

President's Prose August 2018

August is on record as having been one of the wettest and coldest months for years and there is an advantage of training in a pool that is usually too warm. It has been wonderful to jump into the water and numbers at training have been quite reasonable.

Unfortunately our Monday club nights have not been too well attended but that is normal for this time of the year with so many folks away on holidays. The Handicap Event was conducted using the same format as last year with all four swims being contested on the same night instead of four nights across the year.

The atmosphere was great but the back to back events were a challenge given the relatively small number of contestants. With one exception - David Pether blitzing the backstroke - Lesley was spot on with the handicap times and most swimmers finished within a fingernail of each other. Russel Fowler won the freestyle, Brian Brady the butterfly, Patricia Dalle Nogare the breaststroke and David Pether the backstroke. Many thanks to Lesley for organizing these events and keeping the contestants under control.

The winter months herald the pool distance events and Somerset held their 1500mtr swim on a glorious Sunday morning. Brian Brady elected to swim backstroke and in an outdoor pool on a sunny morning that proved to be a challenge. I think he probably did 1700mtrs with all the bouncing off lane ropes. Helen Jones, Gwyn and I chose the easier option of freestyle. Leeming are conducting a 400/800 swim in early September then Bunbury is running their iconic Skins event. It is our clubs turn next with our 400/800/1500 swim at Darling Range pool on Saturday 6th October. As usual we would like as many members as possible to be there on the day to swim and also help out with timekeeping and afternoon tea.

Our monthly pizza night changed to the last Wednesday in the month but that didn't alter the great attendance even given that the evening was a tad chilly and damp.

Lynne has spent many many hours producing the sanctioning paperwork and grant applications for the lake swim and everything is progressing well for a terrific event. More to follow. Keep the 11th November free to swim and to help out with the many tasks at hand.

Let's hope September is a better month, weather wise, sporting wise and that we don't have to suffer more embarrassing political upheaval.

Stuart is out of the pool with a torn ligament in his hand. Hockey is dangerous! Some more ill health news, Garry Lymn has had a fall and torn the tendon from his knee cap. Not sure what effect this will have on his recent surgery! Not his idea of a good birthday spending it having more surgery! Hope you are both back in the pool soon!!

FROM THE HILL.....ANDREA.



CLUB NIGHT PROGRAM FOR SEPTEMBER 2018

3RD SEPTEMBER	25 FLY	STUBBY STAKES	200 IM
10TH SEPTEMBER	200 BACK		50 FLY
17TH SEPTEMBER	100 BREAST		100 IM
24TH SEPTEMBER	NO SWIMMING IT'S THE QUEENS BIRTHDAY.....		
1ST OCTOBER	100 FREE	STUBBY STAKES	100 FLY

CONGRATULATIONS TO JOHN HOFMANN

John swam closest to his nominated time for August Stubby Stakes 50 Breaststroke.. That's an excellent photo bomb Richard Mazzucchelli!!

Come down on Monday 3rd September and swim closest to your nominated time for the stubby stakes event (25 FLY) and win the bottle of wine selected for you by Russel Fowler. Remember to bring a plate of food to share.

Monday Stubby Stakes night is a night to catch up with other club members and to check out how well you know your swimming time.

September seems to have a lot of fly events!!



HAPPY BIRTHDAY IN SEPTEMBER TO

GARRY 1ST; JILL 2ND BARBARA 10TH;
ANDREW 16TH; CAROLINE 20TH; BRIAN 22ND
TREVOR 30TH

VIRGO

(August 23 to September 22)

1. Will keep it real 100%
2. Prideful
3. Loyal to a fault
4. Down-to-earth
5. Over-thinks everything
6. Lover at heart
7. Human Lie Detector
8. Perfectionist
9. Speaks fluent sarcasm
10. Will knock your lights out

"A Libra is for the person seeking a real friend, a good-hearted companion, a supportive & encouraging partner and unconditional love." - Unknown

"Accent your positives and delete your negatives." - Donna Karan (Libra, October 2, 1948)

On the 20th August, instead of a committee meeting, we had a relay events night

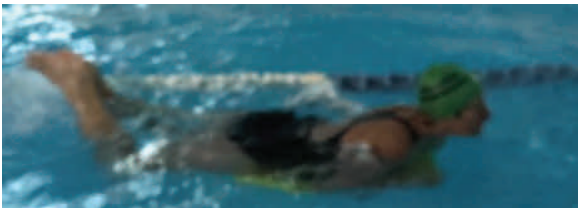


Three teams of 4 waiting for the rules of the first event.

100 metre noodle dash. Add a swimmer at each 25 metres and finish with 4 on the noodle. More difficult than you think. Although David Pether, Russel Fowler, Kate Elliott and Maggie Read (Lane 4) finished first they were disqualified as all 4 swimmers were not on the noodle at the finish.



Although lane three finished last, they won this event as they were the only team with 4 on the noodle at the finish. Sandra T and Brian B demonstrating how it should be done. (Jess and Patricia both managed to stay on the noodle when they were picked up!) David and Russel were so fast that Maggie and Kate could not hold on....:(A close second to Lane 2, Brian Risbey, Andrea, Jen and Greg Bourne.



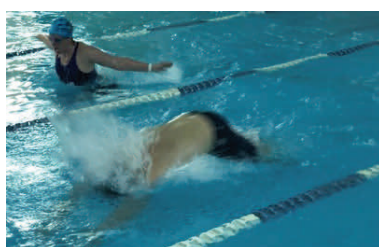
Event 2 was 'surfing' with a change mat. Once again Lane 4 finished this event first, but due to David and Russel not staying on their 'surf board' they were disqualified. It was difficult with their bare chests to hang on...

Event three was 'tunnel swimming' and Lane 4 were disqualified again....



Dolphin swimming—Lane 4 disqualified

Last event—Towing which if you look carefully at the photo you will see all 4 swimmers at the end of their lane watching the others finish! NOT disqualified.



THANKS TO LESLEY FOR
ORGANISING THIS
**MORE FUN THAN
A MEETING EVENT!!**

Team with the most
disqualifications. **LANE 4.**

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. Check the link to see whose records you could break. These have recently been updated.

Club Records August 2018

Name	Age Group	Cours e	Event	Time
Lesley Hart	55-59	Short	400m Breaststroke	8.23.40
Glad McGough	85-89	Short	¾ Hour Freestyle	1200m
Stratton Towers	25-29	Short	50m Backstroke	30.93
		Short	50m Butterfly	27.95
Brian Brady	65-69	Long	1500m Backstroke	45.22.69
		Short	800m Breaststroke	23.25.27
Russel Fowler	70-74	Short	100m Butterfly	2.18.96
		Short	800m Backstroke	16.52.34
Gwyn Williams	70-74	Long	1500m Freestyle	33.08.54

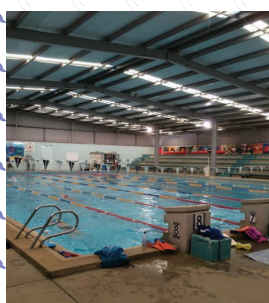
A FEW DATES FOR YOU TO PUT A BIG CIRCLE AROUND ON YOUR CALENDAR!

- Brian and Kathy are organising a wild flower walk and breakfast in the hills on Sunday 30th September for club members.
- The club's open water swim at Lake Leschenaultia will be held on the second Sunday in November, the 11th November. (this year is the 100th anniversary of Armistice day). And a day which it is hoped as many club members as possible will keep free, if not to swim, but to help out with all the jobs that go into making this a successful fund raising event for the club. This year there are a few changes to the event. 4 distances to choose from being the main change! There will be more about this event in Dolphin Dots and the newsletter, but put a big circle round the 11th November on your calendar and keep it free.
- The Noughties Night, held to celebrate all those people with an O in their age will be held on Saturday 27th October.

More details will follow in Dolphin Dots about these events.



We've been wondering where Marilyn Potter has been. Lane two has not been too busy these past weeks. Marilyn and her hubby Graham have been enjoying a caravan holiday seeing some of our country towns and their surrounds. Picnicking at Kokerbin Rock (this rock is the third largest monolith in Australia) and is about 50kms from Bruce Rock. Very picturesque.



The next Endurance swims at the Darling Range Sports College Pool will be on Saturday 8th September. Starting time 2.45 pm with afternoon tea and a catch up after swimming.

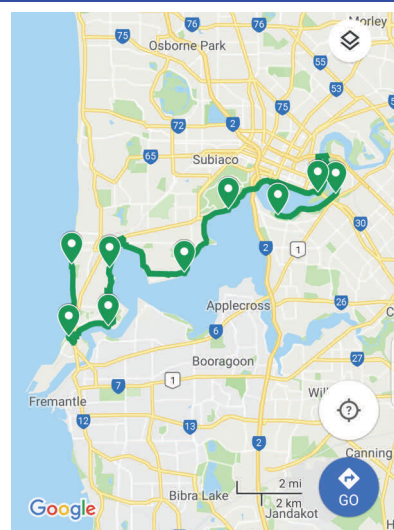
A MESSAGE FROM SANDRA D THOMPSON.

On September 25, my sister, Michelle and I, are doing the Bloody Long Walk to cure Mito. We are walking 35km to raise much needed funds and awareness of Mitochondrial disease (Mito).

Mito affects 1 in 5000 people, making it the second most commonly diagnosed, serious genetic disease after cystic fibrosis. In fact, one in 200 people, or more than 120,000 Australians, may carry genetic mutations that put them at risk for developing mito or other related symptoms such as diabetes, deafness or seizures during their lifetimes.

Your support and [donations](#) are warmly welcome. Thank you

Sandra xxx



Pizza Nights have been changed to The Last WEDNESDAY in the month. This month it will be held on The 26th September. Village Pizza Kitchen will no longer be opening on a Tuesday.



Thanks to Lynne Duncan for supplying two delicious sweet pizzas for us to enjoy at the Pizza Kitchen on the 29th August to celebrate her birthday when she wasn't there. I think she knows she paid for them!!

**FOR ANYONE WHO WANTS TO TRY A 'SKINS EVENT'
THIS COULD BE THE EVENT FOR YOU.
ENTRIES CLOSE ON THE 7TH SEPTEMBER.**



**Bunbury & Busselton Masters Swimming Clubs
invite your members to our
2018 LiveLighter "South-West SKINS" Event**



Date: Saturday 15th September 2018
Venue: South West Sports Centre (LC indoor)
Address: 1 Rotary Ave, Withers (Bunbury)
Warm up: 11:15am **Meet start:** 12:00pm

EVENTS

1. a) 200m IM (qualifier for Splash-for-Cash SKINS); OR
1. b) 100m Freestyle
2. 50m Butterfly
3. 50m Freestyle (qualifier for Freestyle SKINS) – ALL swimmers should enter this.
4. 50m Breaststroke
5. 50m Backstroke
6. 50m 'Random' Relay (all swimmers will be invited to participate – rules explained on day)
7. 50m Handicap Freestyle SKINS (3 rounds @ 3-4 minute intervals, 2 eliminated per round)
8. 50m TPS Training – Splash-for-Cash SKINS (\$210 cash in prizes)
 5 rounds @ 3 minute intervals, 1 eliminated per round
 Rounds 1-4 cover all medley strokes (reverse IM order), Freestyle Final

THIS EVENT IS OPEN TO ALL MASTERS SWIMMERS

Event Rules

- Swimmers may enter up to three Sprint events (events 1-5) plus all invited in *Random Relay*
- Swimmers will qualify for at most one SKINS event.
- Fastest 7 Male and 7 Female in 200m IM will qualify for the feature event: *Splash-for-Cash SKINS*.
- Freestyle SKINS: 2-4 age groupings – decided on the day to provide the best possible competition.
- Masters Swimming Australia Rules apply to events 1-5. Separate rules for *Random Relay* & SKINS.
- Prizes: 'Closest to Nominated Time' by 15-year age-groups (M/F); plus *Relay* & SKINS winners.
- Entry fee: \$10.00 per swimmer (plus pool entry up to \$6.60 paid on the day), spectators free.
 Clubs must pay by one bulk payment only, and collect individual fees from swimmers themselves. Payments via eftpos to Bunbury Masters Swimming: BSB 036-122 A/C 642137 using 'SKINS' + your Club Code (eg SKINS WBB) as Reference.

Please process entries via Team Manager and email to bluesky.jules@gmail.com, ensuring that all participants are financial members of your club when accepting their entry.

Any problems or queries, please contact Julie O'Connor (0418-936059, bluesky.jules@gmail.com).

Preliminary entries welcomed ASAP, final entries with payments close **Friday, 7th September**.



About the SKINS Event

The South-West *SKINS* event is a fun event, suitable for everyone. Due to smaller numbers, it is run in a very relaxed atmosphere, with a great afternoon tea and prizes.

This year we have included a choice of a 200m IM or 100m Freestyle as event 1, followed by 50m sprints in any of the four strokes. Swimmers may enter up to 3 sprint events (events 1-5). All swimmers will be invited to swim in the *Random Relay*, plus we will include as many people as possible in either the *Freestyle SKINS* or the *Splash-for-Cash SKINS* events.

Random Relay: This is a fun relay comprising a mix of traditional strokes and swimming drills to ensure that everyone can enjoy a relay even if they don't have sufficient swimmers from their club participating to take part in a traditional relay. Swimmers are grouped to ensure as many clubs as possible are represented in each team. Although there is a small prize for the winning team, the emphasis for this event is definitely on "*fitness, friendship & fun*"!

Freestyle SKINS: Swimmers who don't qualify for the feature *Splash-for-Cash SKINS* event may be grouped according to age-group and 50m Freestyle time to create up to 4 competitive groups. The *SKINS* format involves a series of three or four (depending on age-group) 50m Freestyle sprints at 3-4 minute intervals, with the slowest 1-2 swimmers being eliminated each round. Each group will likely start with 6-7 swimmers, with 4-5 in round two and 3-4 in the final round. The handicap system gives slower swimmers a head-start of up to 5 seconds to ensure the races are all close and exciting, with everyone having a chance of winning.

Splash-for-Cash SKINS: This is the feature event of the program and is very exciting for both spectators and swimmers. The fastest 7 men and 7 women from the 200m IM will qualify. The event consists of up to five 50m sprints at 3-minute intervals with the Womens and Mens events alternating each round so there is a race start every 1.5 minutes. Rounds 1-4 consist of each of the four Medley strokes (in reverse IM order), followed by a Freestyle final. There will be a maximum of 7 swimmers in round one, with the slowest swimmer being eliminated each round, until there are 3 swimmers left in the Final. TPS Training has kindly provided \$210 to be split as prize money for this year's event.

Bunbury is a great location, an easy 2-hour drive from Perth with plenty of affordable accommodation for anyone who wants to make a weekend of it. The pool is a superb indoor 50m pool with excellent support facilities and plenty of free parking.

The event offers plenty of prizes via a raffle, many swimmer prizes (including for closest to nominated time in any one of the sprint events by M/F in 15-year age-groups), plus cash and other prizes for the first, second and third place getters in the feature *Splash-for-Cash SKINS*.

Come and give it a try!



Not forgetting our events that are coming up.

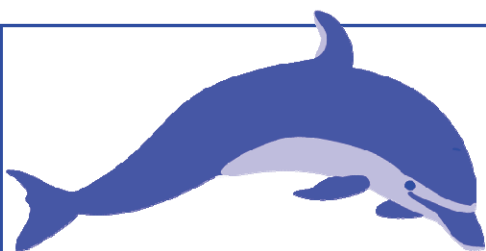
SATURDAY OCTOBER 6TH our 400m/800m/ 1500m event to be held at Darling Range Pool in Forrestfield. If you don't want to swim we would love as many club members as possible to help with time keeping and afternoon tea.

SUNDAY 11TH NOVEMBER the Open Water event at Lake Leschenaultia. Another event that needs all club members to get involved. There will be more about this in next month's newsletter and lots of dolphin dots (when Lynne gets back from her holiday.....)



Don't forget to check out our Facebook web page with more photos and videos .Just click on the link below.

[Maida Vale Masters Swimming Club](#)



Swimming. It's good for you, but I expect all of you who swim already know how good you feel after a session in the pool! In fact, it turns out that swimming is better than good, it's awesome, and not just because it's an amazing low-impact, fun [way to lose weight](#) and get fit. Swimming has a plethora of benefits, which is why it is one of the most recommended cardio workouts in the world today. So embrace your inner dolphin and get ready to enjoy all the benefits which swimming can bring. Click [here](#) to check out the 8 Awesome Health Benefits.

Endurance swimming at Darling Range College Pool is a good way to embrace your inner dolphin on a Saturday afternoon. Hopefully it won't be too long before the Boiler that heats the water is mended and we can have a few sessions of Endurance swimming at Darling Range College in Forrestfield on a Saturday afternoon.

WATCH OUT FOR THE NEXT ENDURANCE SWIM IN Dolphin Dots



**ALICE SPRINGS
Masters Games**

13 - 20 October 2018

The Friendly Games

MEMBERSHIP FEES FOR 2018

**DON'T
FORGET**

Fees for 2018 are **\$104.00** and can only be paid through the Membership Port on the MSWA website. As existing members, ensure you click on the **RE-REGISTRATION** button and not the REGISTER button – clicking this button will assign you a new membership number and will cause problems for the Director of Recording who will have to merge your old number & your new number – and that will make her grumpy!!!!

Remember – if you are not a financial member, you cannot swim at any club events including training, aerobics, club nights etc. as you, the coaches and the club are not covered by insurance.

Lynne has sent out instruction on how to register in Dolphin dots if you have forgotten how to do this.

Visit our club's web page at <http://maidavalemastersswimming.com/>

For all the latest results of events our club members have entered and anything else members have been up to! Or you can visit our [Facebook](#) page. Just click on the links!

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

New Club bathers are available.

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 **NORMA** 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.

New Club Shirts and they are ready for collection.....just in time for the Nationals. The shirts will cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Get your shirt in time to wear at the Nationals – and that includes anyone who is attending but not necessarily swimming.

Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots



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