



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

June 2011

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

NEW TRAINING SESSION TIMES

WEDNESDAY EVENINGS

Wednesday night training now starts **half an hour earlier at 6:30pm**, finishing at 7:30pm. Come along and benefit from coach John Burn's expert tuition.

This new time may only be for winter and is due to a change lane availability. So far, the new time seems more popular than the later time and we are having a good turn out even on cold winter nights!

SUNDAY SESSIONS



Dean & Lauren timekeeping whilst Kay & James look on.

To cater for members who can't make Wednesday nights we are now meeting for an hour on **Sunday mornings at 9:30 in the outdoor 50m pool**.

Members will be there every Sunday but on a fortnightly basis we will book a lane to do timed distance swims as part of the '**Endurance 1000**' program. This program will be officially launched in 2012 but you can become familiar with the concept now!

Taking part in these swims will help build your stamina and aerobic fitness. You may be surprised at how relatively easy it is to swim 400m. Or you can really challenge yourself over longer distances such as 800m, 1500m or do a 30, 45 or 60 minute swim. Come and try! You do not have to go flat out, just swim at a comfortable pace for you.

Due to the cost of hiring the 50m lane (\$15.75) we would appreciate members paying \$2 each towards covering the cost. The Wednesday night lane hire will still be covered by the club.

RECORDS BROKEN AT 1500m EVENT

CONGRATULATIONS to Carol-Ann Infante who swam the Stadium Snappers event in Breaststroke and set **TWO STATE RECORDS** in the 45-49 age group! She now holds the 800m record with a time of 14.41.02 and the 1500m with a time of 27.38.52.

Excellent swimming Carol-Ann!

David Davies and David Laws also competed and swam Freestyle. They too had great results:

David Davies in 25.42.69 (3rd in 65-69 age group) & David Laws in 30.16.02 (1st in 70-74 age group).

Great swimming guys!

SWAN HILLS BE ACTIVE CLUB CHALLENGE

Dean needs your nominations now!

This popular event gives you plenty of choice. You can swim any stroke in 200m, 100m, 50m, or 25m distances in a maximum of 3 events. And of course there are relays.

A light lunch will be served following the swimming. Send your nominated events and times to Dean via email to <carinemasters@gmail.com>

Cost: Pool entry \$4.90 (\$3.90 concession) plus nomination fee of \$4.00 per swimmer to cover lane hire. 8:00am Warm up and 8:30am start.

Let's get a big team going to the event!

HAMERSLEY GOLF CLUB 50m POOL UPDATE

Stirling City Councillor, Bill Stewart kindly came along to our committee meeting last Monday to update us on the progress of the proposed pool.

The news is very good. The council has agreed "in principal to the concept of an indoor heated pool to be located at the Hamersley Public Golf Course subject to further investigation into funding options and affordability."

A Project Manager is expected to be appointed soon to move things forward and make recommendations to the council.

So, watch this space with fingers crossed!

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TIGHT GOGGLES & GLAUCOMA RISK



A report in the June issue of Choice magazine points out the dangers of wearing goggles with a small rim diameter.

Use of such goggles can cause increased fluid pressure in the eye which can exacerbate glaucoma symptoms in those with the condition.

Research has shown that the use of tight goggles for several hours a week could also be a factor in causing the eye disease.

Traditional goggles with eye pieces measuring 35mm x 65mm are recommended so take care when buying your next pair.

HAPPY HOUR

Join us at the Cafe, Craigie Leisure Centre after training on Wednesday 29th June for a chat, a coffee, tea, hot chocolate & a bite to eat.

It won't be a late night, just a chance to get together for a bit of socialising with club members.



BIRTHDAYS FOR JUNE / JULY.

Belated Happy Birthdays to the following members who have already celebrated in June:

Lynne Malone & Denise Vercoe ~ 6th June

Martin Smith ~17th June



July Birthdays

Wendy Chidgey 25th July

Robyn Forsyth 28th July

Carol-Ann Infante 31st July

NEXT COMMITTEE MEETING:

Monday 18th July, 7:00pm
43A Somerton Rd, Karrinyup.

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

Email address is: carinemasters@gmail.com

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

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.

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



HERE'S A THOUGHT:

People with many interests live, not only longest, but happiest.

George Matthew Allen

