

PRESIDENT'S PROSE JULY 2022

Welcome to our latest club member! Bronwyn Loughton has joined her training buddy Bronwen Charlesson in lane 4. We have also had a third Bronwyn express interest in joining!.

Whilst I'm not a huge fan of winter we do need the rain and this July has delivered it in buckets! It's great swimming in the pool and being deafened by the noise on the roof. We wallow in the warm water like Japanese snow monkeys! However, the water was a tad too warm for a Saturday Endurance swim we had when the Darling Range pool was off limits to us for two weeks in a row. We did have more than usual swimmers but anything over 800m was a health hazard. Kate managed a leisurely 30minute backstroke but 800m breaststroke was too ambitious for Alison. Thankfully the problems at Forrestfield were rectified and we returned to cooler distance swimming.

At least all this rain will ensure a reasonable depth for the Lake swim and also the upcoming Avon Descent. Good luck to any club members who are involved in that event.



There was one Interclub event during July and four enthusiastic members swam at Riverton Leisureplex. Ian Stewart, Brian Brady, Gwyn and I attended the afternoon swim on a rainy Sunday afternoon. Congratulations to Ian who set another State Record in his 100m I.M. We all finished in the top 4 in our events and despite not being able to enter a relay team, we managed to finish eight



from over twenty clubs. Lynne officiated and Kathy and Dorothy were our cheer squad. The water was a delightful temperature and the atmosphere inside the venue was warm and welcoming.

The Christmas in July was a terrific night, despite Kathy and Brian's anxiety over the dwindling numbers as holidays and Covid took their toll. The Kalamunda Community Centre was the chosen venue and it proved to be perfect for our dinner. A cozy venue with great facilities. The theme was Platinum Jubilee – Red, White or Blue, and everyone managed to find something in those colours in their wardrobe. Her Majesty made the extreme effort to attend and graciously presented the Flipper Awards and Father Christmas made it through the rain to oversee the opening of the gifts. The food was excellent and plentiful – due to catering for 40 and only actually serving 27 on the night! There is a large tray of ravioli in our freezer ready for the Noughties Party on 29th October!



A very regal Lynne



Wally with a couple of chicks.



Richard, Brenda and Norma wearing the red white and blue - the next day it was the blue and yellow.....



Thank you to John Hofmann who filled in for Father Christmas (Santa doesn't come out in July)



Counting up which table knew the most number of song titles with red, white or blue in the title. The winners



I have no word



These guys know how to job share

The monthly pizza night had to be cancelled on the last minute as the owner, Brett tested positive for Covid on the Wednesday morning so we will have to just wait until August now for our calorie overload and dessert pizzas!

The club has purchased new lane ropes for the pool and they have arrived into the depot and are due to be delivered in the next week. We plan to have a busy bee to remove the old ropes and install the new ones and hopefully we should be enjoying the new equipment very soon. Whilst the floats will end up at the Walliston transfer station, we are investigating the sale of the stainless-steel rope and fittings.

Gwyn conducted another coaching session on the Committee meeting evening and has provided some drills for the Coaches Corner. He is enrolled in a second Coach's Conference which follows up from the course held in June.

Lee had also planned to conduct a session during the month but succumbed to Covid. The club is very fortunate to have our Coaching panel and any constructive suggestions or requests you may have will be very welcomed.

I hope to see a great roll-up from members at the upcoming 1500m event that our club is conducting at the Darling Range pool on 6th August. We need you to swim in the event (**entries close on Wednesday 3rd August**) and to help with time keeping. Donations of soup, sandwiches or cake for afternoon tea will be gratefully received. See you all there at 12 noon!

FROM THE HILL.....ANDREA.



Coaches Corner

BREASTSTROKE DRILLS

KICKING ON BACK - Arms extended over head, bring ankles to chest without breaking water, whip kick to straight leg, toes pointed. **This corrects kick where each knee tends to be at different level.**

HEEL TAPS - Allow arms to dangle next to your backside, aim to touch heels to hands.

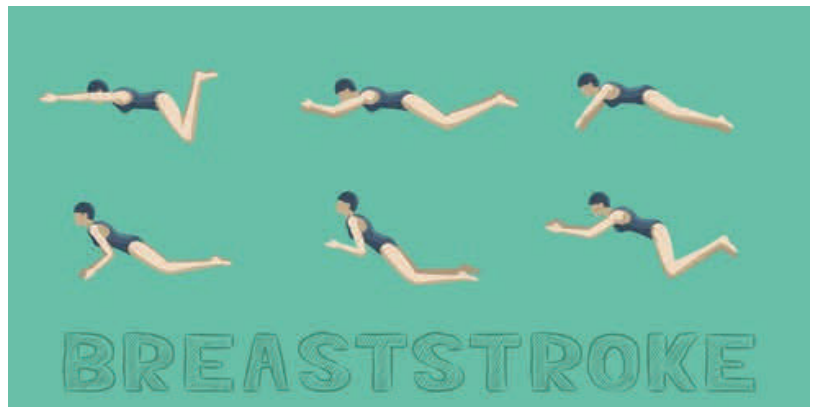
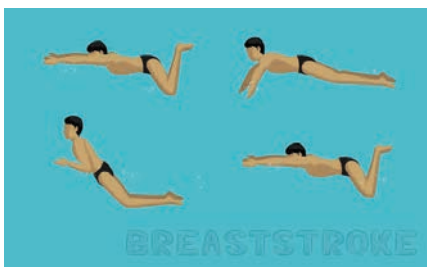
BALLS - Scull hands around imaginary tennis ball, then gradually increase size of ball to basketball.

FULL STROKE/EXTENDED GLIDE - Full arm stroke holding glide position for 2 seconds, having dropped head during glide. **Helps to streamline body in horizontal position.**

1,2,3 FINGERS DRILL - Start with fist clenched for one lap, then extend more one finger on each consecutive lap. Alternate each step with a few strokes of full breast stroke. **Facilitates awareness of hand position ensuring correct pull and recovery.**

BODY DOLPHIN - Arms extended straight out in front, eyes down, half a lap, deep under water small dolphin kick initiated from sternum down to toes concentrating on keeping arms still. Avoid bending knees too much (think wiggling body ahead through a hoop). **Assists with glide maximization for Butterfly and Breaststroke.**

BAND KICK - Using elastic band positioned just above knees, complete stroke cycle, concentrating on keeping knees close together (adjust band tightness to suit). **NOT FOR SWIMMERS WITH KNEE PROBLEMS.**



CLUB RECORDS AND ENDURANCE 1000 SWIMMING

No updates on club records or endurance swims as the lovely Lesley Hart, who enters and checks all these, is way up in the north of our state celebrating a significant birthday.



CLUB NIGHT PROGRAM FOR AUGUST 2022

1ST AUGUST	50 BUTTERFLY	STUBBY STAKES	100 M IM
8TH AUGUST	100 BREAST STROKE		25 FREE STYLE
15TH AUGUST	COMMITTEE MEETING—TRAINING ONLY		
22ND AUGUST	HANDICAP 4 x 50 M ALL STROKES		
29TH AUGUST	200 BREASTSTROKE		25 BUTTERFLY
5TH SEPTEMBER	25 BACKSTROKE	STUBBY STAKES	100 BREAST STROKE

JULY STUBBY STAKES WINNER

Congratulations to Jess Oram who swam closest to his nominated time to win stubby stakes in July.

Come down to the pool on Monday 1st August for your chance to win stubby stakes by nominating a time for 50 metres butterfly and swim closest to that time.

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 AUGUST TO

LYNNE DUNCAN WHO WILL BE CELEBRATING 3/4 OF CENTURY ON THE 20TH

4 facts about **Leo** personality

Key traits: Proud & generous

Tag Line: I will

Dirty secret: They'd enjoy their own sex tape

Win their heart: Shower them with admiration

Entries close Wednesday 3rd August



Maida Vale Masters

Invites you to join us for our

Act Belong Commit 1500m SC Swim Meet

DATE:	Saturday 6 th August 2022
VENUE:	Darling Range Sports College, 117 Berkshire Rd, Forrestfield (Indoor, Heated, 25m Pool)
TIME:	Warm-up 12:30pm Start 1:00pm
COST:	Cost of meet entry is \$10.00 per swimmer -includes entry the venue Spectators are asked to pay a \$2.00 entry fee to assist with catering
ENTRIES CLOSE:	Wednesday 3 rd August 2022 Late entries may be accepted, including on the day depending on number of entries

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU|29>

1500m Choice of Stroke

First swim before Second, dependent on time
Second swim must be a different stroke from the first

REFRESHMENTS: Refreshments will be provided throughout the swim meet.

- Swimmers may be asked to swim 2 to a lane if swimming Freestyle but only if necessary
- 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, swum to Masters Swimming Australia rules and in a pool of meet distance i.e., 25m
- 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 MSA Website/Resources/Pool Swim Meet Templates should be used.

Clubs – are asked to bring stop watches and at least one timekeeper if their club swimmers are attempting a record - be prepared to time before and after your swim.

Meet Director: Lynne Duncan duncan1320@bigpond.com

Contact Number 0417 997 556



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If you don't want to swim, club members are encouraged to come to Darling Range and help with time keeping and help with preparation of food for the afternoon tea after the event. Swimmers get hungry!!



Claremont Masters Swimming Club invites your members to the
Golden Groper Relay Carnival

2022 Act Belong Commit Club Meet

DATE: Sat 13 August 2022

VENUE: HBF Stadium, Stephenson Avenue, Mt Claremont - short course indoor pool

TIME: warm-up 12:45pm, meet start 1:15pm

COST: \$25 (plus online handling costs) – includes pool entry and function afterwards

Individual ENTRIES CLOSE: Thurs 4 August 11:59pm

Relay ENTRIES CLOSE: Sunday 7 August 11:59pm

Late entries will not be accepted.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU128>

EVENTS

- 1 4 x 50m Freestyle Mixed
- 2 4 x 50m Medley Women
- 3 4 x 50m Medley Men
- 4 6 x 25m DASH FOR CASH \$300 PRIZE
- 5 4 x 25m Medley Women
- 6 4 x 25m Medley Men
- 7 4 x 25m Freestyle Mixed
- 8 4 x 25m Freestyle Women
- 9 4 x 25m Freestyle Men
- 10 4 x 25m Medley Mixed

The meet is OPEN to all Masters Swimmers

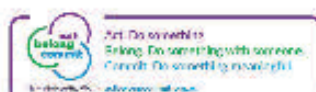
All MSWA Clubs are invited to submit teams for the events in standard relay age groups.

Changes to listed teams will be allowed on the day provided sufficient notice is given.

- Masters Swimming Australia swim rules apply to this meet.
- Only one team per age group will qualify for points. Additional relay teams may be entered.
- Overall winner trophy, plus age group trophies to be awarded.
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- Refreshments will be provided afterwards (included in entry cost) at the WA Rugby Centre, where the recent Council of Clubs have been held (next to the Bendat Basketball centre). See map



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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.

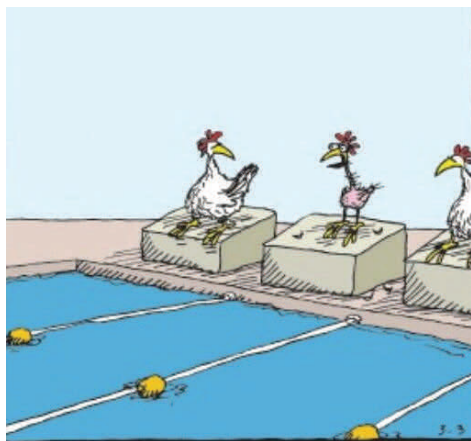
Pay by EFT or cash on Monday night. Bank details in Dolphin Dots.

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](#).



"I plucked myself. It reduces drag in the water."

Swimmer

Noun:

A person who swims. Identified by constantly damp hair and a faint whiff of chlorine. Motivated by the holy grail of an empty or quiet swimming pool, can often be spotted hunting for a dollar coin for a locker at dawn.



Contact details

President:	Andrea Williams	Ph: 0403 210 096	andreawilliams12@hotmail.com
Secretary	Lynne Duncan	Ph: 0417 997 556	duncan1320@bigpond.com
Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
Newsletter	Kate Elliott	Ph: 0400 450 770	kelliott@iinet.net.au

