

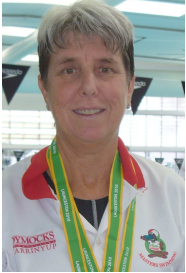


Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

September 2010

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



FOUR MORE STATE RECORDS TO VANESSA!

Vanessa Holman is having a fantastic year. At our recent committee meeting, President Margaret Roffman presented Vanessa with four State Record certificates gained at the following events:

- 50 Fly in a time of 46:34 at the State Championships in May.
- 200 Free, time: 2:57:19, also at the State Championships.
- 1500m Free, time: 25:57:41 at Snappers Long Course event.
- 800m Free, time : 13:16:53 at Gosnells / Leisure Park Short Course event.

FEE STRUCTURE FOR 2011

The fees charged by masters swimming clubs have three components; national, state and club. This year both the National and State bodies have raised their fees leaving clubs with no option but to do the same. Carine members have been in a very fortunate situation in that fees have remained the same for several years. The committee reluctantly decided to raise the 12 month membership to \$80 (a rise of \$5). For NEW members joining from now until December, there is a special offer of 16 months membership at a cost of \$85 which will take them through until December 2011. The fees for current members will be due in January.

The new fees are still subject to ratification at the AGM.

Carine members probably still pay the lowest membership fees, thanks to the fact that we run the successful Australia Day Swim. From money raised we provide benefits to members and donate funds back to the community.

COACHING COURSE

Another Level 1 coaching course will be held on the weekend of 30th to 31st October. If you are interested in finding out more check the Masters Swimming WA website for details.

OUR NEW WEBSITE

Thanks to Andrew Laws, we have been able to launch our new website. It has a bright, fresh look and we hope it will attract the interest of prospective members. If you haven't already done so, check it out at -



Webmaster, Andrew Laws

www.carinemastersswimming.org.au/

ANYONE FOR GOLF?

A morning session at Botanic Golf is planned for Sunday October 17th.

We will meet for morning tea at Leapfrogs Cafe at 10:30 and then play a round of golf at this picturesque miniature golf



course in Drovers Place, Wanneroo.

Please advise by email if you will be attending and if you will be bringing friends and/or family. All welcome!

Cost: Tea/Coffee & a Muffin	\$7:50
Devonshire Tea	\$9:50

Round of golf: \$16 and \$14 for Concession.

LYNNE IN SWIM 4 MS

Lynne Malone is swimming in a relay on Sunday Sept. 19th to raise funds for Multiple Sclerosis. Members are encouraged to support this worthy cause by donating to Lynne's relay team. Go to: www.mswaevents.org.au/Swim-4-MS/LynneMalone and follow the prompts.

CALENDAR OF EVENTS

THE OPEN WATER SWIM SEASON WILL START IN NOVEMBER.

Details will be available when the Swim Calendar is released.

OUR NEXT EVENT IS:

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



NEXT COMMITTEE MEETING:

Monday 11th October at 4:00pm

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

REMEMBER! STAY WELL HYDRATED WHEN YOU ARE SWIMMING!

Because you are surrounded by water doesn't mean you won't get dehydrated. Drink plenty of water before you start training and replenish body fluids with frequent drinks of water during the training session.

SWIM NUMBER PLATES

Yes! They are still available. It was previously thought that the life span of SWIM number plates had ended but you still have a chance to join other swimmers and show the rest of WA that you love swimming! To find out more, contact Executive Officer, Wendy Holtom at Masters Swimming WA via wendy@mswa.asn.au



A VERY HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS WHO HAVE CELEBRATED, OR WILL CELEBRATE THEIR SPECIAL DAY DURING SEPTEMBER:

Richard Hartley
Maureen Faithfull
Bev Byers



"Realistic, Practical.
Perfectionist, Dependable,
Sincere & Patient"

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

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 (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:

Never be afraid to try something new.
Remember, amateurs built the ark; professionals built the Titanic.
Anonymous