

Up Hill & Down Vale

JULY 2018 NEWSLETTER

PRESIDENT'S PROSE JUNE

All our training paid off when our prowess was tested at the Winter Solstice Challenge. We competed for the third year in a row against the mighty Hervey Bay Humpbacks in Queensland. Lesley and Stuart designed a devious programme of tableau swims and age specific relays in our quest to win over our eastern states opposition.

Thanks to a terrific attendance and appearances by swimmers who we only see once a year on a club night, Sandie Schroeder and Kim Bingham who were there last year, and obviously enjoyed it so came again! It was lovely to see Chris Bagshaw and Andrew Ryan making their first ever appearance on a Monday night! We managed to win by the huge factor of 3 points! With Garry Lymn competing in the feet first sculling race, I like to think that we actually won by a foot! If there was an Olympic event for feet first Sue Griffin would be a contender for the gold medal.

We were joined on the night by our newly appointed Masters Executive Officer, Sophie Row, who experienced a trip down memory lane as she had trained at the Maida Vale pool when she was a youngster, along with Claire Ware and David Pether's nephews. Sophie is visiting all the Master Clubs to introduce herself and see how we all operate. Sophie lit our ceremonial Yule Log candles as we observed the Winter Solstice with a token druid, sacrificial chook and some aged Mead before sharing pizza and champagne. I doubt the other clubs will outshine Maida Vale from Sophie's perspective!

We have another octogenarian in the club. John Hofmann celebrated his 80th birthday on the 3rd June with a party with his large family and friends. He followed this with a snap shot of the business he started with his brother on Channel 7's Today Tonight. There was more wining and dining at our monthly dinner at the Village Pizza. Despite the cool evening, the long table was full and the atmosphere was very warm and cheerful.

I hope to see everyone at our upcoming Christmas in July, which promises to be another great evening. Please take the time to create a special hat and join in the fun.

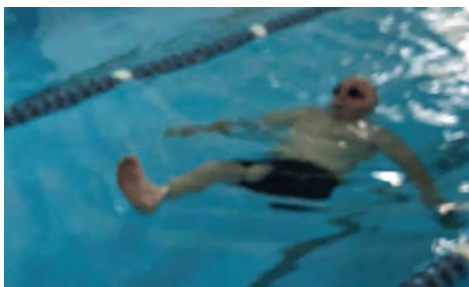
Apart from all the socializing, we do have a swimming event in July and it would be terrific if we could field a strong contingent at the Eastern Regions swim meet at Swan Park on Sunday 15th. Competitions are a great way to assess how your training is working for you. This is a limited invitation event and we need to field a strong team. Brian Risbey is taking entries.

Unfortunately, Lesley and Gwyn are still suffering from damaged shoulders but there's no excuse from anyone else!

See you on Monday for Stubby Stakes.

FROM THE HILL.....ANDREA.

Foot first.....



WINTER SOLSTICE CHALLENGE 2018 WINNERS MAIDA VALE MASTERS



After some serious planning to ensure we might finally have a chance to take out the Winter Solstice Challenge against the Hervey Bay Humpbacks at our third attempt, we perhaps didn't carry enough of that planning into actually making it happen. So, it was more by luck than anything else that we scrambled across the line by a mere three points...179 to 176.

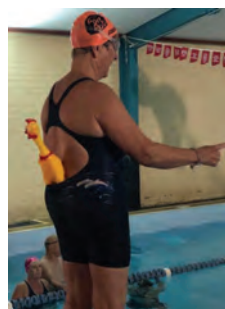
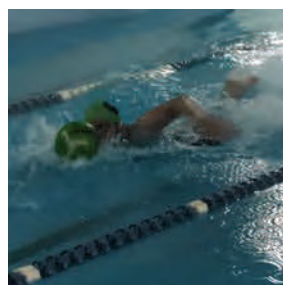
A competitive 29 swimmers from each club completed the mixture of novelty and 50m sprint events at our respective club meets closest to the shortest day of the year. Although our opponents had impressive relay teams that outdid us in all 4 combinations, our turnout of younger (read ...Under 55) swimmers marginally tipped the balance.

There were many laughs as the super sprinters struggled with the concept of leading with their feet or propelling a water polo ball with their nose....it must be said however that there was a distinct lack of barking during the dog paddle.

The lure of a pizza feast and drinks is always guaranteed to bring the Maida Valeans out in force and the proof is in the trophy that we now have in our possession! Hervey Bay now have the task of plotting a program for the 2019 challenge....we've started training already for all possibilities!

Thanks to our old members Terry and Paula Hewett for suggesting the concept and to The Humpbacks for the friendly rivalry.

Well done to everyone involved and let's do our utmost to retain the shield next year and save on postage!



CLUB NIGHT PROGRAM FOR JULY 2018

2ND JULY	50 BACK	STUBBY STAKES	100 Free
9TH JULY	100 BREAST		100 BUTTERFLY
16TH JULY	100 IM		50 FREE
23RD JULY	COMMITTEE MEETING		
30TH JULY	200 FREE		25 BUTTERFLY

CONGRATULATIONS TO CAROLINE DYER



Caroline swam closest to her nominated time for June Stubby Stakes. 50 Freestyle!

Come down on Monday 2nd July and swim closest to your nominated time for the 50 metres stubby stakes event 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. There is always a good spread!!



HAPPY BIRTHDAY IN JULY TO

**Barbara Lymn 16th; Helen Wilson 24th; Lesley Hart 29th
Lucy Chapman 30th**

Cancer Woman Traits

The Cancer woman is extremely responsible and trustworthy. Cancer women are sensitive, intuitive and intelligent.

Only female club members
celebrating birthdays in July

Leo Lioness

She is a badass with a good heart, soft but strong. Unapologetic and honest. She is the type of woman you go to war beside- not against.



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](https://www.facebook.com/MaidaValeMastersSwimmingClub)

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 what records you could break this year. Lots more records tumbling down!

Club Records May/June 2018

Name	Age Group	Course	Event	Time
Glad McGough	85-89	Short	200m Breaststroke	8.53.91
		Short	400m Backstroke	15.36.98
Jane Potter	65-69	Short	50m Butterfly	56.14
Lesley Hart	55-59	Short	50m Butterfly	44.76
		Short	50m Breaststroke	49.77
		Long	50m Breaststroke	49.01
		Long	100m Freestyle	1.24.43
		Short	200m Backstroke	3.20.47
		Long	200m Breaststroke	3.58.77
Sue Griffin	55-59	Short	50m Breaststroke	47.40
Russel Fowler	70-74	Long	50m Backstroke	48.95
		Long	200m Backstroke	4.01.78
Garry Lymn	65-69	Short	1 Hour Freestyle	2724m
Brian Brady	65-69	Short	½ Hour Backstroke	1112m
		Long	200m Breaststroke	5.09.03
Mark Baker	35-39	Short	25m Backstroke	17.80
Stuart Anderson	30-34	Short	½ Hour Backstroke	1635m
		Short	400m Butterfly	7.24.75
		Short	400m Individual Medley	6.08.90

A few new names added to the club records in the last couple of months .



TEAM WORK!

**After the Winter Solstice we have the
Eastern Region Club Challenge
Look forward to lots of club members considering this event**



Swan Hills Swimming Club
invites your members to an
Eastern Region Club Challenge
Short Course

Date: Sunday 15th July 2018
Venue: Swan Park Leisure Centre
Address: Gray Drive, Midvale
Warm up: Warm-up - 8.00am, Meet Start - 8.45am

EVENTS:

- | | | |
|---------------------------|----------------------|--|
| 1. 100m Freestyle | 7. 50m Backstroke | 14. Mixed 4 x 50m Freestyle - Club Relay
- 4 fastest swimmers |
| 2. 100m Backstroke | 8. 50m Breaststroke | |
| 3. 100m Breaststroke | 9. 50m Butterfly | |
| 4. 100m Butterfly | 10. 25m Freestyle | 15. Mixed 4 x 25m Freestyle - Club Relay -
4 slowest swimmers |
| 5. 100m Individual Medley | 11. 25m Backstroke | |
| 6. 50m Freestyle | 12. 25m Breaststroke | |
| | 13. 25m Butterfly | |

The event is open to members of the following clubs, Swan Hills, Maida Vale, Armadale, Belmont and Superfins. Entries from individuals from other clubs may be accepted if numbers permit, entries MUST be sent via the relevant club captain/recorder and payment must be made prior to the event via Direct Debit.

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and in an appropriate Relays.
- All participating Clubs are to provide timekeepers.
- Pool entry of \$5-7 depending on concession, or price increase; and is payable on entry to complex.
- Cost of event entry is \$5 per swimmer. Payment is to be made by CLUBS prior to Friday 13th July, by bank transfer to Swan Hills Swimming Club BSB 633-000, Account no 146931712.

Please use your club code as a reference.

- Refreshments will be provided afterwards.

Please process entries via Team Manager and email to Sandra Mutch - sandramutch57@gmail.com and ensure that all swimmer details are correct and participants are financial members of your Club prior to accepting their entry.

If any problems or queries, please contact secretary@swanhillsswimmingclub.org.

Entries close Wednesday 11th of July

Please pick your events and put your name down on the sheet at the pool on club night or the training nights. If you can't make any of those nights before the event, or you miss the sheet—please let Brian Risbey know what you would like to do. brianrisbey@iCloud.com

Hope you have all saved the date and are getting ready to party at our
Christmas in July Dinner.

Remember to bring your partner and a small present for a male, female or unisex to
the value of \$10.00 and there is no swapping of gifts at this dinner!



MAIDA VALE MASTERS SWIMMING

PRESENTS

2018 CHRISTMAS IN JULY

WHEN: Saturday 28th July 2018

WHERE: Gracies Cafe
45 Berkshire Road, FORRESTFIELD

TIME: 6.30 pm till 11:00 pm
Dinner served at 7:00 pm

COST: \$40.00/person

DRINKS: BYO

THEME: "HATS, HATS, HATS"
Dress up your outfit with a hat, fascinator, etc



CHRISTMAS SET MENU SERVED DINNER:

SOUP with Garlic Bread

MAINS: Roast Meats, vegetables and accompaniments

DESSERT

TEA AND COFFEE



BRING: Present worth \$10.00 for Secret Santa
(Please Note: No chocolates/sweets/biscuits)
Labelled Male/Female/Unisex



RSVP: By Monday 23rd July (Final No's must be given Tuesday 24th July).

Book at the pool or email Brian Brady at kathybrady@bigpond.com

PAYMENT MUST BE MADE PRIOR TO THE NIGHT



Claremont Masters Swimming Club invites your members to
the Golden Groper State Relay Carnival

2018 LiveLighter Club Challenge Series Event

Saturday 4 August 2018

HBF Stadium, Stephenson Avenue, Mt Claremont – indoor short course

Warm up – 12.45pm

Event starts – 1.30pm

EVENTS

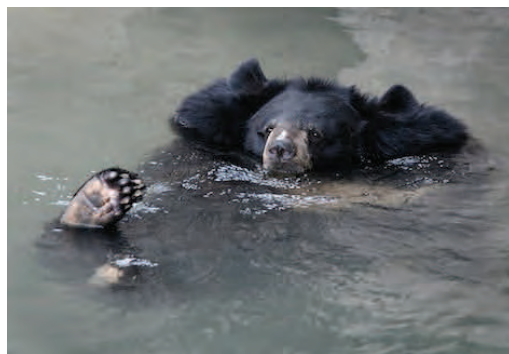
- | | |
|--|-------------------------|
| 1. 4 x 50 Medley Mixed | 6. 4 x 25 Medley Men |
| 2. 4 x 50 Free Women | 7. 4 x 25 Free Mixed |
| 3. 4 x 50 Free Men | 8. 4 x 25 Free Women |
| 4. 6 x 25 DASH FOR CASH \$300 1st PRIZE!!! | 9. 4 x 25 Free Men |
| 5. 4 x 25 Medley Women | 10. 4 x 25 Medley Mixed |

All MSWA Clubs are invited to submit teams for the events in standard relay age groups.
Changes to listed teams will be allowed on the day provided sufficient notice is given.

Check Dolphin Dots for more information about the Claremont Masters Golden Groper State Relay Carnival and the Bunbury Stingers 2018 Winer 3 x 400 m Postal Swim.

Dolphin Dots will also have the information for endurance swimming at the Darling Range College Pool.

Doing a few endurance swims in the winter keeps you fitter than the average bear!!



ALICE SPRINGS Masters Games

13 - 20 October 2018

The Friendly Games

The schedule of events is now on the Alice Springs Masters Games website and registrations are being take, Click [here](#) for a quick link to the webpage . Now you can start planning what events you want to enter!! (you can do more than swim if you are feeling energetic!)

MEMBERSHIP FEES FOR 2018



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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