



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

November / December 2010

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

OSBORNE PARK BE ACTIVE CLUB CHALLENGE(BACC)

Eleven swimmers from Carine achieved a terrific result in coming third at this BACC! Many of our members won their age groups so it was a great way to finish our year of participation in the BACCs. Congratulations to all our swimmers: Dean & Lauren Cox, Lynne Malone, Jenny Richter, James Duncan, Grant Erskine, Marg Roffman, Lois Fleming, Rachel Wright, David & Jane Laws. Eight clubs participated; Maida Vale came second and Osborne Park kept their shield for another year. Results on MSWA website: www.mswa.asn.au

OLDEST AND NEWEST CLUBS MEET UP AFTER THE SWIM.



Left: Some of our swimmers at the Osborne Park BACC with Naomi & Trevor, two members from Perth Maccabi, the newest Masters Club in WA. They joined us for lunch. Jenny and Jane managed to win raffle prizes.

The victors: Osborne Park members Toni Morris & Jeff Morris with their trophy. It must be all the tentacles on it that enable them to cling to it year after year!



TRIATHLON DEBUT



Congratulations to Rachel Wright who, with her daughter Courtney, recently competed in the first 'Triathlon Pink' event to be held in Perth.

The triathlon raised funds for the National Breast Cancer Foundation and nearly 900 women participated. Rachel feels the training she has been doing during the year with Carine helped her gain confidence in the swim leg. The theme for Triathlon Pink was all about challenge, participation and fun. Rachel and Courtney certainly experienced all three.

AUSTRALIA DAY SWIM UPDATE

ON-LINE ENTRIES NOW "LIVE"!

All on-line entries will be handled by 'Register Now' Swimmers can send in their entry forms as from today. This is certainly the preferred method.

'Hard copy' entry forms will still be available. Our Thanks to Nigel Tilleard who has printed 200 copies for us. We will distribute them to local pools and surf clubs. All swimmers who took part last year and supplied an email address will be contacted to remind them of the event.

Notices have been placed on various websites such as: KMS Events, The Big Diary and of course Masters Swimming WA.

Lois has canvassed many of the small businesses in Scarborough to engage their support with sponsorship. All were very interested and we hope they will supply vouchers for spot Prizes.

Please remember to mark your 2011 diaries that the morning of Wednesday 26th January will be allocated to helping out at the Australia Day Swim!

CHRISTMAS GET TOGETHER—BREAKFAST AT JETTYS, HILLARYS BOAT HARBOUR

This will be a good opportunity to catch up with other members prior to Christmas. Make sure you get your RSVP in by 5th December.

The restaurant would like us to arrive at about 8:30 or just after because they have a large party of 130 arriving at 9:00am!

We don't want to be competing with them at the buffet although we are assured they can cope with up to 300 patrons so they won't run out of food!

CLUB FEES

Membership fees will be due as from January 1st 2011. Members must be financial in order to compete in any Masters Swimming event.

Renew your membership and update your personal details; change of address, phone number etc, on-line by going to the MSWA website and click on the blue box marked "Click here for online registrations" & follow the prompts to the 'existing members' box. If you have forgotten your User Name & Password you can retrieve via the prompts or contact David Laws who, for a small fee, will divulge it!

(Joking of course 😊)

CALENDAR OF EVENTS

POOL EVENTS

No more pool events are scheduled for this year but they will start again in February with the

Newman Churchlands BACC on Sunday 20th February, so mark your diary!

OPEN WATER SWIMS

There are a few in December:

Saturday 4th Dec: Swim Thru Rottnest

Sat 11th: Fremantle Ports Swim Thru & BE ACTIVE Novice Swim

Sat 18th: Tower to Tower Swim Thru

And that's it for OWS until the new year

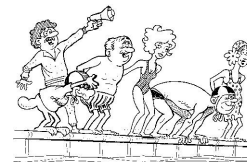
Check the Open Water Swim Calendar for more details. You should have received copy via email.



COACHING

Coach John Burns will back pool side this week.

Remember, members benefit from weekly coaching lessons at no extra cost. Come along and see what improvements John's input can make to your swimming



TO ALL MEMBERS

FROM CLUB PRESIDENT,

MARGARET ROFFMAN

& THE CARINE MASTERS COMMITTEE

WE WISH YOU A VERY HAPPY CHRISTMAS
AND A WONDERFUL NEW YEAR.

MAY 2011 BRING YOU MANY HAPPY
TIMES.

NEXT COMMITTEE MEETING:

Monday 13th December at 4:00pm

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

CARINE MASTERS SWIMMING web site: <http://www.carinemastersswimming.org.au>

Our email address is: carinemasters@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 (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



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Patron: Dr Kay Cox

President, Margaret Roffman

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THOUGHT FOR THE DAY:

The water is your friend.
You don't have to fight with water, just share the same spirit as the water, and it will help you move.

Aleksandr Popov