

PRESIDENT'S PROSE – April, 2021

I feel that the ink is only just dry on the March newsletter yet here we go again, reporting on happenings in the club for the month of April. I still have some Easter eggs and Hot Cross buns in the fridge!

Easter, school holidays, Cyclone Seroja, Anzac Day and Covid mini lockdown certainly presented us with some interesting challenges. (My tickets to the Paw Patrol concert were postponed!!)

April was a month when we missed two out of four of our Monday club nights to holidays and effectively another one to a committee meeting, all of which disrupted our actual racing programme. Add to that the postponement of our monthly pizza night due to Covid lockdown and you will realise that our social interaction has been severely tested during the month. Those attending training evenings have certainly made up for it with a lot of time spent chatting at the walls between swims.

It turned out to be a less than perfect introduction to our club for our latest new members Fiona Michaelson and Randall Skinner. However, they were not deterred by the unusual schedule and both have embraced the Fun, Fitness and Friendship of the club. They have been regular attendees in lane 6 since they arrived for a trial swim on the April Stubby Stakes night and have even participated in their first Endurance Swim. Randall has set himself a goal to swim in a Duo in the Port to Pub event. He has come to the right club to achieve that. It's very encouraging to meet such an enthusiastic couple who are eager to learn and have already benefitted from some coaching tips. Amazingly, we welcomed another prospective new member on the same evening. Jenny who had just moved into the area and was looking for some activities to help her meet new people.

Having been a keen and competitive swimmer in her youth Jenny's skills haven't deserted her and I am sure her fitness level will increase as she settles in. Yet another young lady visited us for a training session during the month and it would have been wonderful if Mel had been able to join us but she has just moved down from Tom Price with a young family and the club times don't quite work for her at the moment. I mentioned that we aren't going anywhere in the near future and that she is always welcome to join us when the time is more appropriate.

The club is fortunate enough to have two new coaches who have just passed their exams and are now keen to help Lesley out in the pool. Lee Caldwell and Gwyn Williams have completed an on-line Australian Masters Coaching Course which has been in developed over two years by Kim Tyler from Fremantle Masters and was fast-tracked during the Covid lockdown. It is being trialled and rolled out to clubs and coaches across Australia. Kudos for Kim and Western Australia. They are now required to complete poolside hours and both Lee and Gwyn helped Lesley with the monthly pre-committee meeting coaching session, which concentrated on the breaststroke.

Swim Coaching



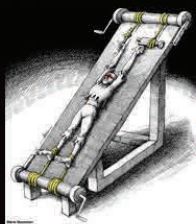
What my friends think I do.



What my mom thinks I do.



What society thinks I do.



What my swimmers think I do.



What I think I do.



What I actually do.

We plan to introduce the facility to have a coaching session on Saturday afternoons at the Darling Range Sports College pool. The clarity of the water is such that the coaches could use the GoPro camera to better effect than at Maida Vale and film above and below water stroke techniques. We hope to have the ability to transfer the results straight onto a poolside laptop to enable swimmers to check their results.

Watch this space!



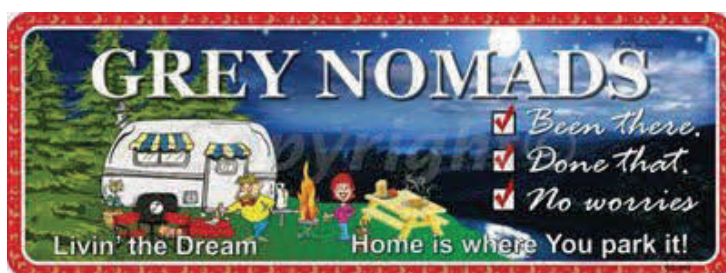
I had some good news from Glad who is finally on the mend after a change in her medication. Glad is hoping to get back in the pool to start training for the National Masters Games in October. It will be wonderful to have her back as competitive as ever!

More good news was the announcement from Caroline Dyer that she married Steve Grennan in a very small ceremony over the Anzac Day weekend – complete with facemasks. It will be daughter Jamie's wedding next year.



Unfortunately, I can't report too much good news about Barbara Hart as her condition has deteriorated over the past few months. Whilst she is safe and relatively well at Parry House, it is almost impossible for her friends to visit due to Covid and flu injection restrictions. Lesley is coping better now with the situation and her support of Barbara is truly amazing.

Norma and John are about to set off on a terrific road trip to the North West in their lovely new caravan and I hope we will get updates and photos along the way. They will be away quite a while but should be home in time to celebrate their first wedding anniversary in July! Mark it on your pizza night calendars!! One down, many more to come!



Make sure you check out our "Dates to Save and remember" in the newsletter and set aside Monday 21st June in your calendar to compete in the Solstice Swim. We need to keep the trophy in Maida Vale!.

FROM THE HILL.....ANDREA.



A Family Breakfast Picnic in Stirk Park on Sunday 23rd May. BYO and any appropriate games you may have to play in the park. I.E. Bocce, croquet, a game of chess for the academics! A rope?



Monday 21st June

Our annual solstice swim competing with Hervey Bay Masters! We need to keep the trophy. Happily we will be competing in our nice warm pool!!



AUSTRALIAN MASTERS GAMES – CALLING FOR VOLUNTEERS BY 23rd May. The Swimming component of the Australian Masters Games are scheduled for Saturday 9th October to Monday 11th October at HBF Stadium. Masters Swimming WA will be managing all the technical aspects of the Swim.

CLUB NIGHT PROGRAM FOR MAY 2021

3RD MAY	50 BREASTSTROKE	STUBBY STAKES	100 BACK STROKE
10TH MAY	200 BACK STROKE		25 FREESTYLE
17TH MAY	COMMITTEE MEETING—TRAINING ONLY		
24TH MAY	100 BREASTSTROKE		50 BACKSTROKE
31ST MAY	200 FREESTYLE		50 BUTTERFLY
7TH JUNE	NO SWIMMING WA DAY (CELEBRATING THE FOUNDING OF THE SWAN RIVER COLONY)		

MARCH STUBBY STAKES WINNER

Brian Brady swam closest to his nominated time for our Stubby Stakes on Monday, 12th April. 50 metres **BUTTERFLY**!
Here he is with the photo bombers!!

Come down to the pool on Monday 3rd May for your chance win the bottle of wine has been selected for you by Russel and swim closest to your nominated time for 50m Breaststroke. 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!



HAPPY BIRTHDAY IN MAY TO:

Suanne Martin 11th; Brian Brady 12th;

Steve Martin 16th (A Big 0 Birthday)

Russell Bourne 19th; David Pether 26th





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 APRIL 2021

Name	Age Group	Course	Event	Time
Marilyn Potter	75-79	Short	1500m Backstroke	45.23.84
Gwyn Williams	75-79	Short	50m Butterfly	40.66
Andrea Williams	70-74	Short	½ Hour Breaststroke	1035m
Kate Elliott	70-74	Short	½ Hour Backstroke	1105m
Lee Caldwell	65-69	Short	400m Butterfly	12.49.20
		Short	800m Butterfly	25.45.95
		Short	¾ Hour Backstroke	1700m
Maggie Read	65-69	Short	½ Hour Breaststroke	1175m
		Short	400m Backstroke	9.17.69
Lesley Hart	55-59	Short	400m Butterfly	8.51.76
		Short	¾ Hour Breaststroke	1967m
Greg Bourne	35-39	Short	1 Hour Backstroke	2515m
		Short	1500m Backstroke	36.08.78

ENDURANCE 1000 PROGRESS AS AT 30/04/2021

Female: 1749

Male: 1712

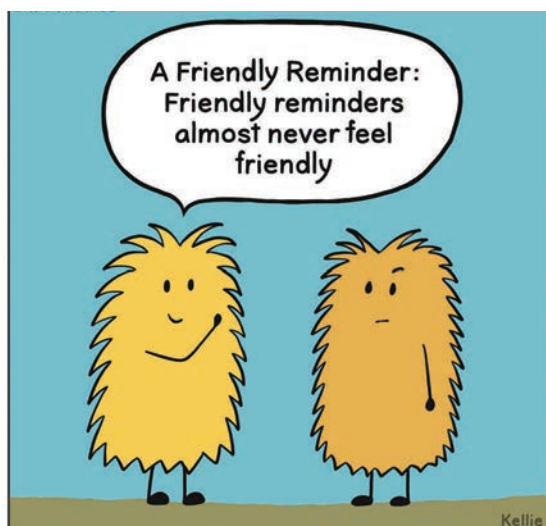
Total: 3461

Total 2020: 3995



The boys are not holding on!





FEES ARE OVERDUE!

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/>





**Stadium Masters Swimming Club
invite you to join us for our
LiveLighter 1500m Swim Meet**

Saturday, 15th May 2021, 12.00 noon to 4.00pm

Warmup 12.00, start 12.30, all swimmers must register by 2.00pm

HBF Stadium, Stephenson Avenue, Mt Claremont.

Outdoor, Heated, 50m Pool

1500m Free, 1500m Back, 1500m Breast

(One swim only, 1500m - 400 m and 800 m intervals recorded)

Cost of entry is \$8.00 per swimmer.

Swimmers are to enter and pay direct to MySwimResults using this link.

<http://www.myswimresults.com.au/Meet.aspx?MeetID=MAU17>

Pool Entry is \$4.50, special fee for the meet, payable on the day

Swimmers may be asked to swim 2 to a lane if swimming Freestyle

- Masters Swimming Australia Swim Rules apply.
- Please indicate Medical Disabilities and Record Attempts if applicable.
- Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swim to Masters Swimming Australia rules and in a pool of meet distance i.e. 50m.
- Postal entry results must be submitted using the Team Manager Results File, received by 6.00 pm, 4 days before the event date.
- Postal entries will not be eligible for records.
- Applicable Distance Event Time Sheets downloaded from the MSWA Website/Resources/Pool Swim Meet Templates should be used.

Entries close: Sunday, 9th May 2021. (Late entries will not be accepted)

Clubs - please bring stopwatches & if a swimmer is attempting a record please bring at least one timekeeper & watch. Swimmers - be prepared to time before and after your swim.

Meet Organiser: Peter Lyster Email phil@westnet.com.au Phone 0419 909 566

You can also use the QR code to enter:



Department of
Local Government, Sport
and Cultural Industries



Change of date—now moved to the 27th June



STADIUM MASTERS SWIMMING CLUB

SWIM FOR MEMORY



Stadium Masters Swimming Club invites you to join us in the

2021 ONE-HOUR MIXED RELAY CHALLENGE

"SWIM FOR MEMORY"

for the

AUSTRALIAN ALZHEIMER'S RESEARCH FOUNDATION

8am to 12noon, Sunday 20th June 2021

HBF Stadium, Stephenson Avenue, Mt Claremont in the indoor 25 m 8-lane pool

Swimming clubs and groups are invited to enter mixed (freestyle) teams of four with any mix as long as there is at least one different gender. Standard Masters swimming relay age groups apply (age is at end of 2021), with the addition of 52 – 63 and 64 - 71 age groups, to accommodate younger family members. We expect entries in all the age groups including with (aggregate ages); 72 – 119, 120 – 159, 160 – 199, 200 – 239, 240 – 279, 280 – 319, 320 – 359. Each swimmer may compete in one age group only. Two teams may share a lane by mutual consent. Limited lanes are available, so get your entries in and pick a preferred time while you can.

Trophies (returnable) will be awarded. One to the team in each age group that swims the most 25 m laps in the allocated one hour. Another will be awarded to the team that swims closest to their predicted number of laps. Team members may swim in any order and in any proportion of the one hour. A trophy will also be awarded to the team that collects the biggest total of donations to aid The Australian Alzheimer's Research Foundation. Our over-all target is \$1,500 with a conservative expectation of each individual participant being able to attract \$25 of sponsors, but any amount will help.

Trophies will be awarded following the event.

- Pool entry for fees are; "competitors" \$6.50 (16 years and over), children under 4 years free, children 4-15 years \$5.00, concessions \$5.20, and \$2.60 for spectators (correct at the time of writing!).
- Event registration for each relay team is \$40 to cover the administration and running of the event.
- Team Registration to be paid on arrival at the pool.
- Please use <https://www.justgiving.com/fundraising/swim-for-memory> for online donations. Please add your club/team name after your surname when making a donation. Donation sheets will be made available before the event and can be used to hand in money on the day (although online donations are preferred).
- Please process and email your team entries (name of team, names of swimmers and their ages, plus estimated team swim distance in the hour) to Barry Green at barryjohnngreen@yahoo.com.au
- Entries close at midnight on Wednesday, June 16th.
- To assist in running the event could teams please supply a timekeeper/recorder for their swim.



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](#).



**Your children
should always be
your inspiration,
even if it is just
to drink more.**



Contact details

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