

Hill & Down

Up Vale



MAY 2014 NEWSLETTER

PRESIDENT'S PROSE - APRIL 2014

It was a challenging month for swimmers with both Easter and ANZAC Day falling within a few days of each other and I congratulate everyone who managed to keep up the training sessions. Some members trained in the cold waters of Geographe Bay (or so I am led to believe) and others had planned a trip to Albany to compete in the State Masters Games. Unfortunately, the swimming component of the games was cancelled due to a lack of competitors so Elspeth, Kerry and Ian stayed home. Maybe next year!

Swimming W.A. ran a new event – The Point to Point - which was a 7km swim from Leighton Beach to Swanbourne and Liz Bettridge, Jason Taafe and Ben Humphries all completed the distance in very credible times. After Liz's Rotto solo it was a relative cruise and Jason and Ben paced each other the whole way, “racing” up the beach at the finish only metres apart.

Despite warnings that a 5.3 metre white pointer shark was cruising around, Alan Friday and Ceinwen Roberts competed in the Albany Harbour swim and the Denmark Bay swim on the Easter weekend. Ceinwen finished first female in both races but the results have not been posted so I can't update Alan's results. I'm not sure how many times Alan has competed at Albany in the past but I know it was Ceinwen's first time there and she really enjoyed the southern hospitality. I'm fairly sure the two swims on the weekend finished off Alan's open water season with a total of 25 swims - which is pretty impressive.

Congratulations to Rachael Cooper who travelled to Rockhampton to compete in the Masters Nationals and gained 3 gold and 3 silver medals in pool events and finished first in her age group in the 5km open water swim. Rachael missed out on a State record by 1 second so is intent on resolving that at the up-coming State Swim.

Our coaches are focusing on training now for the small group of members who will be representing the club at the State Swim. Lynne Duncan and Brian Harper will be officiating. Good luck to those swimmers involved.

As the open water season has finished for this year, the Saturday afternoon aerobic sessions at Forrestfield will re-commence. Watch for news in the Dolphin Dots.

By the time this newsletter hits your in-box, Jason Taafe will have competed in the Half Ironman event in Busselton. Jason is doing the swim and run legs and has been training very hard so I wish him the very best of luck and look forward to his report next month. Lana Cooper will have completed the swim leg for her team.

Quite a few members gathered at ANZAC services around the state with reports that the Kalamunda service was very well attended. We were in Busselton and the service began with high school students reading out the names, ages, occupations and home towns of the young men killed in both World Wars. It was very moving and poignant.

It was great to see David Pether back in the recovery lane following his knee reconstruction and, whilst the knee is still swollen and painful, David is making steady progress and should be back in lane 4 later in the year.

The news on Garry Lynn is finally more positive after nearly 3 months trying to control the infection in his knee. After quite a few set-backs Garry is about to be sent home for a short break before a new knee can be inserted into his leg. With few exceptions Garry has remained positive throughout his hospital stay and we wish him the very best in the next phase of his recovery. Thank you all for your constant visits and phone calls. I know both Garry and Barbara really appreciate everyone's kindness. Warning: Don't ask to see photos of the op!

Some of you will know Jude Crawford who has been a tireless volunteer official for Masters Swimming and Somerset Club for many years. Jude was in hospital at the same time as both David and Garry, also having a knee replacement operation. However, due to a long history of lung problems, Jude contracted pneumonia after the anaesthetic and has been very seriously ill. Fortunately, the infection in her lungs has been controlled and Jude is making a slow recovery.

On a brighter note, several members are heading off on holidays in May and I hope you all have wonderful and safe trips and report back to the pool with renewed enthusiasm for swimming. Phil Leap is away again – this time with Kathy and Brian in Japan and Tracy Hughes is back from her trip to London, Rome and Venice.

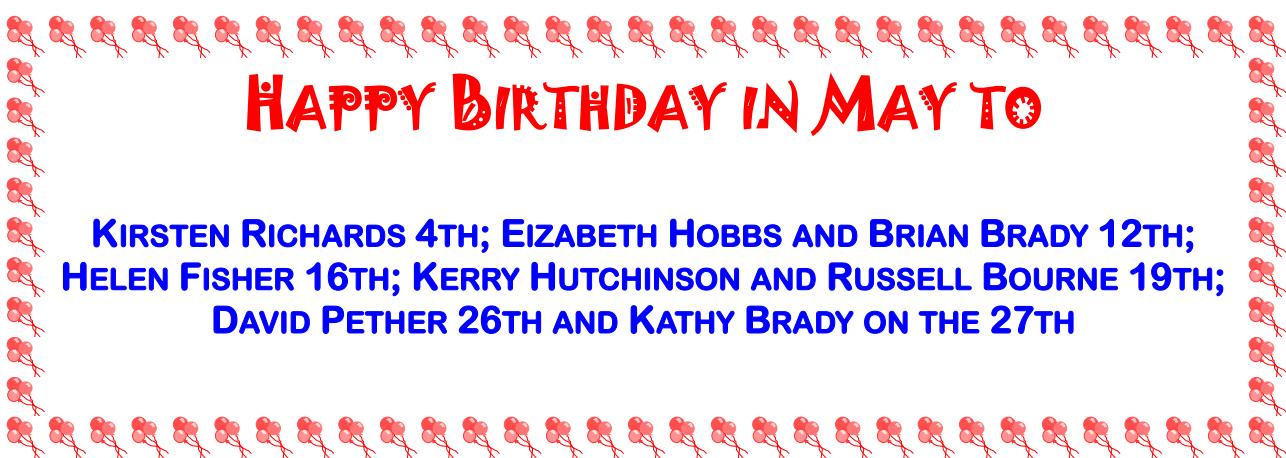
SEE YOU ALL IN TRAINING! FROM THE HILL *ANDREA*

CLUB NIGHT PROGRAM FOR MAY 2014

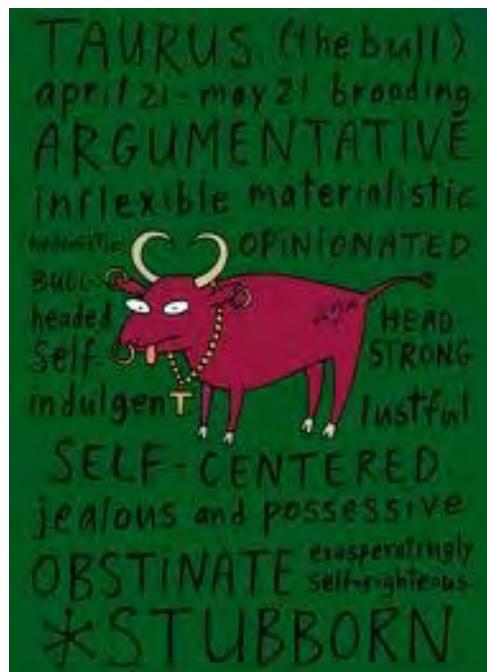
5th May	25 BREAST	STUBBY STAKES	200 IM
12th May	200 FLY	NOT FOR THE FAINT HEARTED	100 BREAST
19th May	50 FREE HANDICAP		
26th May	COMMITTEE MEETING TRAINING AND AEROBICS		

CLUB RECORDS

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. If you have just gone up an age group you might see an old club record of which you can become the new owner!



**KIRSTEN RICHARDS 4TH; ELIZABETH HOBBS AND BRIAN BRADY 12TH;
HELEN FISHER 16TH; KERRY HUTCHINSON AND RUSSELL BOURNE 19TH;
DAVID PETHER 26TH AND KATHY BRADY ON THE 27TH**





CONGRATULATIONS TO KATE ELLIOTT

WHO SWAM CLOSEST TO HER NOMINATED TIME FOR 50 BACKSTROKE.



Thanks for the congratulations everyone!!



May's Stubby Stakes is 25 metres Breaststroke.
Come down on Monday 5th May with a plate to share,
nominate your time for the 25 metres and have a go at winning the wine!!



A notice for you to all *SAVE THE DATE* for our
Christmas in July extravaganza.

SATURDAY 19TH JULY



ENDURANCE 1000

MASTERS SWIMMING AUSTRALIA

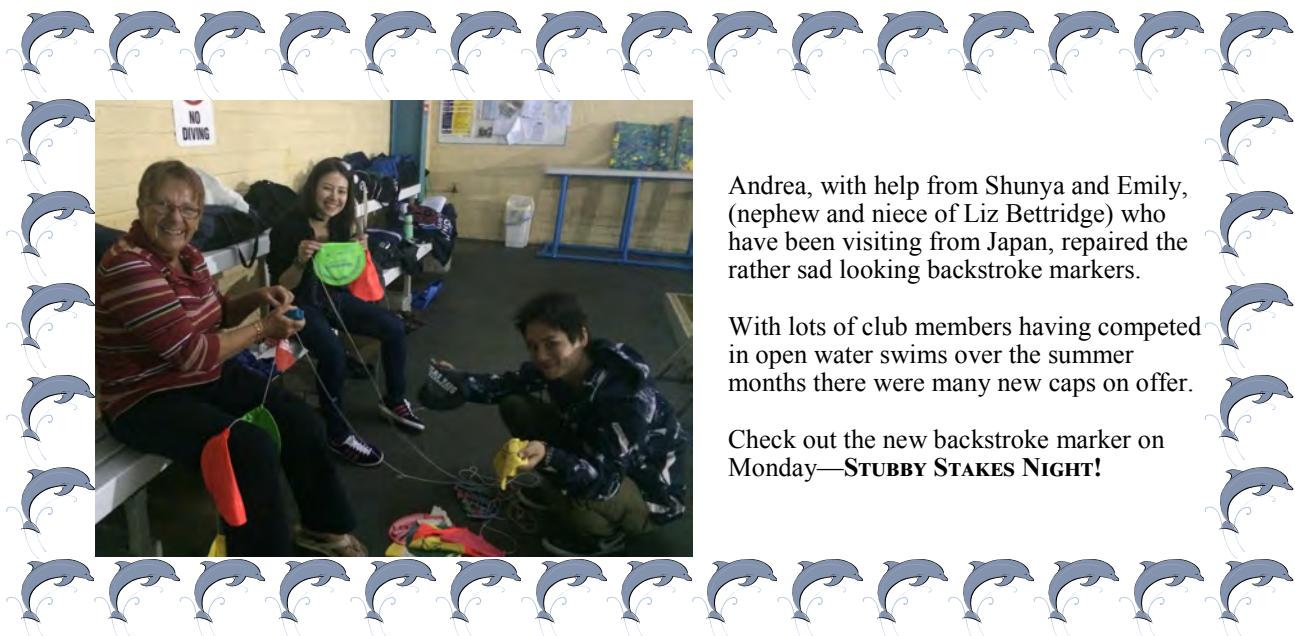
The [Vorgee](#) Endurance 1000 program has replaced the Aerobics program which was launched as a national event over 20 years ago. The program is designed to encourage people to compete in distances from 400 metres to 60 minutes duration in a variety of strokes.

Now that the open water swimming season has concluded we will be commencing our Endurance 1000 swimming program at the Darling Range Sports College pool on Saturday 17th May between 2 pm and 4 pm. A certain level of aerobic fitness can be maintained by completing the individual event requirements. The total number of swims that can be completed is 62 - broken down into:

- 25 individual 400m swims
- 25 individual 800m swims
 - 3 by 1500m swims
 - 3 by 30 minute swims
 - 3 by 45 minute swims
 - 3 by 60 minute swims

Darling Range Sports College has an excellent pool for endurance swimming. So if you want to keep up your aerobic fitness in the pool come down on third Saturday in May and get started!!

Watch Dolphin Dots for more up-to-date info about this.



Andrea, with help from Shunya and Emily, (nephew and niece of Liz Bettridge) who have been visiting from Japan, repaired the rather sad looking backstroke markers.

With lots of club members having competed in open water swims over the summer months there were many new caps on offer.

Check out the new backstroke marker on Monday—**STUBBY STAKES NIGHT!**

IN RECENT MONTHS WITH AN INCREASE IN MEMBERS ATTENDING TRAINING (AND BECAUSE WE ARE ALL SUCH GOOD SWIMMERS), THERE HAS BEEN A NEED AT TIMES TO RESHUFFLE LANE STRUCTURES AT MAIDA VALE POOL. THE COMMITTEE THOUGHT IT TIMELY TO REFRESH EVERYONE'S MEMORIES AND UNDERSTANDING OF SQUAD TRAINING SO WE CAN ALL GET THE MOST OUT OF A SESSION:

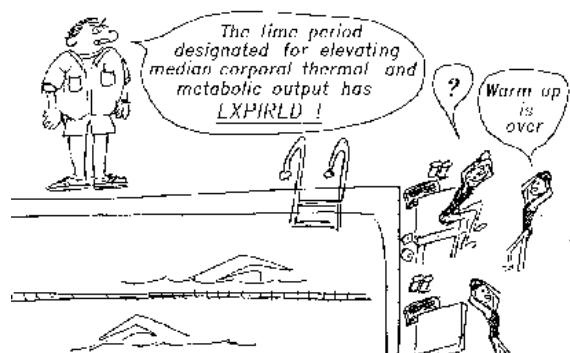
ETIQUETTE FOR TRAINING IN A MASTERS SQUAD (or...how to get the most out of your squad training sessions while still getting on well with your lane mates!)

WRITTEN BY SALLY BELL (CLAREMONT MASTERS) and adapted for Maida Vale Masters

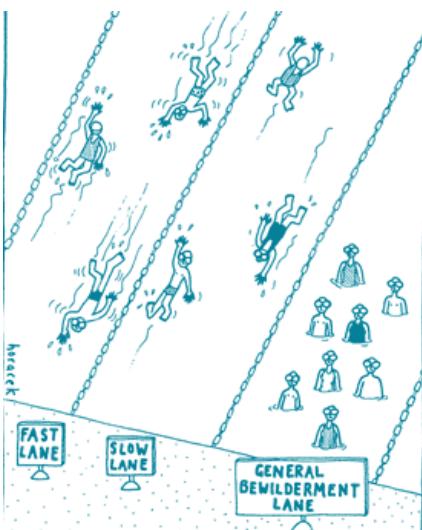
SESSION START/WARM UP

THE RULE: The official warm up should not start in any lane until 6pm. Once the first person (in your lane) has finished the warm up, EVERYONE else in the lane must stop and be ready to start the main set. If you get in early, do not start the official warm up. Do 'your own thing' until 6pm and then start the program.

If you get in the water after the session start time, please ascertain where the leaders are up to in the warm up and start from there. If this is not enough for you, just continue your warm up in a vacant lane or start the main set going easy at the back of the lane so that the first part of that set is like a continued warm up for you.



GET IN THE RIGHT ORDER



THE RULE: If you generally train faster than someone, make sure you go ahead of them in the lane order.

OK - sometimes you might feel better than others but it is most frustrating to other swimmers in the lane if someone regularly says "you go ahead" when you know that person will end up catching up and touching toes.

It is sometimes difficult to get it right, particularly when a program requires you to do different strokes. Also, sometimes two people of similar speed can catch each other due to the benefit of drafting (it is much tougher to lead). Just do the best you can, talk to your lane buddies and be flexible. Don't be offended if someone asks to go ahead of you and don't be afraid to ask to go ahead of someone else. Some lanes choose as a group to rotate the lead in a set.....please don't make people lead if they're not comfortable to.

LEAVING FIVE SECONDS BETWEEN SWIMMERS

THE RULE: Use the clock. The first person pushes off on 00, the second on 05, the third on 10 and so on.

It is accepted lane etiquette all over the world that swimmers leave 5 seconds between each other before pushing off the wall. It is very frustrating to have people push off 'on your toes' and stay there, particularly in our pool where the shallow end is difficult to execute turns. Similarly, too large a gap can mean recommended rest intervals are not maintained.

LETTING EVERYONE FINISH TO THE WALL

THE RULE: Swimmers should endeavour to move off to the side of the lane after each repeat swim, allowing the other swimmers to finish into the wall and complete a full lap whenever possible.

However, this requires a lot of thinking common sense and cooperation when the rest intervals are short and there are more swimmers in the lane. The lane leader should move to the right side of the lane (as you face the end) on finishing and subsequent finishers move behind them along the lane rope. This way the leader is able to push off for the next repeat. After three or four swimmers are along the rope, the queue should continue on the left hand lane rope.

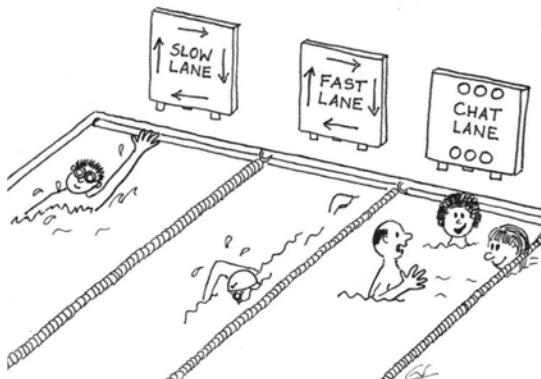
LANES MAY NEED RESHUFFLING

Please be aware (and patient) if you are asked to change lanes due to attendance numbers on a particular night. We are very lucky to have the entire pool to ourselves and everyone (including your volunteer coaches) is entitled to the opportunity for a decent workout.

As a general rule from now on, lanes 2-5 will be using programs based on ability and distance. Numbers will determine which lane does which program on any given evening. Lane 1 will be left for beginners and swimmers who have difficulty completing more than 25m at one go. Lane 6 will be used by those swimmers who choose not to use a program and prefer to do 'their own thing'. Common sense dictates that if numbers are down on any evening, swimmers can spread into other lanes, whilst remaining aware of late-comers trying to find a space. Cooperation and consideration remains vital for all lanes.

Being the social club that we are, Maida Vale members will often be caught chatting (I mean stretching) at the end of the pool (or even in the middle!). This is not a criticism as it is what makes us special.

This is just a call to be aware of others, grateful for what we have and to 'THINK and THWIM'!



If you're swimming in the lane next to me, the answer is yes, we are racing.

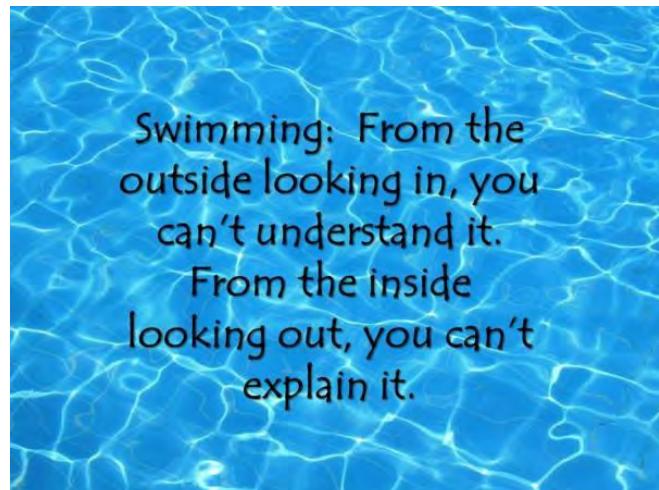
SwimmingHumor.com

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Barbara Hart and Richard Mazzucchelli (life members) presenting ribbons to champions at the Guildford and Kalamunda Districts Swimming Club championships on the 30th March 2014.
The Future Masters Swimmers?



**Seven Days of No Swimming
Makes One Weak**

**PUT YOUR ENTRIES INTO
THE RED BOOK
WHEN YOU ARE DOWN AT THE POOL.**

**RENT MUST HAVE YOUR ENTRIES BY
FRIDAY 9TH MAY
NEXT WEEK!!!**



LiveLighter 2014 State Championships
Challenge Stadium, Mt Claremont
24th/25th May 2014

Saturday 24th May - Day 1

9.00am pool open: 10.00am – 4.00pm competition

- Event 1 200m Backstroke
- Event 2 100m Butterfly
- Event 3 200m Freestyle
- Event 4 100m Breaststroke
- Event 5 200m Individual Medley
- Event 6 50m Freestyle
- Event 7 50m Backstroke
- Event 8 4 x 50m Freestyle Relay – Women
- Event 9 4 x 50m Freestyle Relay – Men
- Event 10 4 x 50m Medley Relay – Mixed



Sunday 25th May - Day 2

8.00am pool open: 9.00am – 2.00pm competition

- Event 11 200m Butterfly
- Event 12 100m Freestyle
- Event 13 200m Breaststroke
- Event 14 100m Backstroke
- Event 15 50m Butterfly
- Event 16 50m Breaststroke
- Event 17 4 x 50m Freestyle Relay – Mixed
- Event 18 4 x 50m Medley Relay – Women
- Event 19 4 x 50m Medley Relay – Men

A Very Sooty Story

Whenever I go on holidays, I always make sure that the house is tidy and clean, that there are nice smelly things around the house to make sure the house is nice when I get back home and just in case we happen to have firemen from 6 Fire Trucks and 2 Fire tenders, 1 ambulance crew, a team from the SES and the neighbours pay you a visit on the night before you get home!!!

Yep, that's what happened to us. On the last night of our holiday to Vietnam and Singapore, we were at Sentosa Island in Singapore having spent the day at Universal Studios being children again, when we found out we had had a fire in the roof of our house which had spread through 3 bedrooms, a bathroom, laundry and the "Throne Room".

Apparently it was caused by a down-light in the front entry causing leaf matter to ignite and then it just took off. Luckily, our neighbour across the road smelt the smoke and rang the fire brigade and then he, his son, our next door neighbour and little sis Andrea, who had been contacted by the Security company that there were multiple alarms going off, all descended on the house with fire hydrants and managed to put out the carpets which were on fire in the 3 bedrooms. The Firemen put out the rest of the fire that was blazing through the roof, the air-conditioner ducting, electrical cables etc.

Talk about exciting, the whole road was filled up with emergency vehicles all with their lights flashing and then the ambulance turned up because our neighbour's son was overcome by the smoke, then the SES turned up to patch the roof and of course, the neighbours were out watching – I would have been too!!! Nothing like this happens in our street – thank goodness.

After all the excitement was over, after all the emergency services had left and after Andrea had cut a wire on the smoke alarm to shut the darn thing up, there was this tiny little noise in the background that she couldn't work out what it was. Tracked it down and it was Andrew's SES pager, alerting him to a call-out for a house that was on fire!!! Yep, you guessed it – it was our house!!! I think everyone who was still in the house had a little chuckle over that one – even we did when we heard.



It was amazing to walk into the house when we got home at 1:30am of the day after the fire; pitch black, no electricity, using torches and trying to see the damage. The smell of smoke was so strong you could smell it from the driveway, so needless to say, we didn't stay the night, and instead we spent the night at Andrea & Gwyn's. The 3 bedrooms look like we are having a very early Halloween! Hanging down from the ceilings are "Soot Tails" which look like huge cobwebs covered in soot. I knew I hadn't dusted that well in those rooms but blimey, I wasn't that sloppy!!!! Apparently, they are caused by the carbons & chemicals in the smoke and when they start to cool, they swing out and find something to cling to and end up by looking so much like cobwebs covered in soot. The air-con

vents burnt, melted & crashed to the floor setting the carpets on fire, so there is a huge mess and everything is covered in soot. We started clearing out some of the rubbish and whenever you touch something, you end up looking like you're auditioning for the "Black & White Minstrels". ...

We've managed to get the electricity isolated and are living in our house but with no power or electricity to that end of the house, no lights in the kitchen, lounge and family room and have a camping light flung over the beam to give us light in the kitchen and using extension cords to provide power to the washing machine etc. Like living at home but camping out at the same time!!!

Anyhow, there is a silver lining to this little story, we haven't lost a darn thing and as a consequence of the fire, virtually the whole house will be refurbished; new curtains, blinds, carpets, re-wired, new ceilings at the fire end of the house, new ducted air-con, security system....etc. even some Tupperware which I had sitting on the top of a cupboard will be replaced. I planned on renovating that end of the house as one of my little projects now that I've retired but now I just need to supervise the renovation and get to pick out all new stuff courtesy of our insurance company who by now must hate us. I think this is about the 9th claim we've had in the last 4 years!!!



Air conditioner vent that dropped out of the ceiling

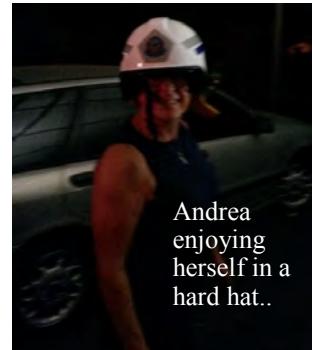
So moral of this story, make sure you are well and truly covered by insurance and also make sure you have a nice tidy & sweet smelling house before you leave to go on holidays – just in case the Fire Brigade turns up!!!!



A job for Brian Brady?



More soot tails (cobwebs covered in soot?)



Andrea enjoying herself in a hard hat..

Sandra Thompson turned 50 whilst on holiday down at Busselton over the Easter break.

She was down there enjoying all the south west has to offer with member of Maida Vale Masters who helped her to celebrate her birthday in a style appropriate for a Masters Swimmer.



An early morning swim at 7.00 am



A quick drag around the bay



Happy 50th Sandra





One out of the Maida Vale Masters archives.

Who is this club member collecting for the Boys Scouts recycling program.?



If you are looking for new swimwear and haven't got time to visit the shops this website has some different and well priced bathers and other items for the keen swimmer! <http://www.wiggle.com.au/swim/>

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Don't forget to visit our club's web page at <http://maidavalemastersswimming.com/>

