

Up Hill & Down Vale

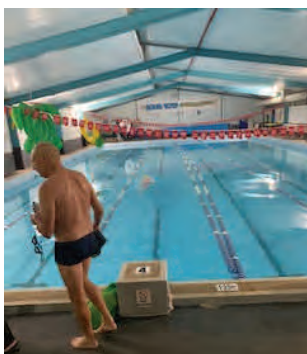


JULY 2020 NEWSLETTER

PRESIDENT'S PROSE!!! JULY 2020

Welcome back to swimming and socializing! Didn't the isolation time just fly by? It was terrific to be able to finally gain access to Maida Vale pool on Monday 8th June - 3 months from our last training session - and re-acquaint ourselves with swimming laps again. Stuart was first to jump back in the water, followed very closely by a happy Brian Brady and we all immersed ourselves and discussed our relative lack of fitness. I know some hardy souls had been swimming in the ocean to keep in shape but we were all desperate to get back into a pool and get back to some semblance of normal. During the lock-down the pool owners undertook some long overdue maintenance and we now have such bright lighting you need to wear tinted goggles. The water is lovely and clean and not overbearingly hot, especially as the winter weather is setting in.

The process to return to the pool was complicated and we were required to provide a Covid 19 Safety Plan to Masters Swimming to comply with Government rules. Thus began a long list of forms that Lynne efficiently complied with. We participated in Zoom meetings with other clubs to discuss how best to handle the return to swimming and the limited numbers permitted in the water and the pool area at any given time. Suggestions like taking out the lane ropes and continuously swimming in a square formation with a meter and a half distance from the swimmer in front. Taking out 3 lanes and then swimming laps in 3 wider lanes with no stopping at each end and then swimming 2 per lane but breathing the opposite way when we passed each other. All suggestions were listened to and ultimately dismissed. Thankfully the restrictions on numbers relaxed but not before Lynne and I had discussed several options for rostering limited supervised swimmers over 2 shifts per evening. We worked out the logistics and Lynne sent them out in the Dolphin Dots, only to be informed that those conditions had changed yet again. Many hours of wasted effort were involved and I thank Lynne for her work. Finally, the day arrived when we were given permission to access the pool with strict arrival and departure times for 1 swimmer per lane and then - over the course of that day - restrictions were changed again! By Monday evening we were allowed 3 swimmers per lane but no access to the showers.



Thank you to all the swimmers who have come back to the pool over the past 3 weeks and behaved responsibly, adhering to completing the health questionnaire, signing in, sanitizing and staying out of the showers. You've all done very well!! I am now just waiting to hear from the powers at the Darling Range pool so that Endurance swims can recommence. Again...paperwork and correct compliance restrictions.

The isolation and restrictions caused havoc with some members' travel plans but staying home was the safest and, eventually, only option. Whilst William and Scott were lucky enough to have their respective shoulder and hip operations a day before shut-down and Kate had both of her knees repaired, Elaine and Lynne have had to wait for their hip and knee operations to be re-scheduled. David Pether is also adding to his collection of metal joints with an ankle fusion later this month. At this rate, there will soon be more metal in the pool than in the Pilbara! Might have to get some anti-rust spray!

Babies wait for nothing – pandemics included – and the safe and healthy arrival of Jennifer and Greg's little girl, Hannah, was welcome news at the end of May. She is a much-loved addition to the Bourne Supremacy. Congratulations to the whole family.



Club member Paul Waters and partner Lisa remain in quite severe lockdown conditions in Peru, just outside the capital city of Lima. The infection rate is still very high there and restrictions are considerably tougher than anything we were faced with here in the lucky country. They are basically confined to their apartment and can only venture out under the strictest supervision for basic supplies. I know Paul receives this newsletter, so keep safe and healthy and we are thinking of you.

On a sad note, Barbara Hart's twin brother, Roger, passed away in South Africa last month from natural causes. Technology brought about by the pandemic made it possible to livestream the funeral service which enabled it to be watched and shared by all his family around the world. Our condolences to both Barbara and Lesley.

On a happy note, you will recall that, at the beginning of the year John Hofmann proposed to Norma Jack, much to the delight of the whole club and the wedding date was set for July 17th (a Friday to fit in with the Eagles footy fixtures!). Their plans have been in limbo since then but now, thanks to the lifting of numbers for social gatherings, the wedding is going ahead and the day is fast approaching and can now include all of their family members.

Marilyn had suggested having a Hen's party for Norma – very sedate and nothing unbecoming a lady of Norma's sensibilities – and it was only fitting that John be given a Buck's party on the same afternoon.

Both parties were great fun and everyone enjoyed themselves immensely. The rain stayed away and the girls were able to gather in Marilyn's garden for champagne toasts, delicious afternoon tea and appropriate games, including dressing Norma up in a saucy red nightdress complete with a veil and a blue garter. Glad composed and read a very clever soliloquy written around some of Norma's exploits.

John shared drinks with some of the lads at the Kalamunda Club and was given a special gift which will ensure that the "young" couple don't add to their already large joint family! (And they glow in the dark!)

Whilst we were told "No Presents" the club slightly broke the rules and gave them "Something New" for their wedding. A set of two Bavarian Lead Crystal toasting glasses with their names and wedding date etched into the base and a bottle of German sparkling wine for their honeymoon travels up North.

I look forward to seeing everyone gradually returning to the warmth and comfort of the pool, plus all our extended swimming family.



FROM THE HILL.....ANDREA.

The 'Hens' celebrating in Marilyn Potter's lovely garden



The 'Bucks' at Kalamunda Club.

THANK YOU

Norma has asked for a thank you for yesterday's Hen's party to be included in this newsletter.

Thank you to Marilyn for hosting in her lovely garden.

Thank you for the lovely gifts sourced by Andrea and Lynne.

Thank you to Glad for her soliloquy.

Thank you for all the lovely food.

Thank you to everyone for coming!

Norma enjoyed it all and felt all the love from her swimming family



At least some good things happened during lockdown!

Hannah Jodie Bourne



Hannah Jodie Bourne arrived on June 29th and now restrictions have been eased Norma and John can now go ahead with their wedding and we got to celebrate the Hen and the Buck!!

Thanks to Marilyn Potter for hosting the Hen's party !

Some photos of the two events!



Some thing blue

The Hens crashed the Bucks do !!



Not amused??



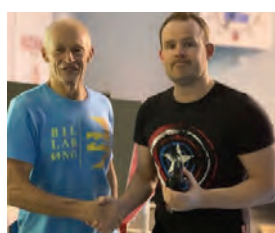
CLUB NIGHT PROGRAM FOR JULY 2020			
6TH JULY	50 FREESTYLE	STUBBY STAKES	100 BACK STROKE
13TH JULY	50 BREASTSTROKE		100 FREESTYLE
20TH JULY	COMMITTEE MEETING—TRAINING ONLY		
27TH JULY	25 BUTTERFLY	100 BREASTSTROKE	
3RD AUGUST	50 BACKSTROKE	STUBBY STAKES	100 M INDIV MEDLEY

ONLY THREE STUBBY STAKES WINNERS TO DATE

Stuart Anderson was January's stubby stakes winner. David Masters was the winner in February and Caroline Dyer in March.

Our next Stubby Stakes will be held on Monday 6th July. Maybe someone else who has never managed to win a stubby stakes will have some luck! Come down to the pool on Monday, swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. Please 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.



HAPPY BIRTHDAY IN JULY TO

Barbara 16th, David 21st, And Lesley 29th





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 2020.

Challenge yourself ! You could be in a new age group this year— there's always a good chance at getting a club record when you get into a new age group!!

Club Records

None Since March 2020

Now we can get back in the pool

we will be looking for more

RECORD BREAKERS!

So we can once again...



It has been quite a while since we were able to do any endurance swimming (or any swimming for that matter). Leaving this information in the July newsletter to refresh our memories!!

Vorgee Endurance 1000

It is fantastic to see that so many members are already keenly participating in this program in 2020 at Darling Range Sports College on Saturdays from 2.45 (please check Dolphin Dots for dates) . That said, it is timely to refresh everyone's awareness of the objectives and running of the program. The Endurance 1000 is a program for swimmers who want to improve their fitness and endurance. It is used to promote aerobic fitness by providing an incentive (in the form of points) for members to swim longer distances and more often. Recognition is given to the aerobic fitness aspect of swimming, as points are awarded according to relative degrees of fitness. Details are available on the Masters Swimming [website](https://mastersswimming.org.au/programs/endurance-1000-program/) if you are interested in exploring the points system further <https://mastersswimming.org.au/programs/endurance-1000-program/> .

The program was launched in 2012, following on from the Aerobics program that started in 1982. The old Maida Vale Aerobics Trophy dates back that far with many familiar names recognised on it. It was replaced with the current Endurance Trophy in recent years so the tradition continues and is awarded each year to our highest points scorer. All Endurance 1000 swims by Maida Vale members are eligible for Club Records. Any distance swims completed at interclub events are also included in our database. There are 62 possible swims that can be completed in a calendar year with a maximum of 1005 points achievable:

25 x 400m (5 in each stroke including Individual Medley) – only one per month
25x 800m (5 in each stroke including Individual Medley) –only 1 per month
3 x 1500m (1 each of Freestyle, Breaststroke and Backstroke)
3 x 30min (1 each of Freestyle, Breaststroke and Backstroke)
3 x 45min (1 each of Freestyle, Breaststroke and Backstroke)
3 x 60min (1 each of Freestyle, Breaststroke and Backstroke)

In 2019 Maida Vale finished 38th nationally and 12th in WA.

1822 total points: 563 Female, 1259 Male. 20 members contributed: 12 Female, 8 Male

So far in 2020, we are well on the way to bettering this total: 701 total points: 145 Female, 556 Male

11 members contributing: 6 Female, 5 Male

It is very important that we keep records accurately for this program and from a recorder's perspective; it is often quite difficult to decipher what is on a recording sheet and enter it into the database... a task which is already time consuming enough. Taking splits for each 100m is a good way for a swimmer to track their pace. It is also vital to assist in detecting possible errors on the part of the timekeepers either miscounting laps or forgetting to record times (we are all human). Please ensure that at least the swimmer's name, the stroke and date are correctly entered. Timekeepers also need to write their name in the space provided on completion as signatures can be hard to read. We appreciate those who take the time to help out with timing for Endurance swims (especially if they are not swimming) but I would be grateful if we all took more care with filling out the forms to make my job easier. The attached sheets are filled out as examples.

If you have any questions or would like help to learn how to record splits, please don't hesitate to ask.

Lesley Club Recorder

Endurance 1000

Recording Sheets



Recording Sheet 30min Swim

Award Year: 2020	Name: FRED BLOGGS
Registration Number:	Age: 38 ☒ M ☐ F (Please Circle)
Club Name: Maida Vale	Club Code: WMV

Record the split and cumulative time for each 100 metres in the table below.

100m Split		1100m	2:13	2100m	
Cumulative	2:12.37		24:23.16		
200m Split	2:18	1200m	2:12	2200m	
Cumulative	4:30.91		26:35.75		
300m Split	2:12	1300m	2:12	2300m	
Cumulative	6:42.31		28:47.61		
400m Split	2:17	1400m	+60m	2400m	
Cumulative	8:59.42		13:60m		
500m Split	2:07	1500m		2500m	
Cumulative	11:06.88				
600m Split	2:14	1600m		2600m	
Cumulative	13:20.63				
700m Split	2:10	1700m		2700m	
Cumulative	15:30.37				
800m Split	2:12	1800m		2800m	
Cumulative	17:42.31				
900m Split	2:15	1900m		2900m	
Cumulative	19:57.20				
1000m Split	2:13	2000m		3000m	
Cumulative	22:10.11				

* notify 5mins to go

Date of Swim: 15/2/20	Pool Length: 25m	Stroke: FREESTYLE	Points:
Timekeeper's Name: Mary Smith		Club Recorder - Name and signature:	



Recording Sheet 400m Swims

Award Year: 2020	Name: FRED BLOGGS
Registration Number:	Age: 38 ☒ M ☐ F (Please Circle)
Club Name: MAIDA VALE	Club Code: WMV
Stroke: ☒ Freestyle ☐ Backstroke ☐ Breaststroke ☐ Butterfly ☐ Ind Medley (Please circle)	

Record the split and cumulative time for each 100 metres in the table below.

Swim Number	1	2	3	4	5
Pool Length	25m/50m	25m/50m	25m/50m	25m/50m	25m/50m
Date of Swim	15/2/20				
100m Split	2:10.16				
Cumulative	2:10				
200m Split	4:20.32				
Cumulative	2:20				
300m Split	6:40.76				
Cumulative	2:17				
400m Split	8:57.23				
Cumulative					
Points					
Timekeeper's Name	Mary Smith				

Club Recorder - Name and signature

Examples of how to record times and distance



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. A very useful item of clothing when it is cold!!

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](#).



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