



Fitness, Friendship  
& Fun

# Carine Masters Swimming NEWSLETTER

April 2011

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

## WESTCOAST MASTERS BACC ~

Congratulations to all our competitors! What great results, so many of our swimmers gained top points in their events or swam personal bests (PB). With all our swimmers doing so well, we gained 5th place which was a fantastic result. Whether it was top points, a PB or swim that just felt good, as long as everyone had fun, that's the main thing.



Thanks to Robyn Forsyth for the photos

Our next interclub event is the Swan Hills BACC on July 3rd. That is a short course event and always good fun so mark your diaries now.



## UPDATE ON THE JETTY TO JETTY OPEN WATER SWIM.

In their first ever Open Water Swims, Robyn Forsyth & and

Grant Erskine excelled themselves! Grant gained first place in his age group and Robyn gained 3rd place in hers! Grant enjoyed the swim so much, he competed in the State OWS in the 2km distance! Great swimming both of you!

## 2011 PERTH MASTERS NATIONAL CHAMPIONSHIPS

This event will soon be upon us. Even if you are not swimming, you may like to go along to watch on one day to check out the championships. You will realise it is just like a big interclub carnival only with more competitors. So, come along and cheer for Carine and enjoy a bit of the camaraderie of the championships.

## GOOD NEWS FOR COMPETITORS"

The committee has approved a subsidy for members who have entered the Nationals. As long as you swim at the competition, 50% of your registration fee will be refunded!

## IMPORTANT POINTS TO NOTE ABOUT THE NATIONALS

- As you enter Challenge (Venues West) Stadium, you will need to turn left for parking.
- Swimmers Pool entry will be on the left side of the complex, near the Water Polo pool.

These arrangements are due to Cirque de Soleil being held at the same time. Plan ahead and give yourselves plenty of time so that you do not miss your event. If you miss your heat, there will be no 2nd chance. Make sure you have a great time!

## RESULT OF A STOCKTAKE OF CLUB GEAR

We have a good supply of club gear as follows:

- **CAPS: Old caps (4 only) they still have the acronym 'AUSSI' on them. If you would like one, they are free. New caps.** The wording on these caps corresponds with our new name "Carine Masters Swimming". New members will be provided with a free cap. Members may purchase a new cap for \$5:00, a very good price as the actual cost is over \$11:00.
- **T-SHIRTS:** We have club T-shirts in sizes Small, Medium, Large & 1 x 3XL. Cost to members is \$15, again, this is well below the actual cost. We also have 2 older style T-Shirts in a thick cotton material. Free to a good home (one has a mark on it) so first in, best dressed!
- **RED SHORTS:** 2 x 3/4 leg shorts Sizes 16 & 22 and 1 pair of short red shorts, size 16. Make an offer!
- **MEN'S BATHERS:** Zedar brand. 1 pair black with red & green panels. Size 18. \$10.
- **FULL TRACK SUIT, PANTS & TOPS:** Tops are in club colours with black pants as above. Sizes available : 3 in XXL and 2 XL. **Cost \$45.**
- **TRACK SUIT, PANTS ONLY: Black.** 1 x medium & 1 x XXL. **\$20 / pair.** Polyester & fully lined in cotton.
- **TRACK SUIT, TOP ONLY:** 1 x Large. Could be matched with a pair of the black track pants to make a full track suit, depending size needed. **Cost of top \$25.**

FOR FURTHER INFORMATION ON THE ABOVE, CALL 9448 2065.

## CALENDAR OF EVENTS

### DATES FOR YOUR DIARY

#### POOL EVENTS we have entered

27th - 30th April 2011 Masters National Championships

3rd July ~ Swan Hills BACC / Short Course

11th September ~ Stadium Snappers BACC / Long Course.

27th November ~ Osborne Park BACC / Short Course

### OTHER EVENTS TO THINK ABOUT

There are some other pool events that may interest members. They involve longer distances in the pool. How about a trip to the country ?

- ⇒ Narrogin club will host a Short Course 400 / 800 / 1500 event in the Narrogin Leisure centre Pool on Saturday 21st May.
- ⇒ Stadium Snappers will hold the Long course 1500m event on Sunday 12th June.
- ⇒ Riverton club will host a Long Course 400 / 800 event on Sunday 26th June.
- ⇒ Sunday 24th July, MSWA will hold an 'Open Meet' in Bunbury. I guess more details will be available closer to the event.
- ⇒ Sunday 31st July, Leisurepark hosts a short course 400 / 800 at Leisurepark, Balga.

If you are interested in entering any of the above, you should make this known to Club Captain, Dean Cox via the club email address:

carinemasters@gmail.com

### NEXT COMMITTEE MEETING:

When: Monday 9th May @ 7:00pm

Where: 19 Balfern Court Hamersley

### APRIL BIRTHDAYS:

2nd April Jenny Richter

16th April Vanessa Holman

**HAPPY BIRTHDAY to you both!**



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

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

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.

## 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

Secretary: Rachel Wright Treasurer: David Laws

Club Captain: Dean Cox

Newsletter Editor, Jane Laws



### WISE WORDS



Have a heart that never hardens, a temper that never tires, a touch that never hurts.

~Charles Dickens