

Hill & Down Up Vale



AUGUST 2017 NEWSLETTER

PRESIDENT'S PROSE JULY

The topic at the pool in the past few weeks has been the weather and the effect it is having on pool attendances. The cold and very wet weather must have deterred members from going down to the pool and the past couple of weeks have been very disappointing with very low attendances at training. There were only six swimmers at last Monday's club night. The Committee are considering trialling a change to the training sessions to conduct only one evening on Wednesday night. The rationale behind this is that there are very few swimmers who attend both Tuesday and Thursday evenings, choosing to only train once a week but the coaches and some committee members need to be available to run every session. Some evenings there are barely enough swimmers left to pull the covers across at the end of training. If there was only Wednesday evening on offer there could be more people attending and the atmosphere would certainly improve.

The situation with Thursday evenings limited access to all six lanes has eased now during the winter and we have a guaranteed four and sometimes five lanes, however this will change back to three lanes until 6.30 pm in the summer months.

The club has been given permission by the pool owners to use the pool on a Wednesday evening. I would appreciate some immediate feedback from members with your suggestions and concerns regarding these possible changes. Aerobics would only be conducted once a fortnight on a Saturday afternoon at the Darling Range pool – not on a training night.

Please take the time to email me andrewwilliams12@hotmail.com with your comments and then the committee will make a decision.

We realise that there are many members travelling around the world now, which is a factor in our low numbers. I hope everyone is having a great time and that they stay safe. Paul Water should be back in the pool soon after cycling half way around Spain unless he is planning to compete in the Avon Descent next weekend!

Editor Kate is composing this newsletter from her couch, as she has to rest her foot that has been recently operated on. (Gory photo included) Jamie Bounsell made a brief appearance at training with his wrist still in a fibreglass cast but then headed to Canada for work.



On a more positive note, the Christmas in July dinner was a terrific fun evening at the Lesmurdie Club and, as you will see by the photos, everyone went out of their way to dress appropriately in Op Shop Posh outfits purchased especially for the occasion. I know some outfits will not have been donated back to their boutique of origin.

The Pizza night is still proving to be a popular social event with the July birthday pizza being organised by Barbara on behalf of Lesley who is currently in far north Queensland.

Good luck to eight swimmers who will be competing at this weekend's State Relay Championships at the HBF Stadium. Stuart, Brian R., Brian B, Gwyn, Claire W, Rosie Smith, Maggie and me.

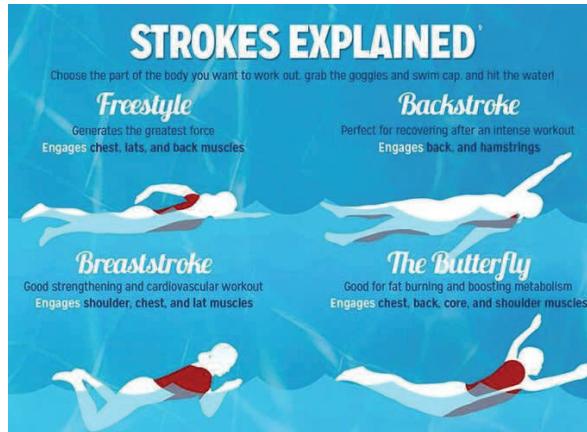
Good luck also to those swimmers who are travelling down to Bunbury on the 26th for their Skins Event. From experience, it is a very different but fun event.

Have a safe weekend and we will see you at Stubby Stakes on Monday night.

FROM THE CLOUD COVERED HILLS.....ANDREA



HANDICAP SWIMS



In previous years we have run a handicap event, swimming one 50 metre distance of each stroke over 4 different months during the year.

Last year there was not a great deal of participation, in particular for the 50 metre butterfly. This made for a very lack lustre evening and the initial idea was formatted by coach Lesley to be an exciting and challenging event, which could, potentially be won by any swimmer who was given the correct handicap.

The committee has decided to try a different format this year and we are running all four swims on the one evening, in an endeavour to attract more competitors.

On Monday 21st August, there will be 4 handicap events 50 metres of each stroke, and you can nominate for all 4 swims or just 1 if you feel unable to attempt them all.

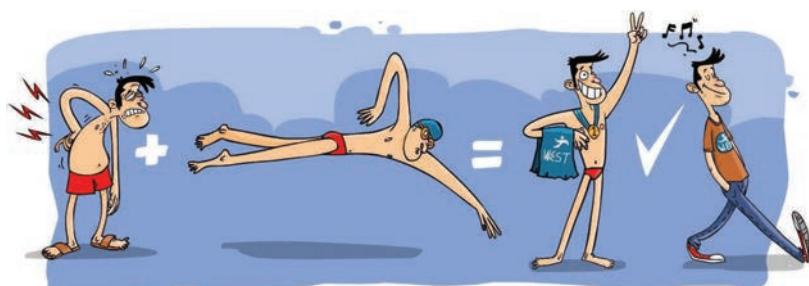
There will be a warm-up time from 6 pm until 7 pm then a very brief President's notice time and the first event will commence at around 7.15.

For those swimmers who have never competed in a handicap event, the Captain will lodge your time for the swim from previous recorded swims and then each swimmer will be given a handicap and start according to that time.

The fastest 2 swimmers from each heat are re-handicapped and then swim another lap with the fastest swimmer winning.

There will be a supper of pizzas – again supplied by the club – and drinks will be on sale.

Hopefully lots of you will come and have a go. Remember, Fitness, Friendship and Fun!! Swimming regularly is a great way to keep fit and healthy.





Congratulations to Claire Ware who was the overall female winner as well as in her age category across all the Open Water Swims in 2017.

All those early morning training sessions and hard work paid off!!

Well done Claire!!

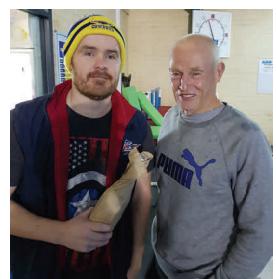
CLUB NIGHT PROGRAM FOR AUGUST 2017			
7TH AUGUST	25 BREAST	STUBBY STAKES	200 BACK
14TH AUGUST	100 FREE		100 IM
21ST AUGUST	HANDICAP EVENTS		
28TH AUGUST	COMMITTEE MEETING		AEROBICS ONLY
4TH SEPTEMBER		STUBBY STAKES	

WELL DONE TO STUART ANDERSON

Stuart won July's stubby stakes by swimming closest to his nominated time for Stubby Stakes.

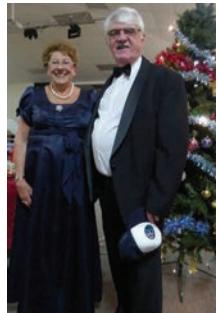
Come down on Monday 7th August and swim closest to your nominated time for 25 metres and win the bottle of wine selected for you by Russel Fowler. The weather forecast for Monday doesn't look too bad!!!

Don't forget to bring a plate of food to share.

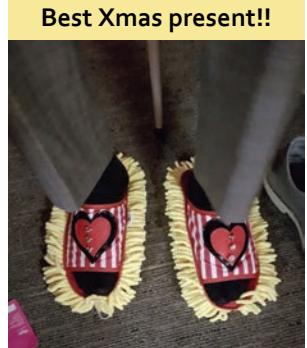


Christmas in July

Thanks to Brian and Kathy Brady for organising this event. There were some pretty flash ensembles purchased from the charity shops around town. I think the charity shops in Cannington win!



Best Xmas present!!



And then there was the Fashion quiz which proved to be quite challenging for some.

Well done to the winning team who obviously know about fashion. This was obvious from their op shop finery!! Are people still allowed to buy and wear real fur coats??

Who is the dressmaker to Queen Elizabeth?? Not Cecil Beaton.....



Cape to Cape



Once again club members Caroline Dyer and Helen Wilson are walking for a charity. (they walk in winter instead of open water swimming)

This year their team are hoping to raise funds for the Fragile X Foundation .

FXS is a genetic condition causing intellectual disability, behavioural and learning challenges and various physical characteristics. Each week in Australia one child is born who is fully affected by FXS and 20 children are born who are carriers of the Fragile X gene. Fragile X is a life-long condition but early intervention by health and educational professionals can help people living with FXS reach their full potential.

If you would like to support them in their quest, please click on this [link](#) to make a donation .

The MS Society are conducting a fundraising bike race along the coast from Fremantle to Hillarys on November 26th and need volunteers.

Our committee felt we could probably provide around 20 people to help out. Rather than have a few here and there along the coast we would choose to have our whole group at the finishing line.

We would have to be there from 6.30 until around 11 am. We could perhaps have lunch somewhere at the boat harbour if that would work. If anyone feels inclined to actually take part in the ride the Club may consider donating some funding. Please give this some consideration and save the date.



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

<http://www.secretbeach.com.au> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. You can buy on line 24 hours a day. Maida Vale Masters Swimming club members get 15% discount, just put in the code WMV. The shop, located at 141 James Street, Guildford is now open 5 days a week (closed Wednesday and Thursday) Club members also get 15% discount in the store! If you are looking for something a bit funky—get down to the store in Guildford!

Liz will deliver orders to the pool. You can contact Liz on Telephone-0415112432 or Email-liz.bettridge@secretbeach.com.au



New Club bathers are available. Please see Lynne Duncan—she has them in the boot of her car which looks like a travelling bather's shop!!.

Ladies' Long Leg \$82.00 – Sizes 8 > 18 **Ladies' Regular** \$72.00 – Sizes 8 > 20

Men's Jammers (Long Leg) \$52.00 – Sizes 14 > 26

Silicon Caps \$10.00 **Regular Caps** \$ 5.00

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool. Then contact Lynne and she will arrange to bring them to the pool BUT you MUST pay for them first. For those members who have already taken a pair of the new bathers, can you please transfer the money into the club's bank account asap.*Lynne Knows Where You Live*.....



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