

PRESIDENT’S PROSE FOR MARCH, 2023

I will not dwell on the sadness that struck our club members during the month of March other than to say that the whole club was affected by the loss of our dear friend Brenda Mazzucchelli. Whilst Richard had kept us informed of her failing health, it was nevertheless a shock to hear of her passing. I was not able to attend Brenda’s funeral but I know that many Maida Vale members celebrated her life at the service in the Guildford Grammar Chapel. The service was live-streamed and It was humbling to hear the stories of Brenda’s full and interesting life and to share her adventures with her family. Rest in Peace Brenda.

For those who remembered the founding member of the Maida Vale Club, Lester Watkins , it was sad to hear of his passing in the same week. Lester was a larger-than-life character in the swimming world and helped to establish both Maida Vale AUSSI and the Maida Vale Dolphins junior club before forming the Southside Wesley Swimming Club.

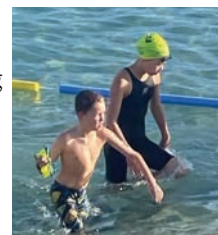
The news of Russel Fowler’s sudden and urgent health trauma whilst out walking his neighbour’s dog plunged everyone into more shock and disbelief. An aneurism behind his knee caused a thrombosis in his lower leg. Although Russel underwent a total of 18 hours of operations over two days, the lack of blood flow in his leg finally resulted in a lifesaving amputation of his lower right leg. Russel is slowly adjusting to his situation and is looking forward to returning home to start his very different lifestyle – with our help!!



The March Labor Day long weekend offered some of us a chance to compete in the Masters Mullaloo Mile, National Open Water swim. Lesley, Caroline and I swam and Lynne officiated. The competition was fierce so none of us finished on the podium but we did enjoy a free breakfast, courtesy of the Superfins.



The long-awaited Jetty to Jetty at Coogee Beach finally went ahead. The Cockburn Community event was one of the sporting events that was cancelled last year during McGowan's Mad March crack down. The morning was glorious with not a ripple on the water and the sun shining on the mermaids in the water.



A relatively small group from Maida Vale competed across the 250m, 750m and 1500 m distances on offer. Young Flynn Charlesson and Marcus Bourne completed the 250m Try It distance – our future members in 2035!

Another 2022 cancelled event – the Port to Pub – was also able to go ahead and, on behalf of Co-Founder Ceinwen Roberts, I would like to thank all our club members who volunteered to help make the day absolutely amazing. Gwyn, Lynne, Andrew, Lesley, Barbara, Garry, Kate, Brian B, Brian R. and Maggie were willing helpers on the day and in the many weeks leading up to the event. Plus, of course me, making a lot of noise on the microphone on beach at both ends of the swim. Apparently our Tug Boat crew could hear me 1500 meters off the coast!





It was such a huge day with the special guest appearances of the lovely Campbell sisters. Cate and Bronte were part of a very fast team of four. Sisters Caroline and Helen finished their fourth Duo in style. The event is gaining international recognition and several overseas and interstate swimmers headed to our shores – some for a casual 25km swim across the channel.



Thankfully the month of March ended on a positive vibe with the Freo Fins Act Belong Commit Carnival. The morning weather ranged across all four seasons but the rain held off and we were cozy under our club marquee. Maida Vale was represented by seven swimmers, two supporters and one official and managed to finish in the top 10 out of 24 clubs. It was new member Simon Scott's first competition and he fully embraced the Fitness and Fun aspect of Masters swimming.

Thankyou to Brian Brady for organising a change of venue for the Endurance swimming . Darling Range pool is out of action for us as the boiler is not working and the water is a tad nippy. Brian has coordinated with Aqua Tots to swim at the Maida Vale pool in the short term – albeit that water is a tad warm!!! The Goldilocks Syndrome!

Some of our club members have been blessed this year with the arrival of two little baby boys. Jamie (née Dyer) gave birth to Theodore James in January which makes Kate a Great Grandma, Caroline a Grandma and Helen and Victoria Great Aunties!

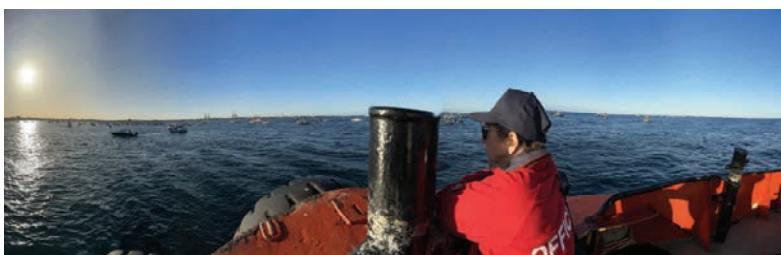
In March Alana (née Cooper) gave birth to Hunter Dayne, elevating Sandra to Grandma status! They could become members in 2041!

I wish you all a very happy Easter and school holiday break and hope to see you at training. We do have two prospective new members and “fingers crossed” that Kerry and Chris decide to join us in April.

Just a reminder that you need to access the Engage Kalamunda website, find the section on the right of the page to the comments on the Big Picture and fill out the survey. The pool is vaguely referred to in the Kalamunda Tourism section. Voice your strong opinions now!



Finally, the month came to an end with a delicious Pizza evening. Tom brought his Mum and Dad, David and Sandra, along to enjoy the food and the company and Richard was accompanied by his son Keith who is staying with him for a short time.



FROM THE HILL.....Andrea



Service for Today held by Maggie

A day at Fremantle



It's a long way



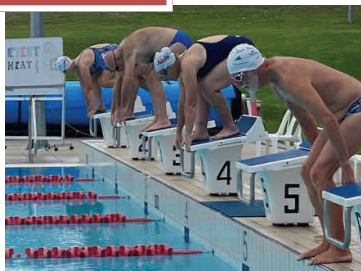
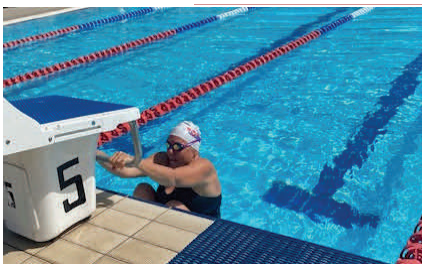
Our time keeper
Thanks Audrey



Mixed IM Relay Team
Butterfly, Backstroke, Free, Breast
Simon, Lesley, Alison and Gwyne



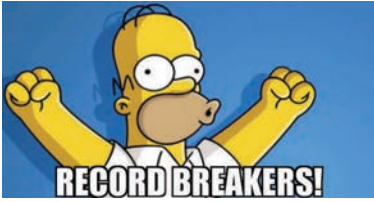
Mixed Freestyle relay
Ian, Gwyn, Kate and Andrea



Starts!

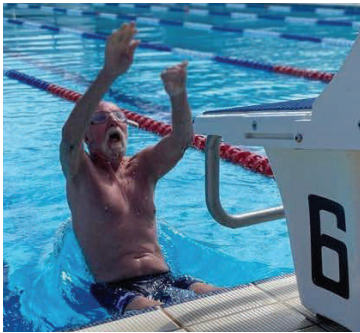


A sad moment for Kate.
But not for Lynne



Club Records March 2023

Name	Age Group	Course	Event	Time
Glad McGough	90-94	Short	1/2 hour Backstroke	625 metres
Andrea Williams	70—74	Short	50M Backstroke	1.01.72
Kate Elliott	70—74	Short	800m Backstroke	20.43.69
Brian Brady	65—69	Short	1 Hour Backstroke	1835m



ENDURANCE 1000 Progress Points as at 28th February 2023

Female	1143
Male	611
Total	1754
Total as at 31/03/2022	1631

CLUB NIGHT PROGRAM FOR APRIL 2023

3RD APRIL	50 FREESTYLE	STUBBY STAKES	200 BUTTERFLY
10TH APRIL	EASTER - NO SWIMMING		
17TH APRIL	100 FREESTYLE		50 BACKSTROKE
24TH APRIL	200 IN MEDLEY		25 BUTTERFLY
1ST MAY	50 BREASTSTROKE	STUBBY STAKES	200 BREASTSTROKE

MARCH STUBBY STAKES WINNER

Congratulations to Lesley Hart who won Stubby Stakes swimming closest to her nominated time for 50 metres backstroke.



Make the time to be at the pool on Monday, 3rd April, for your chance to win this month by entering the Stubby Stakes and swimming closest to your nominated time.

Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation. Please bring a plate to share.



HAPPY BIRTHDAY IN APRIL TO:

SANDRA THOMPSON 19TH; SCOTT YAXLEY 21ST

ARIES 
VERSATILE LIVELY
ADVENTUROUS
POSITIVE COURAGEOUS
PASSIONATE
MARCH 21
APRIL 19
ENTERPRISING INCISIVE
SPONTANEOUS
OPTIMISTIC CHARISMATIC

 **TAURUS**
GENEROUS LOYAL
INDEPENDENT DEPENDABLE
SENTIMENTAL
PATIENT RELIABLE
APRIL 20
MAY 20 **ARTISTIC**
PERSISTENT LOVING
TRUSTWORTHY

Coaches Corner

Maintenance for the month of April now the Open Water season is over, leading up to the State Championships in early May.

3-April-23	Maintenance	
10-April-23	Maintenance	
17-April-23	Maintenance	MSA Nationals, Hobart
24-April-23	Maintenance	
1-May-2023	Competition	MSWA States, HBF

Training ideas from Coach Gwyn...

ULTRA SHORT RACE PACE TRAINING (A schedule from YouTube 'Whiteboard Wednesday')

It would seem to be an ideal workout in competition season. It assumes you have a goal to sprint faster, that your technique is sound, and you enjoy hard but short work outs. It is based on the premise that race-specific, high intensity workout will yield the optimal performance and fastest times, the goal being to simulate race conditions, so no drills etc.

The science behind it is that you just need to train your neuro-muscular pathways to swim quicker (using glycogen, rather than lactate which builds up during aerobic work). Glycogen is the stored form of carbohydrate, fuels up to 120 minutes only of moderate to high intensity work. It also takes 24-48 hours to recover. Lactate however builds up during intense activity with short rests.

USRPT IS ALL ABOUT AVOIDING LACTATE BUILUP, PERFORMING SHORT SPRINTS WITH RELATIVELY EQUAL REST TIMES AND DEVELOPING NEURO-MUSCULR PATHWAYS RATHER THAN AEROBIC FITNESS.

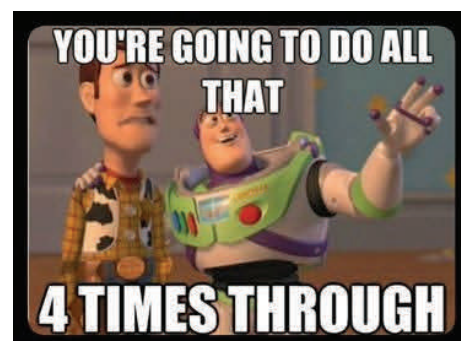
So
Choose your event and time e.g. 100m Freestyle @ 70secs
Calculate race pace i.e. 50 m Freestyle @ 35secs
Swim 4 races of this distance at this goal pace, but with rest interval equal to swim time.
Only swim at race pace, if you fail, then stop, (to avoid lactate buildup), rest and reset.
E.g. If best Freestyle time for 100m is 70 secs, 50m goal would be 35 secs and 25m goal would be 17.5 secs. Allow a second for not diving in relevant laps.

Week 1

2 x 50m freestyle @35 secs, rest 35 secs
1 x 100m Freestyle easy
Repeat.
4 x 25m Freestyle @ 17 secs resting 17 secs
1 x 100m Freestyle easy

Week 2

4 x 50m Freestyle @ 35 secs, rest 35 secs
1 x 100m Freestyle easy
Repeat
8 x25m Freestyle @ 17 secs, rest 17 secs
1 x 50m Freestyle easy



Later weeks, increase numbers of repetitions, but not lengthening distances.
This works for all strokes and is best prior to competition sprints.



Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!!
The price of the ladies bathers and the men's 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 Latex Caps \$ 5.00

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool.

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. A very useful item of clothing when it is cold!!

Masters Swimming WA Website—well worth a visit. Click [here](#)

Don't forget to check out our web page with photos and videos. Just click on the [link](#).

You can also check out our Facebook page. Just click on this [link](#).



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