

PRESIDENT'S PROSE JUNE 2022

We've just passed the middle of the year and with winter firmly entrenched, I am pleased that we have the luxury of training in a lovely warm pool. Last Monday night we looked like a troop of Japanese snow monkeys surrounded by warm swirling mist. The Darling Range pool boiler broke down yet again last week and no-one felt inclined to do Endurance events in 24c water. We're a dedicated bunch but not masochists!

Whilst I am on the topic of pools, the Committee voted to purchase a set of 5 new lane ropes for the Maida Vale Pool. The decision was made to pay for the new equipment as our bank account is healthy and the owners of Aqua Tots are extremely generous with charging for the use of their pool. We officially hire the pool each Monday night for the bargain basement price of \$80 and then we pay them the money taken at training nights. All other clubs pay lane hire (on average \$12 per lane per hour) on top of pool entrance so we are incredibly fortunate. The lane ropes have been made and we are in the process of arranging their freight to Perth.

We had two swimmers who competed at the Riverton 400/800 long course meet. Brian Brady managed to successfully complete a 400 I.M. under the watchful eyes of 3 referees – Lynne included. Glad had an eventful trip to the pool, unfortunately getting lost around Thornlie so she arrived late and was not in the best state of mind to finish her 400m breast-stroke. Credit to Glad for actually entering. It would be great if more club members supported these meets conducted by other clubs. Our club is hosting a 1500mtr event on 6th August and we hope many members turn up on the day to swim and to help out.



You will all be pleased to hear that we have 9 newly qualified First Aid responders in the club following a very informative and interesting course. Lesley Hart, Brian Brady, Brian Risbey, Maggie Read, Lynne Duncan, Sandra Thompson, Russel Fowler, Gwyn and I were required to complete an on-line 5-hour course beforehand and then a 7-hour practical course. Whilst we concentrated and took the course seriously, we did manage to have quite a lot of fun and entertainment along the way. Thank you for your commitment to the safety of our club members but I sincerely hope we never have to use any of our skills.



I was at the bar last night
And the waitress screamed....
"Anyone know CPR?"
I said 'hell I know the entire
alphabet'. Everyone
laughed.....
Well everyone except this
one guy.

The Winter Solstice swim against the Hervey Bay Humpbacks was a great evening – albeit Gwyn and I sadly weren't in attendance. We had a surprise visit on the night from Paula and Terry Hewett from the Humpbacks. They were the instigators of this event – now into it's 6th year I think – and as they were back in Perth to help their daughter Jacinta set up the nursery for their second grandchild due later this year, they decided to drop in and keep us honest! We managed to have 21 swimmers competing and, in an attempt to win, we used our senior ages to gain extra lap credits. Unfortunately, Hervey Bay still beat us by 1,450 metres with 24 swimmers! Darn! I feel really guilty not to have contributed. Oh well! At least we won't have to pay \$15 in postage to return the plaque to them if we won and then lost next year! Thank you to Lesley for organising the teams and doing the math's and Lynne for sorting out the pizzas. They came from Dominos in Kalamunda with a nice discount from Sandie Schroder's son who is the manager there.



Thanks to all the swimmers who made it to the solstice swim and the lap counters who did an awesome job!



The Druids 1525m (10625 m with age credits)

Barbara Lymn
Steve Martin
Brian Brady
Glad McGough
Garry Lymn
Lap Counter Sue Martin



The Shooting Stars 1575m (9900 with age credits)

Russell Bourne
Alison Bartlett
Kate Elliott
Maggie Read
Lap Counter Audrey Bartlett



The Meteors 1625m (11125m with age credits)

David Pether
John Hofmann
Norma Jack
Russel Fowler
Andrew Ryan
Lap Counter Tom Love



The Full Moons 1725m (10325 with age credits)

Brian Risbey
Kim Bingham
Lesley Hart
Sandra Thompson
Greg Bourne
Sandie Schroder
Lap Counter Shelley Bingham



GRAND TOTAL WITH AGE CREDITS 41975 M

With the Christmas in July only 3 weeks away, Brian and Kathy are looking for numbers. They need at least another 15 people to attend the dinner. They have invested a lot of time into researching the best venue and caterers and, with the club subsidizing the event, it will be a lovely night and very affordable. An easy theme of Blue, Red or White should not cause a problem and will make the evening entertaining.

Once again, the month came to an end with the pizza dinner which is always a treat and celebrates club members Birthdays.



Kim Bingham celebrating
being sixty ten?



FROM THE HILL.....ANDREA.

COACHES CORNER

STAGES OF FREESTYLE EXPLAINED

1. **EXTEND ARM** reaching out as far as possible, shrugging shoulder, aiming forward but slightly down. Make elbow tip up, focus on extending, avoid crossing over, and arm aiming in front of shoulder, in an uninterrupted movement.
2. **CATCH** is like a solid arm paddle, using little force as it's the slowest part of the stroke. Imagine after extension, early vertical elbow position, grabbing an armful of water, simulating wrapping arm around a log. Rotate thumb inwards, don't rush at the catch, and don't drop elbow, keeping hand and forearm in line.
3. **POWER** phase comes from the back, shoulder muscles stabilize only. Imagine squeezing a balloon with your elbow. Do not stroke outside shoulder level, and press back on the water.
4. **FINISH** by throwing a mass of water, should feel a release of the shrug, pushing out water past the hip.
5. **RECOVERY.** Once arm is vertical out of water the shoulder picks up movement, carrying arm to the front, setting up the shoulder for extension. Recovery is slow initially. Timing of arms is like a pendulum, with entry speed, catch and recovery slow, but power phase fast.

FRONT CRAWL KICK

Essential that legs remain streamlined. The feet should not kick outside the bodyline and inverted (pigeon-toed), maximizing hydro- dynamic lift. Feet should be relaxed and swimmer should feel the water coming through the toes.

Swimmers who are pulling too deep with their hands will want to spread their feet apart to maintain balance. The legs act like levers, shortening the lever (like a car jack), by bending the legs will make harder work, kicking, balancing body and affect stroke rhythm.

Bending the knees causes inefficient use of valuable energy which should be better utilized by the arms, also causing a drag.

The downbeat should be no more than 12 to 14 cm deep, and should be directed down and out. Upbeat is upward and inwards.

Kick originates from the hips and can have 2 beats for distance swimmer, and 6 beats for sprinting.

CLUB NIGHT PROGRAM FOR JULY 2022

4TH JULY	50 BACKSTROKE	STUBBY STAKES	100 FREESTYLE
11TH JULY	200 M IM		50 BREASTSTROKE
18TH JULY	COMMITTEE MEETING—TRAINING ONLY		
25TH JULY	100 BUTTERFLY		50 FREESTYLE
1ST AUGUST	50 BUTTERFLY	STUBBY STAKES	100 M IM

JUNE STUBBY STAKES WINNER

Congratulations to David Pether who swam closest to his nominated time to win stubby stakes in June.

Come down to the pool on Monday 4th July for your chance to win stubby stakes by nominating a time for 50 metres backstroke 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 JULY TO

BARBARA LYMN 16TH; DAVID MASTERS 21ST

LESLEY HART 29TH

ALL CELEBRATING AN 'O' BIRTHDAY THIS MONTH!

CANCER



JIM DAVIS

JUNE 21 - JULY 22

A VULNERABLE DOMESTIC HOMEBODY
WITH A GREAT SENSE OF FAMILY
NOT YOUR JET SET MATERIAL

LEO



JIM DAVIS

JULY 23 - AUGUST 22

CREATIVE, ENTHUSIASTIC,
FULL OF DETERMINATION
ALWAYS THE CENTER OF ATTENTION
A REAL HAM IN A CAT



Lots more Record Breakers in the month of June. Both long course and short course records.

Lesley may not appear in the July records as she will be away on holiday celebrating her 60th Birthday in the Kimberley!

Club Records June 2022

Name	Age Group	Course	Event	Time
Glad McGough	90-94	Short	25m Breaststroke	56.05
		Short	100m Freestyle	3.24.51
Brian Brady	65-69	Long	400m Individual Medley	12.05.76
		Long	800m Freestyle	20.04.44
Lesley Hart	60-64	Short	800m Breaststroke	18.29.50
		Short	$\frac{3}{4}$ Hour Backstroke	2162m
		Short	100m Individual Medley	1.41.55

ENDURANCE 1000 2022 Progress as at 30th June

FEMALE	MALE	TOTAL
1846	1072	2918
Total at the same time last year		5081

We need more members to come along on Saturdays to boost our points not to mention **your** fitness!!

Darling Range Sports College, Berkshire Road, Forrestfield at 2.45pm (unless notified otherwise in Dolphin Dots). Bring a small plate for afternoon tea.

MAIDA VALE MASTERS 1500m ABC (Act, Belong, Commit) SWIM

6th August 2022

We are hosting this swim meet, so 1) we need you to enter & swim; 2) we need helpers on the day; 3) we provide refreshments & need you to help out by bringing food for the table; 4) definitely need timekeepers & 5) it's great to present a image to other clubs and show them how flipping good we are.

The event is still waiting for sanction and entries will open as soon as this is received. More info to come soon.



MAIDA VALE MASTERS CHRISTMAS IN JULY



WHEN: Saturday 23rd July 2022

WHERE: Kalamunda Community Centre
Jorgensen Park, Crescent Rd, KALAMUNDA

TIME: 6:30 pm to 11:00 pm

COST: Member + Spouse/Partner/Guest: @ \$20.00 PP (\$40.00 per couple)
Non-Members: @ \$45.00 PP (\$90.00 per couple)

THEME: "RED, WHITE & BLUE for the Queens Platinum Jubilee"
The Queen has celebrated her 70 years Platinum Jubilee. So come along dressed in your best "Red, White and Blue" and continue the celebrations.



A DELICIOUS BUFFET ROAST WILL BE SERVED: Including: Roast Meats, Hot Vegetable dishes, Salads, Desserts and Tea/Coffee

DRINKS: BYO (including glasses)

BRING: Present worth \$10.00 for Secret Santa
(Please Note: No chocolates/sweets/biscuits)
Labelled Male/Female/Unisex

RSVP: By Friday 15th July 2022
Please confirm your RSVP to Brian Brady kathybrady@bigpond.com

Payments can be made at the pool or via the Club's Bank Account



PAYMENT MUST BE MADE PRIOR TO THE NIGHT



Riverton Masters Swimming Club invites your members to a

2022 Act Belong Commit Club Challenge Series Meet

DATE: 17/07/2022

VENUE: Riverton Leisureplex Cnr High and Riley Rd Riverton- Long Course Indoor 50m pool

TIME: Warm Up from 12pm – Meet Starts at 12.30pm

COST: Cost of meet entry is \$12 per swimmer and entry to the pool is Adults \$7.30;

Seniors/Pensioners \$5.20; payable at pool reception.

ENTRIES CLOSE: Sunday 10th July Late entries will not be accepted.

REGISTRATION LINK:

<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU127>

EVENTS

1a. 200m Individual Medley or 1b 200m Freestyle or 1c 200m Backstroke or 1d 200m Breaststroke or 1e 200m Butterfly

2a. 100m Freestyle or 2b 100m Backstroke or 2c 100m Breaststroke or 2d 100m Butterfly

3. 50m Freestyle

4. 50m Backstroke

5. 50m Breaststroke

6. 50m Butterfly

7. 4 x 50m Mixed Freestyle Relay

The meet is open to all financial Masters Swimmers and will be limited to the first 150 swimmers who nominate.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 individual events and in an appropriate Relay . No more than one 200m and one 100m individual event.
- All participating Clubs are to provide timekeepers and watches.
- Refreshments will be provided afterwards
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- The Club Captain will ask for relay availability on closure of individual entries
- Please join us for afternoon tea after the meet (included in the cost)

For event enquiries, please contact the Meet Coordinator *Damien Eyre* 0418 221 320

If you are unable to register but are a current financial member, please contact

communications@mswa.asn.au, or support@myswimresults.com.au.



Department of
Local Government, Sport
and Cultural Industries



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](#).

Things that will make any swimmer cringe



Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday.

© I Might Be Funny

You are my people.



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