

Up Hill & Down Vale

FEBRUARY 2023 NEWSLETTER



PRESIDENT'S PROSE FOR ANUARY 2023

Happy New Year! We are one month down already and some of us have been busy training in our great, newly painted pool whilst others haven't even done their re-registrations! If you haven't seen the results of the painted refurbishment, you are in for a pleasant surprise and the water is nice and clear. You can actually see underwater across all the lanes! We should make the most of it as swimming lessons will commence in February. We have also had the luxury of starting at 6pm whilst the children have been absent. Attendances have been low to date which has meant that those swimmers who have trained have enjoyed their own lanes. However, it has been interesting pulling the covers across and we have had some epic "fails".

We do have a new member for 2023 already. Welcome to Samantha Martin – daughter of Suanne. Sam is enjoying her newly found exercise regime and Lane 6 is now Martin Place.

There were a couple of open water swims on offer over January and Maggie, Lesley (1.6km), Caroline and Michelle (3km) competed at the Cottesloe Classic Mile early in the month. Unfortunately, Michelle suffered from a combination of cramp and panic and was hauled ungraciously from the water into an inflatable and returned to shore. Shades of Ian Stewart at the same event in years gone by – but his was because of a shark nibbling at the turning buoy! Michelle regained her confidence the following weekend by competing successfully in the inaugural Port Bouvard Cut 2 Club 2.5km event. Unfortunately, the Swim Thru Perth is

not a popular event with our swimmers and I was the only one who braved the brown jellies in the 3.5km straight line swim under the Narrows Bridge to the Nedlands Rowing Club. It was actually a nice morning with a slight easterly and near-perfect conditions (well, except for the aforementioned jellies!). The Swimming WA Australia Day swim at Busselton Jetty was completed by Alison

(2.5km), who then a couple of days later made it right around the jetty for the first time...a great warm-up for the big event later in the month. I wonder if she caught up with Caroline visiting Kate who has been camping at The

Holy Mile near Dunsborough since late December and may come home soon! The final OWS for the month was the Fremantle Ocean Classic at Leighton Beach. I completed the 3.2km swim with ex member Helen Wilson while Maggie and Lesley competed in the 1.6km distance. Ceinwen's daughters (and our granddaughters), Darcy and Genevieve enjoyed the 50m Taddie Wade and were very proud of the medals. Lesley and I were lucky enough to win our respective age groups. Gwyn was the official photographer/towel holder/babysitter!

Those swimmers entered into the Busselton Jetty swim have been training conscientiously with the input of a programme devised by Coach Gwyn to cope with the 3.6km distance. We should all be ready for a successful swim.

The training programmes for February will now change from the Blue Fitness ones to the Yellow Competition sheets to prepare us for the Newman Churchlands Act Belong Commit Club Challenge (ABCCC) on the 19th February. Don't forget to get your entries in via the link in Dolphin Dots.



Cottesloe Classic Mile



Andrea with all her friends at the Swim Thru Perth

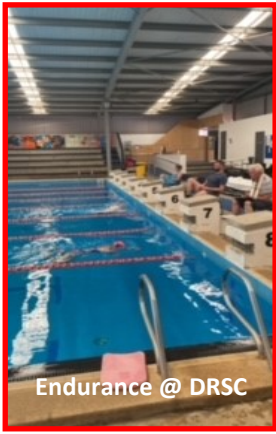


Cut 2 Club



Fremantle Ocean Classic

PRESIDENT'S PROSE CONT...



The first Endurance 1000 swim for the year was held at Kalamunda Pool and a group of 6 swimmers enjoyed the fresh water on a pleasant Monday morning. Regular sessions have re-commenced at Darling Range pool so make the effort to attend and enjoy a light BYO afternoon tea.

At the first Stubby Stakes for the year we welcomed Life Member Lynn Orohoe back to the pool for a dip. Whilst it's a long way to travel from Mandurah, Lynn is hoping to repeat the visit and renew old friendships.

Garry Lymn has been training very regularly since his entry into the Busselton jetty was confirmed, alternating between Maida Vale, Darling Range and Kalamunda Pool and following the training programme. Unfortunately, it would appear that he had an underlying heart problem, and he suffered a medical incident at home late on a Sunday evening, experiencing high blood pressure and erratic heartbeat. A quick trip to Midland Hospital, followed by a couple of days of tests by cardiologists, resulted in Garry having to have a pacemaker fitted. Thank heavens that didn't occur halfway around the Busso Jetty! He has made a terrific recovery and will be back in the water as soon as his wound has healed properly but in the meantime will be a towel holder at the Jetty swim!

On the subject of hospitals, David Pether has finally had his long-awaited ankle replacement and he is looking forward to pain-free walking once the swelling has gone and he can start physio. His doctors are pleased with the results, albeit the ankle has to be elevated 23 hours a day for a few weeks!

The Annual General Meeting is rapidly approaching, and Lynne has sent out the Convening Notice for your attention. As is always the case, all positions on the Committee become vacant prior to the meeting and that gives anyone interesting in becoming involved in the running of the club a chance to step up and help out. Please let any current Committee members know if you would like to assist in any way.

FROM THE HILL.....ANDREA.



Your hard working committee... (minus Kate who's STILL on holiday from retirement!)



Andrea and Gwyn's latest adventure



Now we know what Norma and John got up to at Rottnest



Elaine trying to catch a lift back to some warmer weather...soon we hope!



Brian finally receiving his President's Award from Andrea

CLUB NIGHT PROGRAM FOR FEBRUARY 2023

6TH FEBRUARY	50M BREASTSTROKE	STUBBY STAKES	200M FREESTYLE
13TH FEBRUARY	200M BACKSTROKE		50M BUTTERFLY
20TH FEBRUARY	ANNUAL GENERAL MEETING—NO SWIMMING		
27TH FEBRUARY	200M IND. MEDLEY		25M FREESTYLE
6TH MARCH	LABOUR DAY PUBLIC HOLIDAY—NO SWIMMING		

JANUARY STUBBY STAKES WINNER

Congratulations to Maggie Read who won Stubby Stakes swimming closest to her nominated time for the 50m Freestyle.

Make an effort to be at the pool on Monday, 6th February for your chance to win this month by entering the 50m Breaststroke and swim 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.

Luckily Maggie recovered from the 1st Aid course last year in time to win Stubby Stakes!



HAPPY BIRTHDAY IN FEBRUARY TO:

CLAIRE DUNSTAN 4TH

Aquarius

January 21 to February 19

SYMBOL - The Water-Bearer
ELEMENT - Air
PLANET - Uranus



Qualities Of Aquarius

Innovative, Independent, Faithful, Intelligent
Idealistic, Systematic & Caring

Lucky Color - Violet
Lucky Stone - Amethyst
Lucky Day - Wednesday
Lucky Number - Seven

WishAFriend.com

Pisces

February 20 to March 20

SYMBOL - The Fishes
ELEMENT - Water
PLANET - Neptune



Qualities Of Pisces

Compassionate, Selfless, Sympathetic, Artistic,
Intuitive, Carefree, Imaginative & Joyful

Lucky Color - Sea green
Lucky Stone - Aquamarine
Lucky Day - Friday
Lucky Number - Three & Six

WishAFriend.com

Club Records January 2023

Name	Age Group	Course	Event	Time
Glad McGough	90-94	Short	400m Backstroke	18.41.37
		Short	½ Hour Backstroke	612m
Lesley Hart	60-64	Short	100m Backstroke	1.37.71
Alison Bartlett	55-59	Long	½ Hour Freestyle	1385m
Caroline Grennan	45-49	Long	½ Hour Freestyle	1675m
		Short	1 Hour Freestyle	3450m

ENDURANCE 1000 January 2023

Well done to everyone who has made a great start to the year with plenty in attendance on Saturdays!

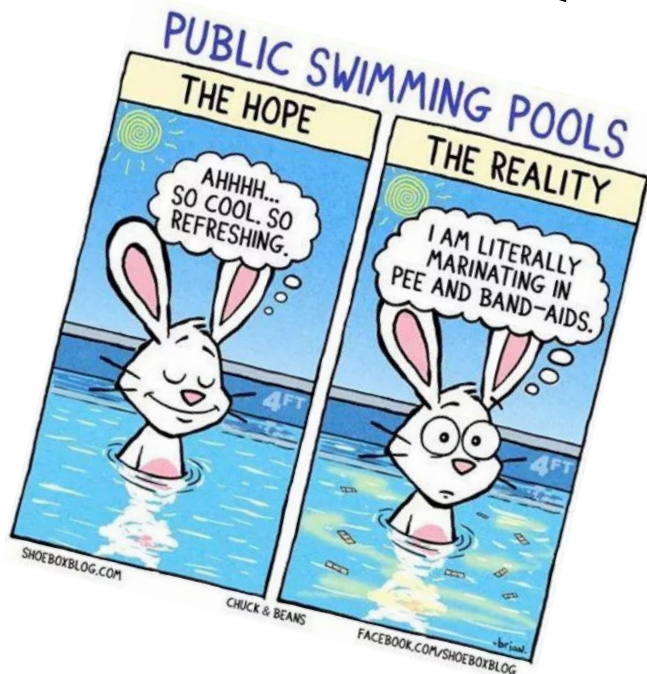
Endurance 1000 website under Maintenance... No points allocated yet for 2023... Stay tuned for an update next month!

Pro-Points (as at January):
Female:

gressive Total 31st



New concept at DRSC a couple of weeks ago. Fancy watching a movie while you swim?



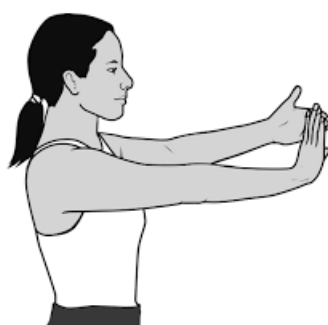
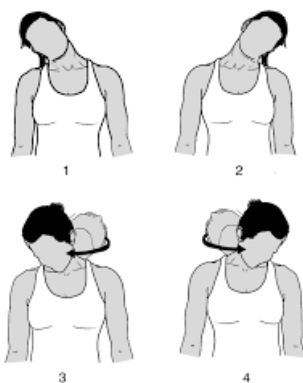
Coaches Corner



During February, with our first interclub at Newman Churchlands and Open Water events still on the calendar, the focus is on **Competition** for sprints, choose from the **Yellow** programs on training nights. Lee will be holding a **Breaststroke Stroke Correction session** on Wednesday, 15th February during training for those keen to make some changes before the interclub.

PEARLS FROM SURFING YOU-TUBE FROM GWYN....

- The coach should be able to see most of your armpit as you bring arm over in freestyle recovery
Elbow must point outwards and upwards during recovery-enabling transition to high elbow recovery.
Drills to help muscle memory for this -include 6kick-onepull-6kick drill but with body tilted 60 degrees, and one shoulder at a time out of the water.
Another drill is to make recovery over the top of water but dragging finger tips on the surface,-enabling better momentum.
- Drills performed by elite swimmers include :-
 - * Single arm freestyle using fins one arm to the side: important to rotate to opposite side, slow start but gain momentum during the stroke. This helps iron out unevenness between strokes, making you aware of differences from either stroking arm.
 - * Dog paddle with fins: ensuring the catch is not too wide
 - * Sculling: like separating a sand pile from centre -outwards and return. Make yourself small (to minimize drag), lowering head to keep body horizontal. When you raise head to look forward, it increases drag and makes the hips drop and slows you down.



**Don't forget
to stretch!**





Notice of Annual General Meeting

Notice is hereby given that the 2023 Annual General Meeting of Maida Vale Masters Swimming Club (Inc) will be conducted at the following time and location:

Time: 7:00pm
Date: Monday 20th February 2023
Venue Host: Andrea & Gwyn Williams
Location: 12 Valley Rd, Kalamunda
Parking & Access Hillside Rd (off Schmidt Rd) Kalamunda

Notice:

Pursuant to the Rules of Association of Maida Vale Masters Swimming Club Inc. notice of a general meeting must be given to every Member entitled to receive notice.

Notice of general meetings:

Pursuant to the Rules of Association the Secretary must give each member:

- (a) at least 21 days' notice of a general meeting if a special resolution is to be proposed at the meeting; or
- (b) at least 14 days' notice of a general meeting in any other case

Non-financial members may attend the meeting but have no voting rights.

Agenda

The agenda for the 2023 Annual General Meeting will be distributed no later than Monday 20th January 2023.

Nominations for Committee positions

Nominations are called for positions on the Executive Committee, Ordinary Members for positions on the Committee and Office Bearers.

Nominations must be:

1. Lodged on the form provided.
2. Nominees must be financial members of Maida Vale Masters Swimming Club (Inc)

Please contact Lynne Duncan at Duncan1320@bigpond.com for any further information in relation to the 2023 Annual General Meeting.



Newman Churchlands Masters Swimming Club invites your members to a **2023 Act Belong Commit Club Challenge Series Meet**

DATE: Sunday 19 February 2023

VENUE: Newman College Pool Empire Ave Churchlands. The venue is an outdoor long course pool

TIME: Warm up 8.15am for a 9.00am start

COST: Cost of meet entry is \$12 per swimmer (plus booking fee) which includes entry to the pool

ENTRIES CLOSE: 9 February

REGISTRATION LINK:

<https://swimcentral.swimming.org.au/bounce?returnUrl=%2Fevents%2F368d218e-4d0f-4944-852e-670de38619c9%2Fdetail>

EVENTS

1. 200 Freestyle
2. 100 Breaststroke
3. 50 Butterfly
4. 50 Freestyle
5. 50 Backstroke
6. 100 Butterfly
7. 4 X 50 Women's Freestyle Relay
8. 4 X 50 Men's Freestyle Relay

The meet is OPEN to all Masters Swimmers. The meet will be limited to the first 150 swimmers who nominate.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 individual events and in the appropriate Relay.
- All participating Clubs are to provide timekeepers. Watches will be provided.
- A free sausage sizzle will be provided afterwards. Free tea and coffee will be provided during the day
- Direct swimmer registration can be found at this link:
<https://swimcentral.swimming.org.au/bounce?returnUrl=%2Fevents%2F368d218e-4d0f-4944-852e-670de38619c9%2Fdetail>
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- The Club Captain will ask for relay availability on closure of individual entries

For event enquiries, please contact the Meet Coordinator, Frank Maloney 0402 786 011.

If you are unable to register but are a current financial member, please contact

communications@mswa.asn.au



MEMBERSHIP FEES 2023

Memberships for 2023 have been setup in Swim Central and are now available for new members to join and existing members to renew their membership for 2023.

Each member should have received an email containing their logon and asking that you change your password.

Please use that access to renew your membership when appropriate.

Members who have accreditation documents (Coaching, CPR, 1st Aid, Technical) are now able to upload those documents to Swim Central. This will be beneficial to the appropriate State & National bodies. (e.g. Coaching & Technical)

The 2023 membership covers a 14month period due to the migration to Swim Central and, the abolition of the 16month Membership option.

Note: Existing members DO NOT need to renew their memberships until December 2022 or January 2023 as you continue to be a 2022 member until the 31st of December 2022.

However, any potential members who have been trialling the club are required to join the club as of now otherwise they and the club are not covered by insurance.

Fees for 2023 are **\$130.00** and include the 3% commission charged by Swim Central. **Maida Vale is absorbing the 3% commission fee and as a consequence, our club component fee has been reduced from \$32.00 charged in 2022 to \$29.20 for 2023.**

2023 MEMBERSHIP FEE	
State	\$48.00
National	\$49.00
Club	\$29.21
MSA, MSWA, MVMS Fees	\$126.21
3% Admin Fee	\$3.79
Total cost paid by Members	\$130.00

IT'S TIME TO
RENEW YOUR
MEMBERSHIP!



KEEP
CALM
AND
RENEW YOUR
MEMBERSHIP

PS from Kate: I just renewed and it was so easy—the easiest renewal since I became a member!!

Just click on this [link](#)

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](#).



Contact details

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