



Fitness, Friendship  
& Fun

# Carine Masters Swimming NEWSLETTER

March 2011

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

## NEWMAN CHURCHLANDS BE ACTIVE CLUB CHALLENGE

Congratulations to all members who competed in the first BE ACTIVE Club Challenge (BACC) for 2011. Many of our new members experienced an interclub event for the first time and by all accounts found it enjoyable.

## FINALISATION OF 2011 AUSTRALIA DAY SWIM FINANCES.

At the last committee meeting David presented the final figures for the 2011 Australia Day Swim.

He has calculated the estimated cost of running the club for the next 12 months and start up costs for the 2012 Australia Day swim.

We have been able to make donations of \$400 to both the McCusker Alzheimer's Research Foundation and to Huntingtons Western Australia. We will also make a donation of \$200 to the Rotary Club of Hillarys as a thank you for the invaluable assistance they gave us on the day. So, a total of \$1000 donated to local charities.

As part of the registration process swimmers were able to make a personal donation to either or both of our major beneficiaries. From these donations \$166.00 was raised for Huntingtons and \$245 for Alzheimer's. In addition, Marie Stoakes did a great job of "tin shaking" for Huntingtons collecting a tidy sum. The event was voted by all to be a great success. Thanks again to all members for their assistance on the day.

## COOGEE JETTY TO JETTY SWIM

This open water swim is so popular, well over 500 swimmers took part last Sunday. For the first time the 1500m part of the event was split into 3 waves. It is a very safe beach and a great way to try out open water swimming. Grant Erskine, and very new member, Robyn Forsyth completed the 750 metre event whilst Margaret Roffman, David Laws and Nigel Tilleard swam the 1500m. Grant and Robyn enjoyed the swim so much they are really keen to do more. Grant has already entered the 2km State swim on 27th March, also to be held at Coogee.

## OPEN WATER SWIMMING IN PERFECT CONDITIONS



The start of the Jetty to Jetty swim. On the right, Grant and Robyn relaxing after the swim.

## WESTCOAST MASTERS BACC ~

Sunday 20th March @ Craigie Leisure Centre.

We have 20 registered swimmers for this event which must be the largest number of entrants in a carnival for several years. Unfortunately our number of male members is still rather low and we only have 4 coming along. That restricts the number of relays we can enter.

So, if you know any men keen to improve their fitness in a non-threatening environment amongst friendly people, encourage them to try Carine Masters!

### Event details:

Warm up is at 8:15am, the event starts at 9:00am. Pool entry payable at entrance foyer.

*Bring something to sit on, a rug, extra towel, cushion etc. Seating is on concrete blocks! Sunscreen, hat, long sleeve shirt etc recommended for in between events.*

Have fun and enjoy the camaraderie!

## NEW COMMITTEE ELECTED

Last night's AGM was well attended and we thank Don Roffman for his attendance as Returning Officer. All positions were filled as follows:

President	Margaret Roffman
Vice President	Jane Laws (& Publicity Officer)
Treasurer	David Laws
Secretary	Rachel Wright
Club Captain	Dean Cox

Committee Members: Bev Byers; Marie Stokes; Lois Fleming; Maureen Faithfull and Vanessa Holman.

Thank you all, especially Rachel and Dean for taking on Secretary & Captain respectively. And thanks also to several new members who have volunteered to help wherever they can. We really appreciate your support!



# CALENDAR OF EVENTS

## DATES FOR YOUR DIARY

### POOL EVENTS we have entered

20th March ~ Westcoast BACC / Long Course  
27th - 30th April Masters National Championships  
3rd July ~ Swan Hills BACC / Short Course  
11th September ~ Stadium Snappers BACC / Long Course.  
27th November ~ Osborne Park BACC / Short Course

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### MASTERS OPEN WATER SWIMS

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

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Check calendars for other events or go to MSWA website

### COACHING



Coach John Burns IS BACK and in the next few weeks will be giving us sessions specifically aimed at competitions.

## BIRTHDAYS:

Recently celebrated;

**David Laws: 10th February**  
**Dean Cox: 11th February**  
**Nigel Tilleard: 19th February**  
**Lois Fleming: 27th February**  
&

Soon to celebrate'  
**David Davies: 23rd March**  
**James Duncan: 30th March**  
*HAPPY BIRTHDAY to you all!*



Keep on swimming!

### NEXT COMMITTEE MEETING:

Time and date to be advised. We forgot to arrange it at the AGM!!

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

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

And now you can find us on Facebook

Check the 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



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President, Margaret Roffman

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### WISE WORDS:

EVERY DAY MAY  
NOT BE GOOD, BUT  
THERE'S SOMETHING  
GOOD IN EVERY  
DAY.

*Author Unknown*

