



Fitness  
Friendship  
& Fun

# Carine Masters Swimming Newsletter March 2010



## 2010 ANNUAL GENERAL MEETING

Our AGM was held on Sunday 28th February.

The following people are on the committee for 2010:

President: Margaret Roffman  
Vice President: Jane Laws  
Secretary / Treasurer: David Laws  
Committee members: Lois Fleming,  
Maureen Faithfull, Marie Stoakes  
& Vanessa Holman.

It's great to have two new committee members in Marie and Vanessa.

## CLUB NAME CHANGE

Members voted on the motion to change the club name and, following an amendment from Lynne Malone to the original motion, it was unanimously decided to remove both the acronym "AUSSI" and the word "Club" from our name. Therefore our new name is now:

"Carine Masters Swimming Incorporated".

## CONSTITUTION AMENDED

Our constitution has been amended to allow for the inclusion of 18 year olds in our club, in line with Masters Swimming WA new regulation. Our new name will also be registered at the time of the presentation of the constitution to the Department of Consumer Affairs.

## CLUB FEES

Carine Masters Swimming still gives the best value for money to members. Annual fees will remain at \$75. Members benefit from FREE lane hire and FREE coaching! To our knowledge, there is no other club in WA which provides such benefits. We are able to do this because of the effort put into the Australia Day Swim.

## 20th ROTTNEST CHANNEL SWIM

Well done to David Davies and his team of swimmers who successfully completed the 20th Rottneest channel Swim. Conditions looked nice and calm from Cottesloe Beach but deteriorated further out to sea as the day progressed. Many swimmers who spent a long time in the water found the going quite tough.

Carine members Lynne, Vanessa, Margaret, Lois, Maureen, David and Jane all worked as volunteers on the day, both at Cottesloe and on Rottneest.

## CHARITIES BENEFIT from AUSTRALIA DAY SWIM

Treasurer David Laws has finished reconciling the books and the bills have been paid for the running of the Australia Day Swim. As mentioned previously we wanted to give some of the funds raised to charity. The committee decided to donate \$250 to two organisations that do not receive Government funding. They are The Huntington Disease Association and the McCusker Alzheimer's Research Foundation Inc.

**What is Huntington Disease?** *Huntington Disease (HD) is an inherited, neurological disorder causing gradual deterioration of physical, cognitive and emotional abilities. It is primarily a disease that affects adults, usually appearing between the ages of 30 and 50. However, it can affect people under the age of 20 (Juvenile Huntington Disease) and in the later stages of life. In Australia, 7 to 10 individuals per 100,000 people will be affected with HD.*

**The McCusker Foundation** *is a not-for-profit organisation, established in 2000 to enhance medical research into Alzheimer's disease in Western Australia. Its aims are the identification, development of an early diagnosis; and prevention and treatments of the condition.*

## CLUB MEMBERSHIP FEES

Membership fees were due as from January 1st so if you haven't sent yours in yet, please make sure they are paid by March 31st. Under our constitution, if fees are unpaid by then, member's names must be removed from our database.

## COOGEE JETTY to JETTY SWIM

David Laws and Margaret Roffman swam in the most idyllic conditions on Sunday. The ocean was just like a massive swimming pool! Margaret swam the 750m and David did the 1.5km swim. Both were pleased with their times.

Margaret was surprised and delighted to win **First Prize** in the Raffle!!

## COMING EVENTS

**Sat 27th March: 2010 Dale Alcock Open Water Swim.** Swim in either the 2km championship event or the 1km swim At Coogee Beach. Only open to MSWA members.

## IMPORTANT!

### 1st & 2nd May MSWA State Championships

As the club's 'administrative staff' will be away in Tasmania until 15th April, you may need to enter the State Championships before we leave on April 5th. You will be alerted as soon as we hear of the deadline.

## TECHNICAL COURSES:

David Laws recently attended one of the Officiating Courses for Time Keeping, Chief Timekeeper and Inspector of Turns.

Margaret Roffman completed the Inspector of Turns course held earlier this year.

More courses are coming up and with next year's National Masters Championships coming to Perth, these courses are a great way to get qualified and become involved in more than just swimming.

More courses will be run and the dates are:

**April 24:** Marshall, Check Starter / Clerk of Course.

**June 19:** Starter, Judge of Strokes

**August 14:** Meet Event & OWS Referee. Check out the enrolment details on the MSWA website.

## MONDAY MORNING TRAINING SESSIONS

Join Richard Hartley and Jane & David Laws on Mondays at 10am in the new 50m pool at Craigie. Richard is leading us through some very helpful sessions to add to our Wednesday training with John in readiness for Launceston. All are welcome to join in. The pool is fairly quiet especially after the water aerobics class finishes!

## LAUNCESTON & the 2010 MASTERS NATIONAL CHAMPIONSHIPS

In less than a month we will be off to Launceston, David Davies, Lynne, Vanessa, Margaret, Lois, Jane & David Laws will all make the trip. The brand new 50m pool will be converted to a short course format and cater for 560+ swimmers from all over Australia. There is a big contingent travelling from Perth so we will be well represented. Whilst there, we will be promoting next year's National Championships which will be in Perth.

Watch this space for news of our travels and, hopefully some very good swims.

## CALENDAR OF EVENTS

Saturday 27th March Dale Alcock

State OWS Coogee Beach

2000m & 1000m 8:00am Rego. for an 8:30 start.

MSWA members only

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3rd April (Easter)

City of Albany 4km Harbour Swim

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7th to 10th April

Masters Swimming

National Championships, Launceston

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1st & 2nd May

Masters Swimming WA

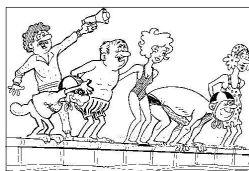
2010 BE ACTIVE State Swim

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## WELCOME BACK!

It is great to have former members Bev Byers and Marie Stoakes back with us at Carine Masters Swimming.

Both are enjoying the coaching sessions run by our coach, John Burns on Wednesday nights.



Remember, you too can benefit from these sessions which are free to members!

*"Every time you smile at someone, it is an action of love,  
a gift to that person, a beautiful thing".* Mother Teresa



## Useful Information:

**CARINE MASTERS SWIMMING website:**

<http://www.carineaussi.com/>

Email address: [carineaussi@gmail.com](mailto:carineaussi@gmail.com)

**MASTERS SWIMMING WA WEB SITE**

[www.mswa.asn.au](http://www.mswa.asn.au)

Check the website for events, results, records and rankings plus general information about Masters Swimming WA.

**MASTERS SWIMMING WA**

**EMAIL ADDRESS**

**Carine Masters Swimming (Inc)  
Swimming at Craigie Leisure Centre**

Whitfords Ave.

Mondays @ 10:00am in outdoor pool/ training

Wednesday @ 6:45pm to 8:00pm, indoor ~ coaching / training

PO Box 2468 Warwick WA 6924

Patron: Dr Kay Cox

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