

# Up Hill & Down Vale



JUNE 2019 NEWSLETTER

## PRESIDENT'S PROSE MAY 2019 (SHORT AND SWEET)

I'm reporting in from the Atlas Mountains in Morocco where we are nearly at the end of a great holiday which began in Portugal on the Douro River and included a little 4kms on the Santiago de Compostelo Camino trail at the end.

Whilst we've really been enjoying ourselves I seriously missed not attending the State Championships and would like to congratulate Claire Ware, Brian Brady, Ian Stewart and Stuart Anderson for representing the club. Well done to both Ian and Stuart who gained maximum points in their age groups. I believe Lynne ventured out for the first time since her hip operation to help with officiating.



Whilst I've been away Garry Lymn has resigned as Vice President for personal reasons so that position is now vacant if a fellow club member would like to step up. Please consider becoming involved with the running of the club.

We have been training whenever possible to keep in some shape (round is a shape!). I used Glad's training rope in the Jacuzzi pool on our ship much to everyone's amusement.

I hope to see a great turn out for the Harvey Bay Humpbacks' Winter Solstice Swim on 24th June - pizza included!

**Maida Vale Masters Swimming Club will be celebrating 40 years on Saturday 20th July.** Preparation for this special event is progressing well with more information being sent to all current and some past members soon. Put this date in your diary, start looking for that special outfit to wear and join us for a very memorable anniversary dinner..

**FROM THE MOUNTAINS OF MOROCCO.....ANDREA.**



**For the Solstice on 24th June we will need 24 swimmers.**

**8 freestyle men , 8 freestyle women and 8 for a mixed medley).**

**The three continuous relays will run consecutively for 1 hour from 7-8pm.**

**No timekeepers needed but we do need at least 3 (but preferably 6) lap counters for the hour.**



## CLUB NIGHT PROGRAM FOR JUNE 2019

<b>3RD JUNE</b>	<b>PUBLIC HOLIDAY TO COMMEMORATE THE FOUNDATION OF WESTERN AUSTRALIA IN 1829—190 YEARS AGO!</b>		
<b>10TH JUNE</b>	<b>50 FREE</b>	<b>Stubby Stakes</b>	<b>100 IM</b>
<b>17TH JUNE</b>	<b>TARGETED STROKE CORRECTION 6. 00 TO 6.30 (STROKE TO BE ADVISED DD) FOLLOWED BY THE COMMITTEE MEETING</b>		
<b>24TH JUNE</b>	<b>WINTER SOLTICE</b>		
<b>1ST JULY</b>	<b>50 BACK</b>		<b>100 FLY</b>

### STUBBY STAKES MARCH

CONGRATULATIONS TO **BRIAN BRADY**, DEFINITELY THIS TIME!



Who swam closest to his nominated times for May Stubby Stakes. He has said he is saving the bottle of wine to give to Gwyn on his return. Making up for drinking Gwyn's win last month!!

Our next Stubby Stakes will be held on Monday 10th June. Swim closest to your nominated time for the 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 and to check out how well you know your swimming time.



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 in 2019. Challenge yourself!

## Club Records May 2019

Name	Age Group	Course	Event	Time
Ian Stewart	80-84	Long	100 M Freestyle	1.56.47



It's how you swim without going anywhere



## Club Uniform

Club bathers and club shirts are available. **AND WE ARE HAVING A SALE!!** The price of the ladies bathers and the mens 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 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.

New 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. Very useful item of clothing as we move into the colder months!!



Masters Swimming WA Website—well worth a visit. Click [here](#)  
 Don't forget to check out our Facebook web page with photos and videos.  
 Just click on the [link](#).

## MEMBERSHIP FEES FOR 2019

If you need assistance with your registration, please contact Lynne Duncan on 0417 997 556, and she will be able to assist you.

**DON'T  
FORGET**

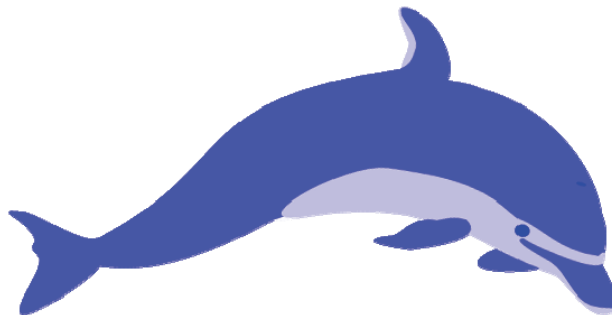
Fees for 2019 are **\$104.00** and can only be paid through the Membership Port on the MSWA website. As existing members, ensure you click on the **RE-REGISTRATION** button and not the REGISTER button – clicking this button will assign you a new membership number and will cause problems for the Director 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. Details on how to re-register <http://mswa.asn.au/> Click on the membership portal (on the right) Click on the Re Register Icon and follow the instructions from there.

### A QUICK REMINDER ABOUT SWIMMING TIMES.

Monday is club night - 6.00 pm to 8.30 pm (first Monday of the month is Stubby Stakes when you have the chance to win a bottle of fine wine if you are able to accurately predict the time it will take you swim the event).

Tuesday and Wednesday are training nights. Keep fit nights!! 6.00 pm to 7.30 pm. Except on the last Wednesday of the month when the covers go on at 7.00 pm as there is the Club Pizza Night at Village Piz-za in Lesmurdie. A great night to catch up with other club members. Some members even manage to fit in a swim before munching their way through a pizza!

Endurance swimming is usually every 2nd Saturday, down at Darling Range Sports College swimming pool from 2.45 pm to approximately 4.45 pm. See Dolphin Dots for up to the date details each week. This is a great pool for timed swimming of the longer distances. 400, 800 and 1500 metre swims as well as t45 minute and 1 hour swims. All timed so you can see how your fitness is progressing. AND if you do enough there is a trophy to be won at the end of the season!!



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