legs and add to the bowl and chuck in the cup of dried fruit.

Mix on the turner.

If the fried fruit gets stuck in the beaterers, pry it loose with a
drewscraver.

Sample the whiskey to check for tonsistency.

Next, sift 2 cups of salt. Or something. Who cares?

Check the whiskey..

Now sift the lemon juice and strain your nuts.

Add one table.----- Spoon of sugar or something.

Whatever you can find.

Grease the oven.

Turn the cake tin to 350 degrees.

Don't forget to beat off the turner.

Throw the bowl out of the window.

Check the whiskey again.

Go to bed.

Who the hell likes fruitcake anyway?

--SUNDAY SWIMMING PROGRAMME

DECEMBER 08

7th	14th	21st	28th	
AEROBICS	AEROBICS Mannas Xmas Party	AEROBICS	AEROBICS	

Surf the AUSSI Web Page at

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

COMING EVENTS

OPEN WATER SWIMS

13th December – Fremantle Ports Swim Thru 1600m & 400m

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