

Up Hill & Down Vale



APRIL 2022 NEWSLETTER

PRESIDENT'S PROSE – MARCH, 2022

Whilst February was a very successful month of swimming and socializing, unfortunately March began with much trepidation following the advice of the changes to Covid-19 regulations. The first weekend was the Labour Day long weekend and the WA Masters' Mullaloo Mile was scheduled to go ahead on the Monday morning. With the Government Health mandates restricting outdoor events to only 500 people, clarifications had to be obtained before the event could go ahead. Maggie and Greg competed in the Masters Mile and Jennifer (briefly!) accompanied young Marcus in the 400 m swim.



Cockburn Masters had been battling the mandate for approval for the Jetty to Jetty to go ahead. However, because they had over 1,500 competitors all on the beach at the same time, the Chief Medical Officer refused to allow the event to proceed.

Over the next three weeks the committee for the Port to Pub spent every waking moment contacting government departments and trying desperately to convince the CMO that an event over 20kms in open water with less than 500 people on the beach could be managed within the mandate rules. Eight days out from the event the major stakeholders and the government still hadn't made a decision and sadly, the committee had to cancel the event. Some swimmers were coming from the Eastern States, and the country, and needed direction. There was no rhyme nor reason to the decision as the AFL was allowed to go ahead with over 30,000 members on the same weekend, along with the soccer and the rugby! Needless to say, there were some very confused and angry swimmers across both events.



And yet another hat for our Prez.

Last minute auctioneer for the online Port to Pub artwork 'On the Shore' by Turid Calgaret.

Caroline and Helen disappointed not able to wear their P2P bathers from Leighton to Rottnest Pub. They had to make do with just the pub!



For all the organisers and volunteers of both the J2J and the P2P there had been twelve months of planning and expenditure invested in their events and it was an unfathomable outcome on behalf of the State Government.

State Coach Kareena Preston visited the pool in the middle of the month and shared her knowledge to a small but enthusiastic group of swimmers. The mobility and stretching session on the lawn was a challenge and there was a great deal of grunting and grimacing amongst the participants. Kareena focused on backstroke and breaststroke and shared some valuable tips on how to improve our strokes. Garry was given some special coaching in lane 6 and this enabled him to complete a 400m backstroke Endurance Swim!

There are currently no plans for Kareena to attend again, however our coaches, Lesley, Lee and Gwyn intend catching up with her over a coffee and discussing the way forward. Gwyn conducted a useful coaching session before the Committee meeting and focused on drills leading to swimming an individual medley. David Masters mentioned that the limited pool time we currently have on training nights doesn't allow enough time to complete the current training programmes. This will be addressed and some new, shorter programmes will be implemented.

Fremantle Fins LLCC was successfully run at the end of the month with nearly 200 swimmers attending the meet on an overcast, muggy Sunday morning. Maida Vale had 11 swimmers on the day, missing Ian Stewart who was isolating due to Covid. The competition was intense and the top ten clubs battled all morning with the host club taking out the trophy and MV finishing in tenth position from sixteen clubs. The lunch was definitely worth the trip to Fremantle!!



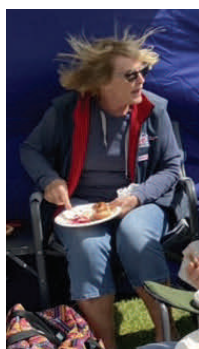
Thanks to Alison's mum Audrey for time keeping all morning!!



Richard may have been listening to the football!



Relaxing after their 50 metres backstroke event.



Finally, a very small group of gourmards dined at the Village Pizza and enjoyed lovely birthday dessert pizzas from Richard and Claire. Claire had missed out the previous month so came specially on her way to work to order a "Lovely Pear" for us but didn't have time to stay! Thank you for the dedication.

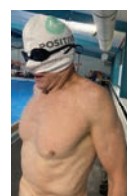
Good luck to the small group of swimmers attending the State Championships this coming weekend. Glad McGough is making a comeback but, with only Ian, Jennifer and myself competing, there won't be any relays.

Tom Love would normally have been enthusiastically competing, however he has been struggling for the past year with intermittent shoulder, neck and arm pain and has finally succumbed and is currently spending time in Midland hospital undergoing tests to try to ascertain the cause of the pain and immobility. Unfortunately, that also means he is unable to attend the Australian Masters Games in late April. His parents have arrived from the UK for a long overdue holiday so that will hopefully help his recovery.

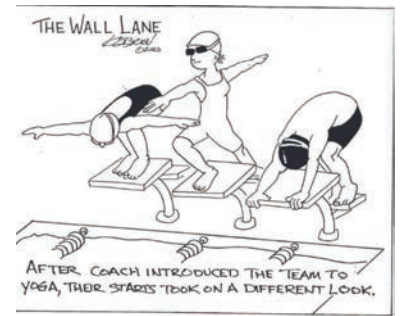
Keep out of trouble and behind masks!

FROM THE HILL.....ANDREA

Russel was presented with a large swim cap for his big head after managing to put his entry into the Fremantle swim!



We may have to work on our starts



But we have sitting and waiting down to a fine art!

CLUB NIGHT PROGRAM FOR APRIL 2022

4TH APRIL	50 FREESTYLE	STUBBY STAKES	200 BREASTSTROKE
11TH APRIL	100 FREESTYLE		50 BACKSTROKE
18TH APRIL	EASTER MONDAY—NO SWIMMING		
25TH APRIL	ANZAC DAY—NO SWIMMING		
2ND MAY	50 BREASTSTROKE	STUBBY STAKES	200 BUTTERFLY

MARCH STUBBY STAKES WINNER BACK STROKE

Congratulations to Russel Fowler who swam closest to his nominated time for 50 metres backstroke to win March Stubby Stakes! Russel won Stubby Stakes in December 2021 so not such a long time between Stubby Stakes wins as his last win.

Come down to the pool on Monday 4th April for your chance to win the bottle of wine selected for you by Russel and swim closest to your nominated time for 50 metres freestyle.

Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation. Please bring a plate to share.



HAPPY BIRTHDAY IN APRIL TO

JESS ORAM 11TH; SANDRA THOMPSON 19TH

SCOTT YAXLEY 21ST

4 facts about Aries personality

Key traits: **Competitive & passionate**

Tag Line: **I am**

Dirty secret: **Like having a bit of a struggle in bed**

Win their heart: **Boost their ego**

4 facts about Taurus personality

Key traits: **Dependable & stubborn**

Tag Line: **I have**

Dirty secret: **Like having their own sex-slaves**

Win their heart: **Don't make them jealous**

THE RECORD BREAKERS

Lots of Record Breakers in the month of February. Both long course and short course records. Lesley is leading the way, 19 to date! 4 opportunities to break a club record coming up in April, unless you are competing in the Masters Swimming long course championships this weekend at HBF Stadium or later in the month in the Australian Masters Games you will have more than 4!

Good luck to all our members who have entered!!

CLUB RECORDS MARCH 2022

Name	Age Group	Course	Event	Time
Russel Fowler	75-79	Short	50m Backstroke	50.54
Lesley Hart	60-64	Short	50m Backstroke	45.72
		Long	50m Backstroke	44.12
		Short	25m Backstroke	20.50
		Short	100m Butterfly	1.54.36
		Short	½ Hour Backstroke	1550m

ENDURANCE 1000 2022

Progress as at 31st March 2022

FEMALE	MALE	TOTAL
981	650	1631
Total 2021		7087

Endurance swimming at Darling Range Sports College Saturday from 2.45 to approximately 5.00 pm.

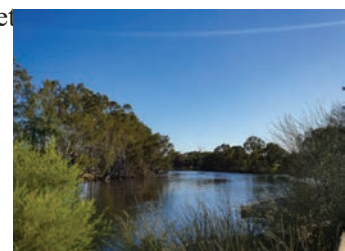
Bring a plate to share for a snack after your swims.

If you don't feel like swimming, time keepers are always welcome!

More details to follow about this walk in Dolphin Dots

Date: Sunday 10th April
 Venue: Woodbridge Riverside Park, at the end of first Avenue, Woodbridge.
 Time: Meet at 9.30am, walk to commence at 10.00am
 Walk Distance: 5km, flat paved path along river to Viveash and return
 BYO Picnic lunch

Full details to be put in Dolphin Dots.
 Check out the walk [here](#)



2022 MONDAY NIGHT PROGRAM

	RACE 1		RACE 2
10-Jan	50 FREE	STUBBY STAKES	100 BACK
17-Jan	100 IM		25 BRST
24-Jan		COMMITTEE MEETING - TRAINING ONLY	
31-Jan	100 FREE		50 BACK
7-Feb	50 BRST	STUBBY STAKES	200 FREE
14-Feb	200 BACK		50 FLY
21-Feb		ANNUAL GENERAL MEETING - NO SWIMMING	
28-Feb	200 IM		25 FREE
7-Mar		LABOUR DAY - NO SWIMMING	
14-Mar	50 BACK	STUBBY STAKES	100 BRST
21-Mar	100 FLY		25 BACK
28-Mar		COMMITTEE MEETING - TRAINING ONLY	
4-Apr	50 FREE	STUBBY STAKES	200 BRST
11-Apr	100 FREE		50 BACK
18-Apr		EASTER - NO SWIMMING	
25-Apr		ANZAC DAY - NO SWIMMING	
2-May	50 BRST	STUBBY STAKES	200 FLY
9-May	100 BACK		25 FREE
16-May		COMMITTEE MEETING - TRAINING ONLY	
23-May	200 FREE		25 BRST
30-May	200 BACK		50 FLY
6-Jun		WA DAY - NO SWIMMING	
13-Jun	25 BRST	STUBBY STAKES	100 IM
20-Jun		WINTER SOLSTICE	
27-Jun	100 BRST		25 FLY
4-Jul	50 BACK	STUBBY STAKES	100 FREE
11-Jul	200 IM		50 BRST
18-Jul		COMMITTEE MEETING - TRAINING ONLY	
25-Jul	100 FLY		50 FREE
1-Aug	50 FLY	STUBBY STAKES	100 IM
8-Aug	100 BRST		25 FREE
15-Aug		COMMITTEE MEETING - TRAINING ONLY	
22-Aug		HANDICAP - 4X50M	
29-Aug	200 BRST		25 FLY
5-Sep	25 BACK	STUBBY STAKES	100 BRST
12-Sep	200 FREE		25 BRST
19-Sep		COMMITTEE MEETING - TRAINING ONLY	
26-Sep		QUEENS BIRTHDAY - NO SWIMMING	
3-Oct	50 FREE	STUBBY STAKES	100 BACK
10-Oct	200 BACK		25 FLY
17-Oct		COMMITTEE MEETING - TRAINING ONLY	
24-Oct	100 FREE		50 BACK
31-Oct	200 FREE		50 BRST
7-Nov	25 FREE	STUBBY STAKES	50 FLY
14-Nov	200 BRST		25 BACK
21-Nov		COMMITTEE MEETING - TRAINING ONLY	
28-Nov	200 IM		25 BACK
5-Dec	25 FLY	STUBBY STAKES	100 FREE
12-Dec		FUN RELAYS	
19-Dec		SAUSAGE SIZZLE - NO SWIMMING	

Sometimes there may be unforeseen circumstances and the Monday night program may have to be changed. Make sure you check it against the newsletter if there is something you particularly want to do—like win Stubby Stakes in May, or do 200 Butterfly the same night.

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.

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 web page with photos and videos. Just click on the [link](#).

You can also check out our Facebook page. Just click on this [link](#).



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