

Up Hill & Down Vale



JULY 2023 NEWSLETTER

PRESIDENT'S PROSE FOR June, 2023

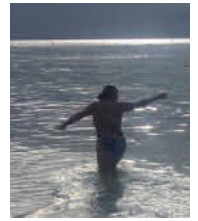
As a club, this month we proved that we are not only very sociable but also pretty good at swimming too. We had a terrific response from members to the annual Winter Solstice swim against the Hervey Bay Humpbacks and thanks to our devious programme we managed to win for only the third time in the events' history – which we think is eight years! Proving that age does matter we used our senior swimmers to our advantage in a mathematical formula which saw us win by a margin of only 1,225m – basically that was the average input of each swimmer so it was wonderful that we had the maximum competitors. Hervey Bay graciously conceded their defeat and will post the coveted trophy to us in due course. It was great to see some members who don't usually attend Monday club nights and we wouldn't have made the numbers without their help. Special mentions to Glad, Jill and John who boosted our results with their senior ranking years! It was great to see Tom participating, even though he was only able to run in the water as neurological problems in his shoulder are still keeping him from actually swimming.

Thank you to Lesley for organising the teams with their interesting astronomical names. The Heavenly Bodies; The Black Holes; The Counting Clocks and Uranus. B2 provided the compulsory Druid presence to add to the misty atmosphere. Lesley was also tasked with the complicated job of tallying the results. Thank you to our lap counters on the night. Garry, Audrey (Alison's Mum), Russel and Norma did a great job keeping us honest. Lynne ordered just the right number of pizzas for our supper which everyone enjoyed. We are the Champions for 2023!!

Maida Vale Masters	Metres Swum	Age Credits	Team Total
The Heavenly Bodies	1425	11075	12500
Uranus'	1475	10775	12250
The Burning Clocks	1750	9925	11675
The Black Holes	1850	8765	10525

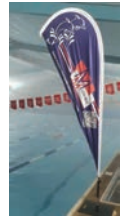


W.A Masters organised a Winter Solstice Challenge giving clubs the opportunity to celebrate the shortest day of the year with a unique dip in the ocean, river, lake or pool depending on the ingenuity and bravery of the swimmers! We have entered our challenge – which is very different than the standard jump in the ocean. Lesley was over on Rottnest Island over the weekend so braved the cool water at the Basin for a couple of refreshing swims.



I had planned a picnic at Lake Leschenaultia and a very quick emersion with anyone crazy enough to join me, however, I thought better of that idea when the weather was forecast to be 10C and raining. Annoyingly, on the morning of the 25th the sun was shining brightly with no rain in sight. Not to be deterred, Gwyn and I drove up to Chidlow and I did have a very quick, invigorating plunge in the water which was the same as the outside temperature - 10C! There were a few puzzled looks from rugged up people out for a walk!

Thank you to Lesley and B2 who arranged for a MV Masters Tear Drop flag to be made by a mutual friend – the same friend that made our new sign on the outside of the pool. The flag arrived in time to be displayed poolside at the Winter Solstice Challenge and I also erected it at the edge of the lake – in case folks wanted to enquire about our club! The flag will travel to any picnics or open water meets we participate in to act as a meeting place and to advertise our club to potential new members.



Earlier in the month our Stubby Stakes was hotly contested even though it was a very cold, rainy night! Russel had finally been discharged from Fiona Stanley and Royal Perth hospitals after three and a half months. He has acquired a gopher and David Pether helped him to source new batteries. Russel arrived at the pool in the dark and was ready to socialize. It will still be some months before he can get in the water but he is looking forward to getting back into Lane 5 as soon as he is given the all-clear.

B1 had organised a Ten Pin Bowling social night with a pre-game Chinese meal at the beginning of the month, however, as he was unwell at the time, it was decided to postpone the event until he was back on deck. The fun-filled evening was attended by 16 members and friends, and it was a great success. The banquet meal was delicious, and the bowling was hilarious. Most of us are much better swimmers than we are bowlers!! Shelley Bingham, Andrew Duncan and B1 were the best of the group – either from actual skill or just good luck. Kathy was fully committed to her game and followed the ball down the lane on her backside one attempt!



There were two swimming events on offer during the month. No-one was available to attend the 400/800 Riverton Swim, however well done to Michelle Chia who joined a Belmont Masters team to compete in the Memory Swim at Stadium Masters . That event was being held as a fundraiser for Alzheimer's Disease.

Endurance swims on Saturday have been quite popular during June with 11 swimmers one week! The warm water is not ideal and makes longer distances a challenge, but most swimmers are coping. The Darling Range pool might be operating again by the end of August or September. The starting blocks are all being replaced, and general maintenance is being carried out, but the boiler is still an issue. The Committee decided to cancel the 1500m event we were due to host on the 5th August as there was no guarantee that the pool would be ready in time and the alternative was to run the event at Belmont Oasis. We would have had to hire the lanes and that would not have been financially viable. Mandurah Masters have taken up the date and will host a Short Course 1500 on 26th August.



Highlights of June include Lesley's dear little granddaughter Sadie joining us at Saturday Endurance swim and having a dip in the water in the arms of Aunty Alison and the following week Caroline's wonderful little grandson Theodore joined us whilst Grandma was timekeeping. Theo is finally free from all his feeding tubes and is a very sweet and contended little guy. It's Sandra's turn next with grandson Hunter – but that would mean she would actually have to come down on a Saturday for a swim!



Barbara and Bill van der Leest are enjoying a European river cruise celebrating Bill's 80th birthday and their 57th Wedding Anniversary.

Norma joined us at the pool to help count laps at the Solstice swim looking incredibly glamorous in a lovely turban and scarf. She is over halfway through her chemotherapy treatment and is looking forward to getting back to full strength very soon. John has jumped back into the pool with renewed energy and a desire to trim down a bit after his inactivity due to his new knee.

David Masters returned to the pool after his successful bike ride around the Algarve region of Portugal, also needing to shed a few kilos after consuming some wonderful seafood – although I suggested it was just a “mussel” build up from all the riding. He then went fishing at Shark Bay and came home with a healthy snapper stash!

I am looking forward to our upcoming Noughties night – it's not until 26th August but you need to put it on your calendar now! Check out the flyer and let's make it a wonderful night to remember!

I am still on the campaign to save the Kalamunda Water Park and a colleague and I presented 2000 signed petitions to Matthew Hughes on the steps of Parliament House during the month. Matthew will table them in Parliament in an effort to convince the City of Kalamunda to apply for funding to upgrade the pool. I was told by a City planning officer at one of the information meetings about “The Big Picture” that the Water Slides are being upgraded over the winter months. Nothing has happened yet!! The end date for public comments is 5th July so if you haven't already gone online at EngageKalamunda you need to do so this week. The pool is hidden under the Tourism banner.



The heater was cranking at the Village Pizza Kitchen!

Thanks to John Hofmann for the dessert pizza!



FROM THE FREEZING HILLS, ANDREA

P.S: Just a little footnote – I discovered accidentally that if you use the Dettol hand soap like the plungers provided in the showers (buy your own!) it stops the lingering smell of chlorine on your skin!!! Good luck!

CLUB NIGHT PROGRAM FOR JULY 2023

3RD JULY	50 BACKSTROKE	STUBBY STAKES	100 FREESTYLE
10TH JULY	200 INDIVIDUAL MEDLEY		50 BREASTSTROKE
17TH JULY	COMMITTEE MEETING—TRAINING ONLY		
24TH JULY	100 BUTTERFLY		50 FREESTYLE
31ST JULY	100 BREASTSTROKE		25 FREESTYLE
7TH AUGUST	50 BUTTERFLY	STUBBY STAKES	100 INDIVIDUAL MEDLEY

JUNE STUBBY STAKES WINNER

Congratulations to Lesley Hart who won Stubby Stakes swimming closest to her nominated time for 25 metres Breaststroke. Interestingly stubby stakes has been won twice by Lesley and twice by Maggie Read so far this year. It was great to have Russel Fowler back pool side to present Lesley with her bottle of wine



Make the time to be at the pool on Monday, 3rd July, 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 and a drink (not to share unless you want to!).



HAPPY BIRTHDAY IN JULY TO:

BARBARA LYMN 16TH; DAVID MASTERS 21ST; LESLEY HART 29TH



CANCER

JUNE 21ST TO JULY 22ND

EMOTIONAL AND LOVING

INTUITIVE

IMAGINATIVE

SHREWD AND CAUTIOUS

PROTECTIVE

SYMPATHETIC



LEO

July 23RD TO AUGUST 22ND

GENEROUS

WARMHEARTED

CREATIVE AND ENTHUSIASTIC

BROAD-MINED

FAITHFUL



Club Records June 2023

Name	Age Group	Course	Event	Time
Glad McGough	90-94	Short	1 Hour Backstroke	1212m
		Short	1500m Backstroke	1:15:24.33
Lesley Hart	60-64	Short	25m Butterfly	20.32



Progress Points as at 30th June 2023

Female	2310
Male	978
Total	3288
Total as at 30/06/2022	2918

Endurance swimming is being held at Aqua Tots until we hear that the heater at Darling Range has been turned on again. 2.45 pm till approximately 4.30 pm.

Bring a plate of something to share and have with a cup of tea or coffee after swimming. Thanks to Brian Brady and Lee Caldwell for organising these swims.



The Vorgee Million Metres Awards Program is open to all registered members of Masters Swimming Australia. The program aims to stimulate all members to strive for greater fitness, and recognises swimmer's progressive milestones.

Click [here](#) for more information.

**The Results of the
Hervey Bay vs Maida Vale Winter Solstice Challenge 2023
Held on Monday 19th June**

The Burning Clocks (Male Freestyle)		
Members	Age	Age Credit metres
David Pether	76	1900
Richard Mazzucchelli	83	2075
Brian Brady	70	1750
Russell Bourne	73	1825
Tom Love	35	875
Brian Risbey	60	1500
Total Age Credits (metres)		9925
Total Distance Swum (metres)		1750
Team Total (metres)		11675

Uranus' (Mixed Freestyle)		
Members	Age	Age Credit metres
Alison Bartlett	58	1450
Michelle Chia	57	1425
Jill McClelland	88	2200
Andrea Williams	74	1850
John Hofmann	85	2125
Lee Caldwell	69	1725
Total Age Credits (metres)		10775
Total Distance Swum (metres)		1475
Team Total (metres)		12250

The Heavenly Bodies (Female Freestyle)		
Members	Age	Age Credit metres
Kerry Howe	65	1625
Glad McGough	93	2325
Elaine Bourne	72	1800
Barbara Lymn	71	1775
Kate Elliott	73	1825
Maggie Read	69	1725
Total Age Credits (metres)		11075
Total Distance Swum (metres)		1425
Team Total (metres)		12500

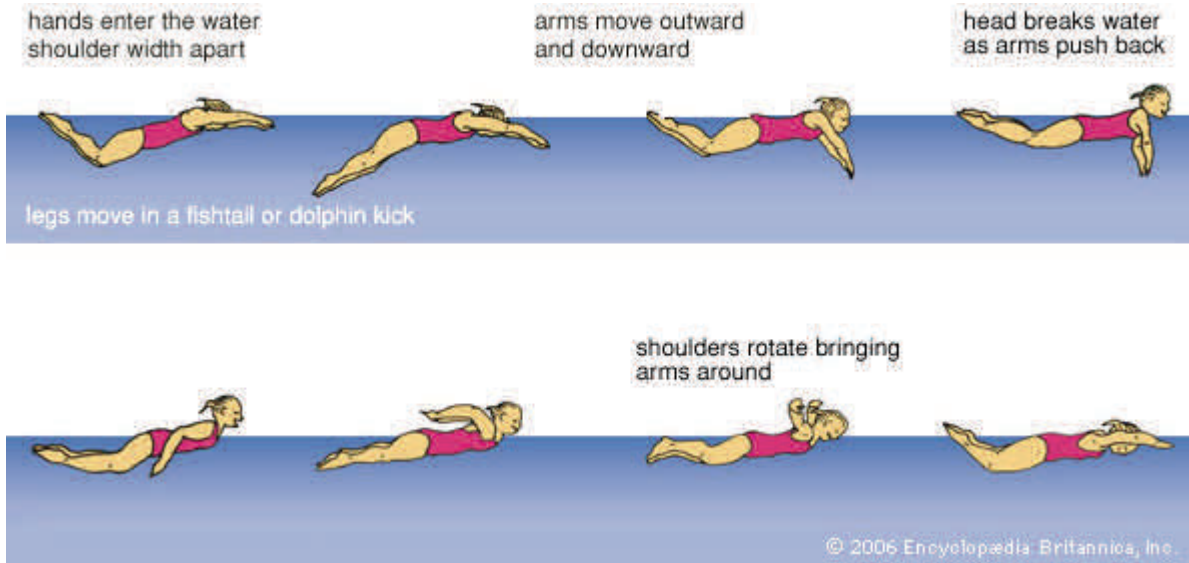
The Black Holes (Mixed Medley)		
Members	Age	Age Credit metres
Gwyn Williams	78	1950
Sandra Thompson	59	1475
Caroline Grennan	47	1175
Sandie Schroder	59	1475
Lesley Hart	61	1525
Bronwen Charlesson	43	1075
Total Age Credits (metres)		8675
Total Distance Swum (metres)		1850
Team Total (metres)		10525

Team Total

The Heavenly Bodies	12500
Uranus'	12250
The Burning Clocks	11675
The Black Holes	10525
Total (metres)	46950

COACHES CORNER

Butterfly Tips



Aim for the body position to be horizontal, eyes directed to bottom of pool-move the body with a streamlined undulating action.

Legs should be close together without touching, feet pointed, and leg movement starting from the hips, kicking downward and past the knees in a smooth continuous motion-like a dolphin. Avoid bending the knees on the upward part of the kick, as this will cause hips to drop. try to make a double kick for each arm stroke,-the first kick being a strong one to propel upper body out of the water, and second kick more gentle.

Arms provide most of the propulsion. They should stroke simultaneously through to the exit. They should enter close to shoulder width apart, elbows slightly bent and high as they pull through the water, and arms close to the waterline.

To breathe, push chin forward so head comes out of the water, and return head to water before the hands exit. Try to breathe every second stroke if possible. Try to propel with arms forward rather than upwards for faster swimming.

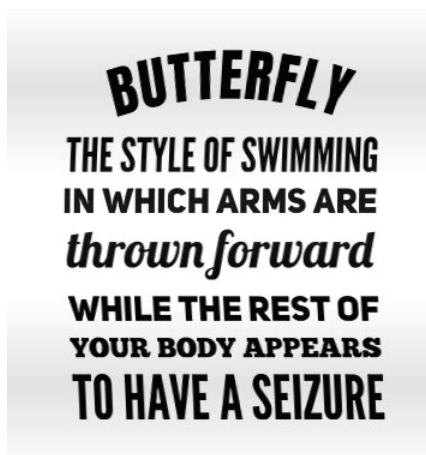
Drills to practice smooth undulation include:-

Swimming with arms fixed extended, but body on the side- with or without fins'

Swimming with arms extended, body horizontal, but deep under the water (pointing hands down helps) and while holding breath propel as far down the pool as possible, in a smooth undulating movement

Single arm drills while performing double dolphin kicks are good for the timing of stroke.

If there is anything you would like the coaching panel to focus on in a clinic, please let Lee, Gwyn or Lesley know.



Entries for this event close Sunday 9th July



Riverton Masters Swimming Club invites your members to a

2023 Act Belong Commit Club Challenge Series Meet

DATE: Sunday 16/07/2023

VENUE: Riverton Leisureplex Cnr High and Riley Rd Riverton- Long Course Indoor 50m pool

TIME: Warm Up from 12pm – Meet Starts at 12.30pm

COST: Cost of meet entry is \$14 per swimmer and entry to the pool is Adults \$7.30;

Seniors/Pensioners \$5.20; payable at pool reception.

ENTRIES CLOSE: Sunday 9th July 2023 Late entries will not be accepted.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU140>

EVENTS

1a. 200m Individual Medley 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 Freestyle

4. 50m Backstroke

5. 50m Breaststroke

6. 50m Butterfly

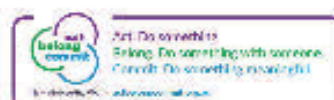
7. 4 x 50m Mixed Freestyle Relay

The meet is open to all financial Masters Swimmers and 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 an appropriate Relay . No more than one 200m and one 100m individual event.
- All participating Clubs are to provide timekeepers and watches.
- Refreshments will be provided afterwards
- 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
- Please join us for afternoon tea after the meet (included in the cost)

For event enquiries, please contact the Meet Coordinator *Jake Hollibone* 0434 292 253

If you are unable to register but are a current financial member, please contact communications@mswa.asn.au, or support@myswimresults.com.au.



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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