

PRESIDENT’S PROSE JUNE 2019

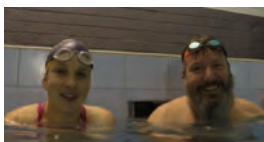
Whilst I was away for most of the month, I know the club was under control with Lesley at the helm. In the absence of any other club members putting up their hand to volunteer as Vice President, Lesley has kindly stepped in to that vacant position.

We did manage to arrive home just in time to enjoy the terrific antics of the Winter Solstice swim against the Hervey Bay Humpbacks... Unfortunately - whilst we did our best with limited number of swimmers - we finished second. That means we get to set the programme for next year! Lesley and Stuart - the gauntlet has been firmly thrown!

The Men's Freestyle team of five swimmers completed 3,850 metres in the hour. The Ladies Team of eight completed 3,950 metres. Mixed Medley team with seven completed 4,250 metres – beating Hervey Bay by 400 metres! (Stuart swam twice to fill in the extra 8th position, completing over 1 km butterfly!). Our total distance was 12,050 metres compared to the Humpbacks’ 12,250 metres. The trophy is being returned to the far east for 2019! If



you missed out this year, put the Solstice swim on your 2020 calendar and we should win it back!



It was terrific to have our two newest members - Alison and Kim – joining in and thoroughly enjoying the competition. Steve Martin turned up for his usual 1km swim in lane 6 and was roped in to swim by Lesley. He was in the depleted men’s team so was pressed to compete and commented that he only swims for relaxation! Glen Lush was also co-opted under the same circumstances.

Our swimmers worked very hard over the one hour allowed and thoroughly deserved the great pizzas at the end of the event. Many thanks to everyone who swam, counted laps and organised the evening and our resident Druid Brian Risbey!

Endurance swims on Saturday afternoons have been quite well attended with Elaine taking over from Brian Brady to co-ordinate whilst he was away. Jill continues to time keep for everyone and the drawcard is definitely the afternoon tea/coffee following the swim. The water is a great temperature for endurance swimming.

In April, I reported that Lynne had a hip replacement and is yet to return to active swimming but has been down to the pool. Now Elaine has also had her hip replaced and is recovering rapidly and looking forward to using our special steps to get into the pool as soon as the scar has healed. Russell has coped amazingly well with some creative meals and lots of babysitting – both grandees and Elaine!

Glad has been swimming and getting in a few laps on a Tuesday night. Hopefully it won't be too long before she is fully fit again.

David Masters spent a couple of fun weeks in early June over in Spain completing a bike ride on the Costa del Sol coastline – enjoying some local wineries along the way. He averaged around 40kms a day, which was very manageable. Kathy and Brian Brady headed north east to Queensland for some winter sun and time with family.

Congratulations to Steve Norregaard who spent his birthday night sleeping rough (in a cardboard box!) to highlight the plight of homeless people with Vinnies.



The arrangements for the 40th Anniversary Dinner are complete and now we need your attendance to make the evening a memorable one. If you have not responded to the invitation to date, please do so as we need final numbers by 10th July!

FROM THE RAIN DRENCHED HILLS OF KALAMUNDA.....ANDREA.

The Committee of Maida Vale Masters Swimming cordially invite you to join them for a night of memories in celebration of our
40 YEAR ANNIVERSARY

WHEN: Saturday, 20th July 2019
WHERE: Jack Healey Centre, 21 Mead Street, Kalamunda
TIME: 6.30pm – hors d'œuvres & pre-dinner drinks
7.30pm – 3 Course Buffet Meal
Guests to BYO drinks with meal

TICKETS: \$25.00 per person (member and partner)
Includes commemorative shirt for members)
\$35.00 non members.

DRESS: Semi-Formal (No Jeans)

PROGRAM Welcome
Meal
Presentations
Sweets/Tea/Coffee



ENTERTAINMENT DJ/Dancing Club Memorabilia/History Display

The club is subsidizing the evening with pre-dinner food and drinks. Thereafter drinks to be on a BYO basis. Tickets must be pre-booked and paid for. Cancellations only accepted up to 7 days prior to the function. Tables of eight will be arranged and reserved if required. Make up a group and reserve your table.

To make bookings: Return the attached form IN THE EMAIL SENT OUT ON THE 18TH JUNE or return form and money to Sandra Thompson Email: sandrادت@iinet.net.au R SVP by 10th July 2019

We look forward to you joining us for this special occasion and an opportunity to catch up with old and new friends and members.

cheers to 40 years

CLUB NIGHT PROGRAM FOR JULY 2019

1ST JULY	50 BACK	STUBBY STAKES	100 BUTTERFLY
8TH JULY	100 BACK		25 FREE
15TH JULY	COMMITTEE MEETING—TRAINING ONLY		
22ND JULY	200 IM		25 BREAST
29TH JULY	100 FREE		50 BREAST

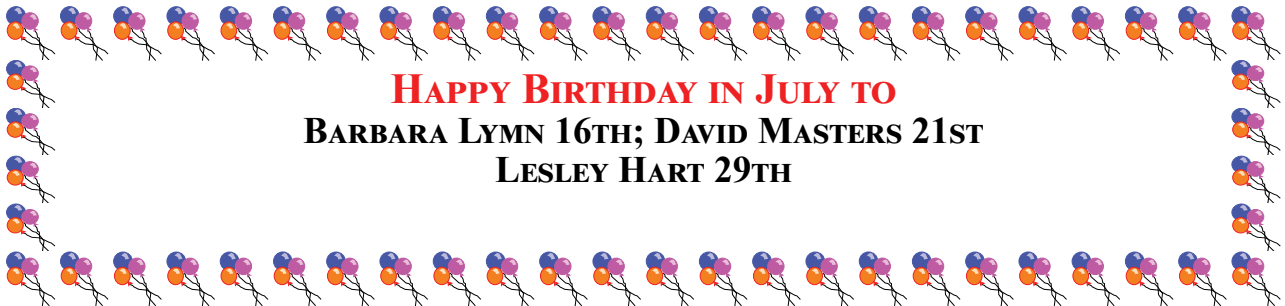
STUBBY STAKES JUNE CONGRATULATIONS TO LESLEY HART



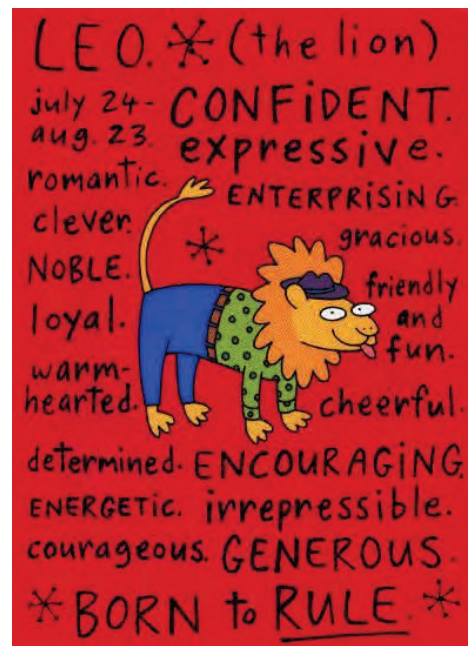
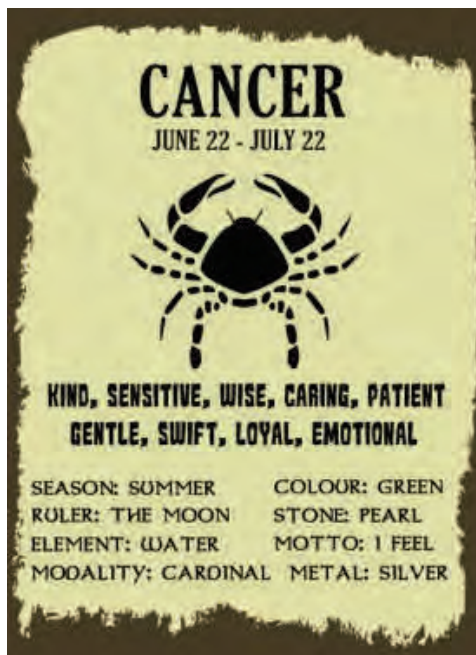
Who swam closest to her nominated times for June Stubby Stakes.

Our next Stubby Stakes will be held on Monday 1st July. Swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. Please bring a plate of food to share.

Monday Stubby Stakes night is a night to catch up with other club members and to check out how well you know your swimming time.



HAPPY BIRTHDAY IN JULY TO
BARBARA LYMN 16TH; DAVID MASTERS 21ST
LESLEY HART 29TH





This [link](#) will take you to the Results and Records on the Maida Vale Masters website where you can find all club records and results. Check the link to see whose records you could break in 2019. Challenge yourself!

Swimming. It's good for you. In fact, it turns out that swimming is better than good, it's awesome, and not just because it's an amazing low-impact, fun [way to lose weight](#) and get fit. Swimming has a plethora of benefits, which is why it is one of the most recommended cardio workouts in the world today. So embrace your inner dolphin and get ready to enjoy all the benefits which swimming can bring.

If you compare it with many other cardio workouts, swimming is a fantastic way to [increase muscle tone and strength](#) while enhancing your cardiovascular fitness. Swimming is much better than most other aerobic workouts because of the medium you exert your body through (and unless you're Cleopatra it's going to be water). While you're swimming, because you are moving your body through water which is much more dense than air, every stroke and kick you make has more resistance than, for example, jogging.

The result: your body experiences a tougher muscular workout. It's kind of like using the resistance machines at your gym, except you're in the water and wearing fewer clothes (probably).

Endurance swimming at Darling Range College Pool is a good way to embrace your inner dolphin on a Saturday afternoon. The boiler is fixed and Endurance swimming has begun again.



Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!! The price of the ladies bathers and the mens long leg jammers have been reduced.

Ladies' Long Leg	\$82.00 now \$75.00	Sizes 8 > 18	Ladies' Regular	\$72.00 now \$65.00	Sizes 8 > 20
Men's Jammers (Long Leg)	\$52.00 now \$45.00	– Sizes 14 > 26			
Silicon Caps	\$10.00	Regular Caps		\$ 5.00	

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool. Then contact **NORMA** and she will arrange to bring them to the pool BUT you MUST pay for them first.

New Club Shirts. The shirts cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots

There are also a few club vests available, 1 x XL; 2 x L and 3 M, see Norma for details. Very useful item of clothing as we move into the colder months!!



Masters Swimming WA Website—well worth a visit. Click [here](#)
Don't forget to check out our Facebook web page with photos and videos.
Just click on the [link](#).



Riverton Masters Swimming Club

invites your members to a **LiveLighter Club**

Challenge Series Meet long course

on **Sunday 28 July 2019**

at the **Riverton Leisureplex**, cnr High and Riley Rds, Riverton

50m indoor heated pool

Warm-up from 12.15pm, meet starts at 1pm

EVENTS

- 1a. 200m IM or 1b 200m Freestyle or 1c 200m Backstroke or 1d 200m Breaststroke or 1e 200m Butterfly
- 2a. 100m Freestyle or 2b 100m Backstroke or 2c 100m Breaststroke or 2d 100m Butterfly
3. 50m Backstroke
4. 50m Breaststroke
5. 50m Butterfly
6. 50m Freestyle
7. 4 x 50m Women's Freestyle Relay
8. 4 x 50m Men's Freestyle Relay

The meet is open to all financial Masters Swimmers.

The meet will be limited to the first 150 swimmers who nominate.

- Masters Swimming Australia rules apply.
- Swimmers may participate in up to 4 individual events plus a Relay. No more than one 200m and one 100m event.
- All participating clubs are to provide timekeepers and stopwatches for manual timekeeping.
- Cost of meet entry is \$10 per swimmer.
Payment to be made by clubs (not individual swimmers) via direct deposit, prior to meet.
Please make your payment to (CBA) BSB: 066164, Account Number: 10208774
Reference: 'your club name'
- Pool entry fees are Adults \$6.80, Concession \$5, Spectators \$2, payable at pool reception on the day.
- Please join us for refreshments after the meet (included in the cost).

Please process entries via Team Manager and email to Meet Coordinator, Damien Eyre at damieneyre73@gmail.com and ensure that all participants are financial members of your Club prior to accepting their entry.

If any problems or queries, please contact Damien via email or on mobile 0418 221 320.

Entries close: Wednesday 24 July 2019 (late entries will not be not accepted).



STADIUM MASTERS SWIMMING CLUB

SWIM FOR A REASON



Stadium Masters Swimming Club invites you to join us in the

2019 ONE-HOUR MIXED RELAY CHALLENGE for the AUSTRALIAN ALZHEIMER'S RESEARCH FOUNDATION

1pm to 5pm, Saturday 6th July 2019

HBF Stadium, Stephenson Avenue, Mt Claremont in the indoor 25 m 8-lane pool

Swimming clubs and groups are invited to enter mixed freestyle teams of four with any mix as long as there is at least one different gender. Standard masters swimming relay age groups apply, with the addition of a 52 – 63 and a 64 – 71 age groups, to accommodate younger family members. We expect entries in all the age groups including 72 – 119, 120 – 159, 160 – 199, 200 – 239, 240 – 279, 280 – 319, 320 – 359. Swimmers may compete in one age group only. Two teams may share a lane by mutual consent. Limited lanes are available so get your entries in and pick a preferred time while you can.

Trophies (returnable) will be awarded. One to the team in each age group that swims the most 50m laps in the allocated one hour. Another will be awarded to the team that swims closest to their predicted number of laps. Team members may swim in any order and in any proportion of the one hour. A trophy will also be awarded to the team that collects the biggest total of donations to aid Alzheimer's research. Our over-all target is \$1,000 with a conservative expectation of each individual participant being able to attract \$25 of sponsors, but any amount will help.

Trophies will be awarded and refreshments provided directly following the event.

- Adult pool entry is \$6.30; concessions \$5
- Event registration for each relay team is \$40
- Team Registration and collected cash donations (a special form for this is provided) to be paid on arrival at the pool
- Please use <https://aarfcommunityfundraising.everydayhero.com/au/swim-for-a-reason-2019> for online donations. Please add your club/team name after your surname when making a donation.
- Please process and email your entries (name of team, names of swimmers and their ages, plus estimated team swim distance in the hour) to Barry Green at barryjohnngreen@yahoo.com.au
- Entries close at midnight on Wednesday, July 3rd.

Even though it was a cold and very wet night there was a good turn out for the Wednesday night pizzas. Thank you to the June birthday boy, John, for supplying dessert pizzas on Wednesday, delicious as usual.



MEMBERSHIP FEES FOR 2019

DON'T FORGET

If you need assistance with your registration, please contact Lynne Duncan on 0417 997 556, and she will be able to assist you.

Fees for 2019 are **\$104.00** and can only be paid through the Membership Port on the MSWA website. As existing members, ensure you click on the **RE-REGISTRATION** button and not the REGISTER button – clicking this button will assign you a new membership number and will cause problems for the Director of Recording who will have to merge your old number & your new number, and that will make her grumpy!!!! **Remember** : if you are not a financial member, you cannot swim at any club events including training, aerobics, club nights etc. as you, the coaches and the club are not covered by insurance. Details on how to re-register <http://mswa.asn.au/> Click on the membership portal (on the right) Click on the Re Register Icon and follow the instructions from there.

A QUICK REMINDER ABOUT SWIMMING TIMES.

Monday is **CLUB NIGHT** - 6.00 pm to 8.30 pm (first Monday of the month is Stubby Stakes when you have the chance to win a bottle of fine wine if you are able to accurately predict the time it will take you swim the event).

Tuesday and Wednesday are training nights. Keep fit nights!! 6.00 pm to 7.30 pm. Except on the last Wednesday of the month when the covers go on at 7.00 pm as there is the Club Pizza Night at Village Pizza in Lesmurdie. A great night to catch up with other club members. Some members even manage to fit in a swim before munching their way through a pizza!

Endurance swimming is usually every 2nd Saturday, down at Darling Range Sports College swimming pool from 2.45 pm to approximately 4.45 pm.

See Dolphin Dots for up to the date details each week. This is a great pool for timed swimming of the longer distances. 400, 800 and 1500 metre swims as well as t45 minute and 1 hour swims. All timed so you can see how your fitness is progressing. AND if you do enough there is a trophy to be won at the end of the season!!



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