



Fitness, Friendship

Carine Masters Swimming NEWSLETTER

December 2011

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

Carine Masters,
sponsored by:



WISHING ALL MEMBERS A VERY
HAPPY CHRISTMAS & M&Y 2012
BE A MEMORABLE & HAPPY YEAR

CONGRATULATIONS!



On Saturday 10th December, Margaret Roffman & Kerry Hodson swam in the BE ACTIVE 400m Open Water Swim at South Beach. It was a first for Kerry and she felt so good afterwards she did contemplate doing the course a 2nd time! Conditions were ideal, no stingers and flat calm water. Well done ladies.

CHRISTMAS PARTY

Many thanks to Rachel & Peter Wright for hosting our Christmas get together on Sunday 11th December. It was a lovely relaxed atmosphere on the patio and everyone got to chat and catch up with the members who aren't able to come to training nights. Thanks to our committee members for going shopping, preparing salads and making it all happen.

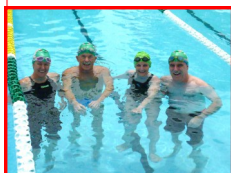


OSBORNE PARK INTER-CLUB CARNIVAL

As many of you would be aware, we were the best performed of the smaller clubs at the recent Osborne Park BE ACTIVE interclub event. Fourteen clubs competed and

Carine came in fourth behind Claremont, Maida Vale & the winners Osborne Park. Congratulations to our ladies Kay Cox, Margaret Roffman, Marie Stoakes, Rachel Wright, Carol-Ann Infante & Kerry Hodson (competing in her first carnival), and our four men.... David Davies, David Laws, James Duncan & Club Captain Dean Cox.

Our mixed freestyle relay team: Kay, Carol-Ann, David Davies & James swam an exciting event. They gained on the opposition in every lap & their efforts gained them 3rd place in the very competitive 200+ age group. Incredibly not even James, our "Raffle King" managed to win a raffle prize!



INTERCLUB EVENTS FOR 2012: Our first interclub event for the year will probably be Newman Churchlands. MSWA still have to confirm that we are to be competing in that one, on February 12th. The calendar will be out in January.

STATE CHAMPIONSHIPS IN BUNBURY

Will be held on the weekend of 4th & 5th March so it's time to think about booking accommodation down there! It's important that metro clubs support country clubs and the Bunbury venue is very good. Maybe someone could research the accommodation over that weekend & let club members know what's available via the club email: carinemasters@gmail.com

"Get on the starting blocks" NOW!!!

AUSTRALIA DAY SWIM (ADS) UPDATE:

- ◇ The **caps** have arrived from Vorgee... Hooray!
- ◇ **Sponsors:** A number of sponsors have already provided us with a great selection of spot prizes. Remaining sponsors to be contacted January.
- ◇ **Medals** have been ordered.
- ◇ All past swimmers, Masters Swimming & Surf Clubs advised **entries are now open on-line.**
- ◇ Timing will be by Swimming WA & Hayden Williams will attend the **volunteer briefing on January 22nd @ 4:00pm** to explain distribution of the timing bands.
- ◇ Swim is listed on a number of websites & media will be advised in January.
- ◇ We still need names of volunteers, **we only have about half the number needed to run the swim.**
- ◇ ADS sub-committee; Jane, David & Margaret met Scarboro Surf Club Beach Captain, 'Thommo' to finalise water safety.
- ◇ Safety items purchased: caps for star pickets, safety bunting, barrier mesh & we will be buying 2 more shade gazebos.
- ◇ We are on track to make it a great event so please make sure you have the date, Thursday 26th January marked in your 2012 diary! And.....Please tell me if I've missed anything!!!

Jane Laws Event Organiser, Committee David Laws & Margaret Roffman

CARINE NEWSLETTER ~ DECEMBER 2011

WELCOME TO A NEW MEMBER:



Our most recent member is Richard Marshall, we welcome you to the club Richard and hope you enjoy your involvement with Carine Masters Swimming.



HAPPY BIRTHDAY TO:

Glenys McDonald, one of our founding members who will celebrate her birthday on 22nd December,



GOSSIP LANE: :



CONGRATULATIONS to Lauren & Dean Cox who are expecting their first child in June 2012.

The X Factor: Who is a skilled Tap Dancer and has been seen "treading the boards" in a dance spectacular along with her daughter? Why, it's none other than our very own club Secretary, Rachel Wright!



Dented windscreen right in line with Jane's head.

Safety First: Who will be wearing a hard hat & safety glasses when driving past the Hamersley Golf Club along Marmion Ave from now on? Well, that'd be me! Thank goodness for the safety windscreen in our new Mitsubishi ASX. That dent in the glass is right in line with my head! Yes, we do love that car!

CHRISTMAS ARRANGEMENTS:

We will have a break for Christmas with this Wednesday, 14th December being the final training session for 2011. We will **resume on January 11th** when you should all feel well & truly ready to get back into swimming.

WANTED: Relief club newsletter editor.

I will be taking an enforced break during February / March 2012 and will need a relief editor. Please email me or phone on 9448 2065 for more details. I'm hoping to hear from someone!



IN CASE THE CHRISTMAS CRACKER JOKE ISN'T ALL THAT FUNNY, TRY THIS::

Why is Christmas just like another day at the office?

You end up doing all the work and the fat guy in the suit gets all the credit.

CARINE MASTERS SWIMMING

Web site: <http://www.carinemastersswimming.org.au>

Webmaster: Andrew Laws

Club Email address: carinemasters@gmail.com **Club Captain Email address:** carineclubcaptain@hotmail.com

Masters Swimming WA - Web site: www.mswa.asn.au

MSWA - Email address: info@mswa.asn.au

Check the MSWA web site for events, results, records and rankings plus general information about Masters Swimming.

MSWA OPEN WATER SWIMS

JANUARY / FEBRUARY

2nd January Swimming WA @ Leighton, 3 distances

7th January Cottesloe Classic Mile

8th January Albany OWS, Middleton Beach

14th January Davey Sunset Coast Swim Scarborough

22nd January Xstrata Swim Thru Perth

26th January Australia Day Swim

29th January Swimming WA 6 & 10Km OWS

4th February Cottesloe to Swanbourne Swim Thru

5th February BE ACTIVE Busselton Jetty Swim

11th February Swim Thru Leighton

19th February Alcoa Mandurah Masters Ocean Swim

CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays @ 9:30am in outdoor pool / training

Wednesday @ 6:30pm to 7.30pm, indoor pool for coaching / training.

Sunday 9:30am to 10:30am ~ Endurance 1000 or training swims.

POSTAL ADDRESS

PO Box 2468 Warwick WA 6924

CLUB PEOPLE

Patron: Dr Kay Cox President: Margaret Roffman
Secretary: Rachel Wright Treasurer: David Laws
Club Captain: Dean Cox Newsletter Editor: Jane Laws

NEXT COMMITTEE MEETING: Monday 9th January

@ 19 Balfern Crt Hamersley . Agenda items can be sent to the club's email address