

PRESIDENT'S PROSE FOR JANUARY 2024.

The first month of the year back in our swimming togs and it was encouraging to see so many swimmers jumping into the pool for training. There are not so many at Saturday Endurance sessions yet but that is possibly due to the weekend open water events.



The Cottesloe Classic Mile was held on the first Saturday in January and Michelle Chia confronted her doubts and jumped in to complete the 1.6k swim. Congratulations to Michelle who had been unable to finish her previous two swims. It takes a lot of determination to keep going when your mind is telling you to pull out and just grab a coffee! Particularly as Michelle was the only M.V. member there!

Michelle was on a roll and entered the Dawesville 'Cut to Club' on 20th January which was a 2.25k open water swim. She will be very prepared for the Busselton jetty 3.6k!

For the second year in a row, I was the only club entry in the Swim Thru Perth due mainly to swimmers' dislike of the water conditions in the river. I know you won't believe me, but there were nowhere near as many jellies this year and they were the big brown ones – not the small white ones that give you a little buzz! I love swimming under the Narrows Bridge and alongside the river – but then I'm a bit odd!



I did have company at the F.O.C swim at Leighton. Gwyn did the 1.6k breaststroke, I did the freestyle and Lesley and her daughter Megan – who are competing in a duo in the Port To Pub – entered the 3.2k and finished only 30 secs apart! Rachel and Sadie watched from the beach. Both Megan and I were first in our age groups.

Meanwhile, back in the pool it was great to be able to jump in for training at 6 o'clock and gain that little extra time to complete the full programs. Unfortunately, swimming lessons began again in February and we are back to 6.30. However, the committee has decided to extend the training times on Wednesdays to 7.45 on a trial basis.

The best news to share is that Russel (aka Chook) was given the all clear from his Doctor and the Silver Chain nurses to get back into the pool in January for his first swim in 11 months. I believe there were a few confronting logistical problems to solve on the first night but, with the help of Garry and Brian Risbey, he very quickly overcame them and is now training regularly in Lane 5. Egress from the pool is still a work in progress but he will soon build up his arm muscles to haul himself out.



Norma was just getting back into her mojo in the pool before Christmas but annoyingly injured her leg at Rottneest and has to have a skin graft as the result of an infection. She is looking stunning with her new "curly" hair do.

At the end of last year Tim Buckton who is a member of Freo Fins Masters, joined us in the pool to train with our club.. Tim and his family moved to the hills last year and he was finding it a logistical challenge to keep driving back and forth to Fremantle to train as, whilst he actually still works in Fremantle, the timing was not perfect. Tim is now joining our club as a Second Claim Member. His enthusiasm has brought a new focus to Lane 4.

We have another potential new member who is currently enjoying training with us whilst sorting out her Registration transfer. Chris Paterson was a member of Belmont Masters and, similar to Michelle, has moved to the hills. Chris is completing her Coaching Course and will be a welcome member to our growing Coaching Panel.

The Newman Churchland's LLCC is happening again on 18th February and I would really encourage you all to compete. It is always a lovely morning in the pool and the NC is traditionally an event that the club targets

On the same day there is a quirky event on at the Bold Park pool, which is just around the corner from Newman College, called "The Pool". It starts at 2pm on the 18th February – just after lunch at the NC pool. It is a performance by The Black Swan State Theatre and sounds like a lot of fun. You can keep your bathers on after the NC swim, sit in the audience, then jump in with them at the end for an aerobic session. Tickets are \$60 with an RAC card.

Belmont Masters are holding a Virtual Rottnest channel Swim on the 24th February at the Belmont Oasis. The plan is that you organise a team of 4 swimmers and complete a 20k swim in the pool from 6.30 on the morning of the actual swim. See attached brochure for more details.

The A.G.M. is looming and I would strongly suggest that you all attend the meeting at Kathy and Brian Brady's home. There's no swimming that night so you might as well come along and enjoy the company and a light supper. Just remember to BYO drinks as Russel is not back in charge of refreshments!

The final event of the month is always the Pizza night, and although the temperature on the day had reached 42c, there was a decent attendance. Brian Risbey just happened to have his portable air conditioner with him (from his first day at school in the classroom!) and that helped to cool the venue down. The Village Pizza changed hands over the New Year but randomly Brett didn't tell us and I think the new owners were a little bemused by the sudden influx of diners. There were a few hiccups but the food was still very tasty. Norma and I provided the dessert pizzas. double whammy of sugar hit for us as Lesley had made delicious cupcakes for us on Monday.!



What was Russel secreting into his man bag? He looks very guilty!!

Good luck to everyone competing in the Busselton Jetty Swim. I hope the weather Gods are kind to us and the sting-ers stay under rocks somewhere up the coast!!

FROM THE HILL.....ANDREA.

CLUB NIGHT PROGRAM FOR FEBRUARY 2024

5TH FEBRUARY	50 BREASTSTROKE	STUBBY STAKES	200 FREESTYLE
12TH FEBRUARY	200 BACKSTROKE		50 FREESTYLE
19TH FEBRUARY	ANNUAL GENERAL MEETING—NO SWIMMING		
26TH FEBRUARY	200 INDIVIDUAL MEDLEY		25 FREESTYLE
4TH MARCH	LABOUR DAY—NO SWIMMING		
11TH MARCH	50 BACKSTROKE	STUBBY STAKES	100 BREASTSTROKE

JANUARY STUBBY STAKES WINNER

Congratulations to Garry Lynn who won Stubby Stakes swimming closest to his nominated time for stubby stakes.

Well done Garry—is this a first?

Make the time to be at the pool on Monday, 5th February, for your chance to win the Stubby Stakes, by 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 FEBRUARY TO:

Sarah Howard 1st; Claire Dunstan 4th; Chris Cavalli 22nd

AQUARIUS

FRIENDLY LOYAL
HUMANITARIAN
INTELLIGENT INVENTIVE
GREGARIOUS JANUARY 20
FEBRUARY 18
INDEPENDENT
BROAD-MINDED CREATIVE
UNPREDICTABLE

PISCES

ADAPTIVE SENSITIVE
IMAGINATIVE
KIND INTUITIVE
SELFLESS FEBRUARY 19
MARCH 20
COMPASSIONATE
GENTLE PATIENT

Endurance Swimming 2024



There's no surprise that B1 and Lee have made stonking starts. But a special mention must go to Garry, who - despite a record breaking month of heatwaves, withstood the poolside temperature to timekeep swims, including the 1 hour. Rumour has it, he even smiled!

Alas, I am not up to date on the Endurance swims yet, so a January table will be ready for the AGM and normal service will be resumed from the March edition.

If the weather has been putting you off attending on a Saturday, there is the option of timekeeping in the water...

DID YOU KNOW?

The first week of February was a good time for club records, with 13 still standing from as far back as 2001. Lesley, Richard, Garry, Russel and B1 part of that group!

B1 was 2023's most prolific timekeeper. Lee and Alison following a close second and third.

TRIVIA TIME!

LESLEY AND ANDREA HAVE THE SAME TIME (1:42.00) FOR TWO OF THEIR CLUB RECORDS AS THE MEN'S 200m FREE WORLD RECORD ! BUT WHAT EVENTS DID THEY SET THEIRS IN?

Swimmers in Focus IV



This month, I've altered the format again to account for some surprise (and not in a good way - for the club in mean!) news...

Alison Bartlett

Alison has been a committed swimmer since her arrival to the club in 2021. With 56 Endurance swims (plus regular timekeeping, even when not in the pool), and the near 50 Freddos those earned! To the Monday night swims that required a consistent refill of the Freddo box (thanks B1!), Alison has been someone that we probably all thought was a genuine successor to the Presidential role of our club.



By taking a rough average of Alison's most improved swims from the start of her membership to now, we've got a trajectory that looks like this line. A line that also matches how we all felt following the news of Alison's move.

While her move is fabulous and very exciting (especially if that means we could have some club 'training camp' visits!) I hope this is just a "tftn" and not goodbye. Alison's effort in the pool shows how a regular commitment to fun, fitness and friendship can make a difference to your life, and those around you.

All the very best Alison, you deserve continued success, and like a famous philosopher once wrote: "Just keep swimming..."



Notice of Annual General Meeting

Notice is hereby given that the 2024 Annual General Meeting of Maida Vale Masters Swimming Club (Inc) will be conducted at the following time and location:

Time: 7:00pm
Date: Monday 19th February 2024
Venue Host: Kathy & Brian Brady
Location: 4 Worrell Ave, High Wycombe, WA 6057

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 right to vote.

Agenda

The agenda for the 2024 Annual General Meeting will be distributed no later than Monday 5th February 2024.

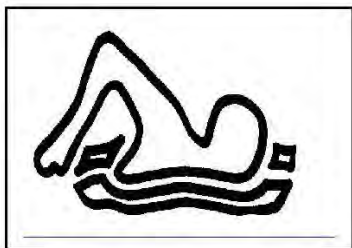
Nominations for Committee positions

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 2021 Annual General Meeting.



Newman Churchlands Masters Swimming Club invites your members to a **2024 Act Belong Commit Club Challenge Series Meet**

DATE: Sunday 18 February 2024

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: 8 February 2024

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|47>



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

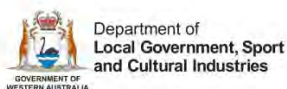
The meet is OPEN to all Masters Swimmers. The meet will be limited to the first 150 swimmers who nominate.

- 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://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|47>
- 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



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CHANNEL SWIM
VIRTUAL



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Join the
Virtual Swim @
YOUR LOCAL
POOL!

FOR MORE DETAILS OR TO REGISTER CONTACT:

BELMONT MASTERS SWIMMING CLUB
belmontaussi@hotmail.com
LINDA - 0419 580 912

LOCATION: BELMONT OASIS LEISURE CENTRE
DATE: 24 FEBRUARY - 6:30am - 3PM
COST: \$122.50 PER SWIMMER.



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](#).



Club Night—Monday—6.30 to when we finish. We have timed swims (except the night we have the committee meeting) Good night to check to see if you are getting faster (or slower!). Not too many have managed the 200 butterfly this year!

Training : Tuesday night 6.30 to 7.30—you can do a program left by the coaches or not!

Training: Wednesday night 6.30 to 7.45—do a program left by the coaches or not!

Endurance: Saturday—2.45 till approximately 4.30—timed swims.



Contact details

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