

Hill & Down Up Vale



JANUARY 2021 NEWSLETTER

PRESIDENTS PROSE. December 2020.

I hope you all had a wonderful and relaxing Christmas Day and are now looking forward to starting a new year with all that that entails. Needless to say it has to be better than the year we have all just endured. Seriously though, compared to everywhere else in the world, we in the west have been incredibly lucky. Our lifestyle was not drastically effected for months on end and we have been spared most of the trauma that is still gripping a great deal of countries. With luck and an effective vaccine we might just escape the full impact of Covid-19.

Thank you to our nurses, teachers and front line workers in the club for putting yourselves at risk to help out when you were needed most!

December is always a great month for club members as it offers a modest amount of swimming along with some serious socialising...

The Rotto Swim Thru on the first weekend of December had the clubs biggest attendance for a few years- thanks to Caroline who organised bulk accommodation. Congratulations to Ceinwen and Gwyn who finished first in their age groups. The event was probably the best in years with flat calm conditions, no stingers and the water temperature was delightful.



The celebrations in the evening proved once again that Kate Elliott, booze and bikes, don't mix! In 2011 young Kate and her bike had an altercation with a step and the pavement in the settlement and she broke her collarbone! Luckily, slightly older Kate this year just bruised her nose and chin!

The Freo Fins WOW swim was the following weekend and again the weather and conditions again were perfect. Gwyn backed up his Rotto swim with another age group win and Maggie also topped her age group, she didn't manage to win the Christmas ham in the raffle this year though!

For those who competed it was a long day as that evening it was the club Christmas party.

Thank you to Norma and John Hofmann for once again hosting the event in their amazing home and extensive gardens. It was a perfect evening with delicious food and good company. Thank you to Russel (Chook) for organising the drinks -an essential task he carries out so efficiently!

The special Year Badges were handed out along with the infamous Flipper Awards which regularly target some serial recidivists - although this year they included Jill McClelland and Tom Love!



The **Club Participation Trophy** was awarded to Lynne Duncan for all her amazing hard work keeping the club up to date with the massive amount of Covid-19 planning regulations during the year.

The **Swimmer of the Year Trophy** was awarded to Garry Lynn who challenged himself with the Busselton Jetty solo, the Jetty to Jetty 1500m swim and the Newman Churchlands LLCC, plus he regularly attended Endurance swims, club and training nights.

Congratulations to Lesley Hart and Brian Brady who received my **President's Awards** for extra special assistance and hard work for the club over the year.



Lesley presented the prizes to the winners of the Handicap Event and a special presentation of a set of bike training wheels was made to Kate! The giving (and taking) of gifts is always a highlight of the night and there were some highly sought after treasures.



The following weekend Stuart Anderson and Steve Norregaard successfully completed a 10km Rottnest solo qualifying swim at Coogee Beach in perfect conditions whilst Lynne and I spent a very relaxing 4 hours monitoring/referring the feeding section of the beach.

With Christmas rapidly approaching we held our annual sausage sizzle in Chris Bagshaw's lovely garden. Thank you to Chris and partner Pam for their hospitality. Thank you also to Brian Brady who not only donated all the sausages and onions but cooked them to perfection, ably assisted by B2!

Following a tightly contested shortened season of Saturday Endurance swims the results were very close. Lesley presented the Endurance Trophy to Lee Caldwell who narrowly finished ahead of Stuart and Brian Brady.



Sadly Stuart announced that he is moving clubs and joining West Coast Masters in the new year. Whilst we will be very sorry to lose him after being a valuable member and contributor for six years, he has recently moved out to that area and it is only sensible for him to train closer to home. Stuart promises to keep in touch and we will catch up at events.

The planets aligned (literally) with stargazers watching on the road in front of Chris' house as Jupiter and Saturn formed a "bright star" effect last seen by Galileo in 1603! A truly memorable evening!

A final informal swim and bbq was held later in the week at Bilgoman pool for a few members who wanted to cool off after a 40c day.

On behalf of Jill and The Hills Sharing I would like to thank everyone for donating goods, gifts and time to this great cause. The amazing event is still coordinated by past member Peggy Mews and showcases the generosity of hills residents.

I hope everyone survives the New Year celebrations and their whimsical resolutions and I will see you all back in training .

From the Hill.....Andrea

CLUB NIGHT PROGRAM FOR JANUARY 2021

4TH JANUARY	50 FREE	STUBBY STAKES	100 BACK
11TH JANUARY	100 IM		25 BRST
18TH JANUARY	COMMITTEE MEETING—TRAINING ONLY		
25TH JANUARY	100 BRST		50 BACK
1ST FEBRUARY	50 BRST	STUBBY STAKES	100 FREE

December Stubby Stakes Winners

David Masters managed to swim closest to their nominated time for 50 Breaststroke on the 7th December. Well done to David!

Come down to the pool on Monday for your first chance to win a Stubby Stakes in 2021! Swim closest to your nominated time 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, or even see if you have improved!



I'm a
- CAPRICORN -
That's my excuse

I'M NOT
PERFECT
~~ BUT I'M AN ~~
AQUARIUS
...So close enough!



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 2021.

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

Club Records December 2020

Name	Age Group	Course	Event	Time
Marilyn Potter	70-74	Short	800m Backstroke	21.55.86
Tom Love	30-34	Short	400m Backstroke	6.23.30
		Short	800m Breaststroke	13.40.30
		Short	1500m Backstroke	25.09.40



FEES ARE DUE!

MEMBERSHIP FEES for 2021

The 2021 fees have not been increased and will be the same as the 2020 fees. Below are details of the 2021 fee structure and payment options for 2021:

- Total club fee is \$120.00
- The entry cost for Monday club night, Tuesday & Wednesday training nights & Saturday endurance swimming will remain at \$5.00
- The option is available for club members to make an upfront discounted payment of \$175.00 covering all Monday night entrance fees.
- This option must be paid via EFT into the club's bank account in the first 1-2 weeks of January; it covers the annual cost of all Monday night entry fees and provides a potential saving of \$45.00 to regular Monday night swimmers.
- Your name will be printed at the top of the Monday Attendance Sheet to recognize your discounted payment. Members choosing this option are **STILL REQUIRED TO SIGN IN** for the purpose of COVID compliance and also to register that you have attended but you do not have to pay the \$5.00 entry as this has already been paid upfront.
- There will be a reduced & scaled discount available for the months of February through to April for anyone not opting to pay for the initial discount option.
- Members not taking advantage of the upfront payment for Monday nights will continue to pay their \$5.00 and sign in on the Attendance Sheet.
- Members 80+ years will be given a discounted entrance of \$2.00 for all club sessions (Monday, Tuesday, Wednesday & Saturday).

12 Month Swimming Membership 2021

Detail: Full fee incurred for full membership for the 2021 Season and valid until 31 December 2021

National:	\$42.00
State:	\$43.00
Club:	\$35.00
Total:	\$120.00

* Bank details for Monday pool entry will be in Dolphin Dots
Membership must be paid through the Masters Swimming website :
<https://mastersswimming.org.au/about/membership/>



ENDURANCE 1000

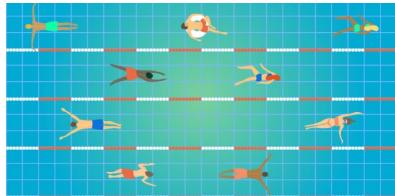
The Vorgee Endurance 1000 program was launched as a national event over 20 years ago as the Aerobics program. The program is designed to encourage people to compete in distances from 400 metres to 60 minutes duration in a variety of strokes. Each year the program has enjoyed an increase in the number of swimmers competing, endorsing its popularity with the members.

Gaining Points

The program is optional, but all competition results for eligible swims in the Results Portal are automatically included in the program. To achieve the required goals (which relate to gender and age groupings) the swims are done over an extended part of the calendar year. As a result, a certain level of aerobic fitness needs to be maintained in order to complete the individual event requirements.

The total number of swims (gaining points) that can be completed is 62 – broken down into:

- 25 individual 400m swims
- 25 individual 800m swims
- 3 x 1500m swims
- 3 x 30 minute swims
- 3 x 45 minute swims
- 3 x 60 minute swims

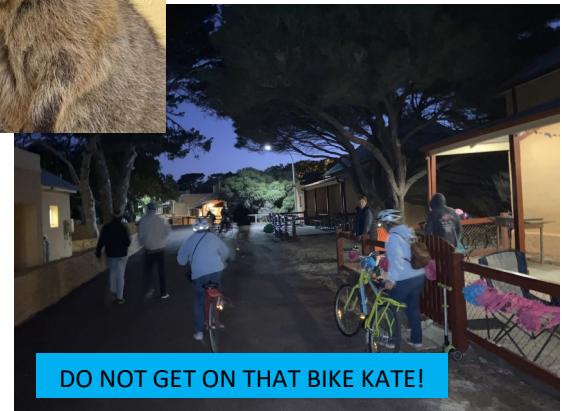
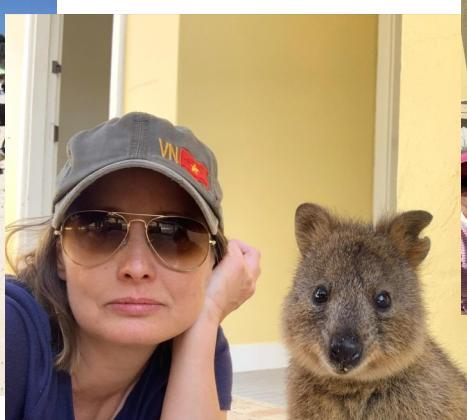


We have had our best result in at least 10 years with 23 participants accumulating over 4000 points. This is impressive given that we used to complete some swims on Monday nights as well as Saturdays. The boys have dominated for the past 5 years so 2021 is time for the girls to show their supremacy in overall points.

MAIDA VALE MASTERS ENDURANCE RESULTS 2020 (Maximum possible points - 1005)

	FIRST		SECOND		THIRD	
OVERALL	Lee Caldwell	859	Stuart Anderson	680	Brian Brady	643
FEMALE	Lee Caldwell	859	Lesley Hart	335	Andrea Williams	225
MALE	Stuart Anderson	680	Brian Brady	643	Garry Lynn	273

YEAR	TOTAL POINTS	FEMALE POINTS (participants)	MALE POINTS (participants)	MV TROPHY WINNER (points)	National Position	State Position
2012	3082	2312 (18)	770 (11)	Claire Ware (860)	28	7
2013	1251	832 (16)	419 (10)	Lesley Hart (255)	43	12
2014	1469	691 (19)	778 (10)	Ren Jakovich (532)	41	11
2015	1591	915 (15)	676 (11)	Lesley Hart (480)	39	12
2016	2100	602 (10)	1498 (14)	Ren Jakovich (622)	35	9
2017	1366	427 (11)	939 (7)	Stuart Anderson (355)	44	13
2018	2538	1249 (17)	1289 (8)	Brian Brady (595)	31	9
2019	1822	563 (12)	1259 (8)	Brian Brady (595)	38	12
2020	4010	1759 (13)	2251 (12)	Lee Caldwell (859)	Not Awarded	TBA



ROTTNEST
SWIM
THRU



Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!!
The price of the ladies bathers and the men's 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](#).

**happiness is
a day at the pool!**



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