



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

August 2010

Carine Masters Swimming, established in 1977. The first Masters Swimming Club in WA

BE ACTIVE Club Challenges



*Our team at the recent Swan Hills
BE ACTIVE Club Challenge*

The next **BE ACTIVE Club Challenge** will be held jointly by Belmont and Maida Vale clubs in the 50m pool at Belmont Oasis Leisure Centre, corner Abernethy and Alexander Roads, Belmont on Sunday 22nd August, warm up 8:15 for 9:00am start.

Events are:

200 Free; 50 Breast; 50 Back; 50 Free; 100 Fly; 100 Back; 4 x 50 Woman's and Men's Relays.

Competitors registration includes door raffle & lunch = **\$5:00, paid by Carine Masters for you!**

Pool Entry payable separately

Adult: \$4:90, Concession: \$3:90, bring (Concession Card). Spectators: \$1:90

Spectators & non competitors, \$5:00 includes lunch & door raffle.

Please send your registrations by email to David at carineaussi@gmail.com

Meeting with Minister for Sport & Recreation

Local Member of parliament Tony Krsticevic has organised a meeting for sporting groups to meet with Terry Waldron, MLA.

Four club members will be attending the meeting with the Minister in September. They are Patron: Kay Cox; President, Marg Roffman; Vice President, Jane Laws and Treasurer/Secretary, David Laws. If members have any issues they wish us to raise, please send the questions in via email to carineaussi@gmail.com.au.



AUSTRALIA DAY SWIM 2011

With the event only five months away preparations are under way.

- City of Stirling has been contacted for permission to use Scarborough Beach.
- Scarborough Surf Life Saving Club have agreed to help at a cost of \$1500 to provide water safety etc.
- Businesses approached for provision of services such as timing, First Aid & sponsors.

We will need as many volunteers as possible on the day, 26th January 2011. Your time commitment will only be for a few hours in the morning..

Everyone who volunteers has a great time and the benefits to members are many:

- Low annual fees
- Free lane hire and free coaching
- Subsidies for members swimming at events sanctioned by Masters Swimming.

Local charities receive donations from funds raised.

1500 METRE EVENT

Congratulations to our members who swam in the 1500 metre swim at Aqualife Centre in Victoria Park on Sunday 8th August.

Those swimming were:

Kay Cox, Dean Cox, Nigel Tilleard and David Laws. Marg Roffman was officiating and Lauren Cox and Mandy Tilleard were time keeping.



*Left: Nigel & Dean relaxing after the swim.
Below: Lauren, Kay, Nigel and Dean poolside.*

Thanks to Mandy for the photos.



CALENDAR OF EVENTS

22 August: Belmont / Maida Vale BACC
Long Course @ Belmont Oasis

29th August: Golden Groper
Short Course State Relay Carnival

28 November / Osborne Park BACC
Short Course event @ Tuart College pool



SPRING GET TOGETHER

We are planning a morning at Botanic Golf for members and family in October. Watch this space for further details.

NEXT COMMITTEE MEETING

Monday 6th September at 4:00pm

If you have any items you would like the committee to discuss, please email them to carineaussi@gmail.com

SHORT COURSE RELAY CARNIVAL

"Golden Groper" State Relay Carnival.

Sponsored by Claremont Masters Swimming Club the event will be held at Venues West Challenge Stadium in the 25 metre indoor pool.

Are any members interested in this event?

Given that we have no more events after the Belmont / Maida Vale carnival until November, it would be a good one to enter. If we have 4 men and 4 women, we can enter most events.

Details:

Date: Saturday 28th August.

Warm up: 12:30 for a 1:00pm start.

There are 9 events which attract points:

4 x 50 Freestyle relays for men & women.

4 x 50 Medley mixed relay.

4 x 25 Freestyle, & Medley relays for men, women & a mixed event.

If time permits there will be two 4 x 100 metre Freestyle relays for men and women but there are no points for this one.

Email your interest in this event to David: carineaussi@gmail.com.au.

CARINE MASTERS SWIMMING web site is under construction

Our email address is: carineaussi@gmail.com

Check the Masters Swimming WA web site: www.mswa.asn.au
for events, results, records and rankings plus general information about Masters Swimming.

Email address: info@mswa.asn.au



CARINE MASTERS SWIMMING WEBSITE

Update...

Our website is now under construction thanks to Andrew, son of David and Jane Laws. He is currently overseas but hopes to have the website up and running by mid to late August.

Carine Masters Swimming (Inc) Swimming at Craigie Leisure Centre

Whitfords Ave.

Mondays @ 9:30am in outdoor pool / training

Wednesday @ 6:45pm to 8:00pm, indoor pool

for coaching / training

PO Box 2468 Warwick WA 6924

Patron: Dr Kay Cox

President, Margaret Roffman

Editor, Jane Laws; Ph: 9448 2065