



# Carine Masters Swimming Newsletter May Edition



## National & State Championships



The past few weeks have been extremely busy with members attending both State & National swimming championships.

The 2010 **Nationals in Launceston** was a very successful meet and our 7 swimmers were very pleased with their efforts. None more so than Vanessa Holman and David Davies who both medalled in two events. David won Gold in the 400m Free &



Silver in the 100m Free. Vanessa came home with Silver in the 400m Free and Bronze in the 200m Free. Congratulations to you both on your results.

At the **State Championships** some of us even surpassed our efforts in Launceston! Our total score was 187 points placing us 18th out of 23 clubs. Given we had the smallest number of competitors in many years, not a bad effort. Congratulations to all swimmers for their great swims and especially to:

- Vanessa who swam brilliantly and gained two State Records!
- Grant Erskine who competed in his first interclub competition.
- Marie Stoakes who swam in her first competition in about ten years.

## New members welcomed

We welcome two new members to our club, **Rachel Wright and Nigel Tilleard** Whilst we were busy at challenge on the weekend, **Nigel** was competing in the **Busselton Half Ironman Triathlon**. He completed the 1.9km swim leg, helping his team into 18th place out of 200 teams! Here's what Nigel had to say:

*"An excellent result with an overall time of 4 hours 47 mins. No stingers this year thank goodness but plenty of seaweed which seemed to slow all the swimmers down a fair bit. The work I did with you guys really paid off".*

Congratulations to you and your team, Nigel.

Meanwhile, **Rachel** is hoping to take part in the **Breast Cancer Triathlon on November 7th**. It is a women only event open to individuals and teams.

Anyone else interested? There are three distances

**Long course triathlon:**  
300m swim/9km ride/3km run

**Medium course triathlon:**  
200m swim/6km ride/2km run

**Short course triathlon:**  
100m swim/3km ride/1km run



Nigel completes the swim leg in the Busselton Half Ironman Triathlon.

## "Mandurah Mannas" BE ACTIVE Interclub Carnival

Our next carnival is on **Sunday June 13th at the Mandurah Aquatic & Recreation Centre**.

Warm up is at 8:15am and competition starts at 9:00am.

Lunch will be served after the meet at a cost of \$4.00. Pool entry is \$4.50. Last time we went to this carnival we had a great day so mark your dairies and plan your events.

Choose a **maximum of 3 events** from the following:

100 Free, 100 Back, 100 Breaststroke, 50 Freestyle, 50 Butterfly, 50 Breaststroke, 100 IM.

Relays are 4 x 50m Mixed Medley & 4 x 50m Mixed Freestyle.

**Entries must be sent to David Laws by Thursday June 3rd.**

Car pooling or staying overnight in Mandurah on Saturday are a couple of ideas members might like to consider. Mandurah Ocean Marina Chalets is one option, we have stayed there before & it's quite good Check them out at their website: <http://www.marinachalets.com.au>.

## OPEN WATER SWIMS

Jude Crawford conducted an OWS workshop on May 1st after the first day of competition at the State championships. Margaret Roffman, David and Jane Laws attended. Even though our OWS isn't until January, it is a reminder that planning has to begin many months before the event.

## TECHNICAL OFFICIALS COURSES AND WORKSHOPS

General Principles of Officiating, Timekeeper; Chief Timekeeper and Inspector of Turns course will be held at AquaLife Centre, Victoria Park in the Somerset AUSSI Masters Clubroom on **Saturday 22nd May from 10.30am to 2.00 pm.** Course Outline & Registration Form on website Coaches & Officials Page at [www.mswa.asn.au](http://www.mswa.asn.au)

## TO GIVE AWAY~

### SPORTS / SWIMMING BAG

Is anyone looking for a swimming bag? I have a black bag with red trim in good condition and would prefer to give it to someone who would like it. Otherwise it will find a new owner via a charity store.

If you are interested, give me a call on 9448 2065. First in best dressed! (Jane)

## CALENDAR OF POOL EVENTS

12th June: Long course 1500m event run by Stadium Snappers @ Challenge

13th June Mandurah Mannas BACC, Short course , Mandurah Aquatic Centre

4th July Swan Hills BACC, Short course Swan Park Leisure Centre

22 August, Belmont / Maida Vale BACC  
LONG COURSE! @ Belmont Oasis

## COACHING

John Burns is back from his holiday in Queensland. Coaching sessions are on Wednesday nights at 6:45 for 7:00pm start. Remember, the sessions are free to members. Many of us have shown great progress in our swimming since John took on the coaching role so come along and find out what improvements you can make to your swimming.

**“SUCCESS DEPENDS ON YOUR BACKBONE, NOT YOUR WISHBONE”**



## 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 @ 9:30am in outdoor pool / training

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

PO Box 2468 Warwick WA 6924

Patron: Dr Kay Cox

President, Margaret Roffman

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