



Fitness, Friendship  
& Fun

# Carine Masters Swimming NEWSLETTER

October 2010

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

## A MORNING AT BOTANIC GOLF

Several members met on Sunday for morning tea followed by a round of Mini Golf at Botanic Golf in Wanneroo.

Everyone had a great time and a lot of laughs as we tried to get the better of the tricky 'fairways' and 'greens'. A lucky Hole in One gave Jane the lowest score of 56, still well over par of 45! But it really wasn't about the scores, it was about having fun and that's what we did!



## CONGRATULATIONS:

Firstly, to Lynne Malone who took part in the 12 hour Swim for MS. She was a member of the team "Yvonne's Angels" which topped the Fund-raising Leaderboard with a total of \$6425. donations can still be made to this worthwhile cause. Follow the prompts at [www.mswarevents.org.au/Swim-4-MS/](http://www.mswarevents.org.au/Swim-4-MS/)

Secondly to David Davies who defied vertigo and took part in the short course 1500m event at Mandurah on the weekend. The thought of 58 turns in the 25m pool did not deter David and he completed the distance in 25 mins:16s 51, which is very close to his nominated time. Great swim, David!

## GET WELL & COME BACK SOON!

A number of our members are unable to swim at present, due to various reasons. We wish you all a speedy recovery and look forward to seeing you back swimming in the near future.

## NEW EMAIL ADDRESS

Please make a note of our new email address which reflects our recent name change. It is now: [carinemasters@gmail.com](mailto:carinemasters@gmail.com)

## AUSTRALIA DAY SWIM UPDATE

So far, the following sponsors have agreed to support the swim by supplying items for Prizes.

- View Swimming Gear
- Catalano Seafoods
- The Greenwood Hotel
- Lotterywest
- Shotz Sports Nutrition

Sanction to run the event has been granted by Technical Officer for Masters Swimming WA, Jude Crawford. This involves scrutiny of documents such as the Entry Form, the Event Safety Plan, Risk Management Plan and so on. Committee members have been working hard to get the documents up to scratch so it is good to have that "tick of approval" from Jude.

## NEXT EVENT

Osborne Park BE ACTIVE Club Challenge on 28 November at Tuart College 25 m pool. David has sent the event flyer to members so please send nominations in by November 19th. So far we have four entries so let's get a good crowd there!

## INAUGURAL NARROGIN MASTERS OPEN

The new Narrogin club is holding a carnival on Saturday 4th December at 12 noon. Warm up available from 11am. The venue is the outdoor 50m, 6 lane pool

We would like to know if any members are interested in attending this swim. Carine members used to go to Rottneest for the weekend. Maybe this is a good alternative, a country get away!

Please email your thoughts on this to our new email address: [carinemasters@gmail.com](mailto:carinemasters@gmail.com)

There are plenty of events to choose from however, you can only nominate for three of these:

200 IM & Freestyle; 100m and 50m in all strokes. There are also two mixed relays.

There will also be a 50m a Freestyle Charity Handicap Sprint with proceeds going to the RFDS.

Entertainment is planned for the evening. It sounds like a lot of fun. There are two motels in the town but I have no idea what they are like. Has anyone ever stayed in the town?

Full event information will be sent out soon. Cut off date for nominations; 19th November.

## CALENDAR OF EVENTS

### POOL EVENTS

Osborne Park BE ACTIVE Club Challenge  
28th November at the 25m outdoor pool, Tuart  
College

Inaugural Narrogin Masters Open  
4th December at the 50m outdoor 6 lane pool in  
Narrogin

Includes individual events, relays and a charity  
handicap 50m sprint.

Possibility to stay overnight in Narrogin

### OPEN WATER SWIMS

**14th November** Lake Leschenaultia OWS 1600m  
lake swim run by Maida Vale Masters

**21st November** BBB river Swim Bicton Baths  
1600m & 5km run by Melville AUSSI Masters

**Water Corp. OWS Series** has swims on

31/10 @ Rockingham

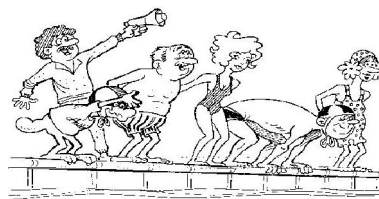
13/11 @ Mullaloo

20/11 Swan River (Barrack St)

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

### COACHING

Coach John Burns will be away for four weeks from  
Wednesday 20th October. However, he will be leav-  
ing a series of programs for us whilst he is away so  
we will still get in plenty of training.



### NEXT COMMITTEE MEETING:

Monday 8th November at 4:00pm

If you have any items you would like the committee  
to discuss, please email [carinemasters@gmail.com](mailto:carinemasters@gmail.com)

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

Our email address is: [carinemasters@gmail.com](mailto:carinemasters@gmail.com)

Check the Masters Swimming WA web site: [www.mswa.asn.au](http://www.mswa.asn.au)

for events, results, records and rankings plus general information about Masters Swimming.

Email address: [info@mswa.asn.au](mailto: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



PO Box 2468 Warwick WA 6924

Patron: Dr Kay Cox

President, Margaret Roffman

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### THOUGHT FOR THE DAY:

" You never know how  
strong you are until  
being strong is the only  
choice you have."

Author unknown