



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

February 2011

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

2011 AUSTRALIA DAY SWIM

Congratulations to all who worked on Australia Day to help us present the biggest, and arguably the best, Australia Day Swim ever!

With a total of four hundred and forty one swimmers, it exceeded the number of participants in all previous swims by well over one hundred.

We have received a number of very kind verbal compliments from swimmers and sponsors.

Behind the scenes there were some very anxious moments when the delivery of caps for swimmers was delayed by the floods in the East. It was touch and go as to whether they would arrive on time. Thirty –six hour prior to the event, they arrived.

Big lesson learnt! In future all caps will be delivered into WA in November!

Volunteers provided some very valuable feedback, constructive comments which will assist us to improve the event. Thank you for being frank and honest, your thoughts have been appreciated. It is all very nice to get pats on the back but to improve we need to know where the loopholes are.

Once again, a huge vote of thanks to all involved on Australia Day.



Photos by Mandy Hulbert

See more photos on our Facebook page and soon on our webpage.

NEWMAN CHURCHLANDS BE ACTIVE CLUB CHALLENGE

To be held on Sunday 20th February at Newman Churchlands 50 metre open air pool.

Always a great carnival so make sure you take advantage of the first opportunity to prepare for the Masters National Championships to be held in Perth in April. If you need the details, please contact David on 9448 2065 or by email.

If you haven't already nominated, please do so quickly as David has to submit to the organisers on 9th February.

ANNUAL GENERAL MEETING

When: 14th March 2011

Time; 7:00pm

Where; 5 Short Street North Beach

Please make every effort to attend.

All committee positions will be declared 'Open'. Wouldn't you like to have more input into the running of Carine Masters Swimming club?

We always ask for "New Blood" and we do really need the assistance of our younger / newer members, even if it is just to learn what goes into the running of a swimming club.

Every year the incumbent committee rotates positions and we feel as though we are on a never ending round about! For instance, David has been taking on the roles of Secretary, Treasurer, Club Captain and a major role in the organising of the Australia Day Swim! Surely there is someone out there who could take up one of these roles?

Please!! Talk about "Multi Tasking"!

We currently hold committee meetings on Mondays at 4:00pm, only because it suits the current committee. That can be changed back to an evening to accommodate new committee members.

FEES DUE

Please make sure you are a financial member! Fees are due (as from January 1st). \$80 gives you annual membership, free coaching, free lane hire, subsidised socials and more.

CALENDAR OF EVENTS

POOL EVENTS we have entered

Sunday 20th Feb. Newman Churchlands BACC
Sunday 20th March Westcoast BACC
27th—30th April Masters National Championships

MASTERS OPEN WATER SWIMS

13th Feb: Alcoa Cambria Island Swim 2400m
presented by Mandurah Mannas

13th March Cockburn Gateway 2011 Coogee
Jetty to Jetty presented by Cockburn Masters
(great for first time open water swimmers)

27th March Dale Alcock State OWS 2000m
Coogee Beach (MSWA Members only)

Check calendars for other events or go to MSWA website



COACHING

Coach John Burns will away until March.
However, we have several training programmes to follow to keep us fit.

SWIMMERS LIVE LONGER!

The item below was taken from an article in the West Australian newspaper on Tuesday Feb 1st:

“Researchers at the University of South Carolina studied 40,000 men over a 32 year period and found that swimmers had lower death rates than runners, walkers and those leading a sedentary lifestyle.

Although the lower rates of death in swimmers compared with walkers and sedentary men was predictable, the researchers said it was a surprise that swimmers had a lower mortality rate than runners”.

Keep on swimming!



NEXT COMMITTEE MEETING:

Monday 7th February @ 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

And now you can find us on Facebook

Check the Masters Swimming WA web site: 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



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Patron: Dr Kay Cox

President, Margaret Roffman

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THOUGHT FOR THE DAY:

*Cherish your health:
If it is good, preserve it.
If it is unstable, improve it.
If it is beyond what you can
improve, get help.*