



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

Issue 2 for May 2011

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

CONGRATULATIONS TO OUR RECORD HOLDERS

We have confirmation that the State Record for the Womens 4 x 50m Freestyle Relay, 240+ age group (Long Course) now belongs to the team from Carine Masters!

Congratulations to Lynne Malone (who saw an opportunity and believed the team could snatch this record) Vanessa Holman, Wendy Chidgey and Bev Byers. Their record breaking time was 2 mins 34.94 secs.

AND THERE IS ANOTHER STATE RECORD!

At the recent Council of Clubs, State Record Certificates were handed out and it was a wonderful surprise to find that one was for Bev Byers! At the Westcoast Masters BE ACTIVE Club Challenge (BACC) held in March, Bev swam the 50m Butterfly, in a time of 47.13secs That time gained her the State Record in the (65-69 age group) Congratulations Bev!



Above: Our State Record holders:

L-R: Bev Byers, Vanessa Holman, Lynne Malone & Wendy Chidgey.

HAVE A GO SWIM MEET IN BUNBURY

An event to promote masters swimming throughout the South West will be held in Bunbury on 24 July. Jude Crawford will be conducting coaching clinics in both Bunbury (10th July) and Albany (17th July) as part of the promotional programme (and we thought she had retired!)

Participants at the coaching clinic in Bunbury will have the opportunity to do a 50m timed swim and also enter the Have a Go Swim meet all for the one price. The events at that meet will all be Free-style over distances of 50, 100 & 200 metres.

“AEROBIC SWIMS”



At the club committee meeting we discussed the possibility of resurrecting the Aerobic Swim programme. This is not “Water Aerobics” but a challenge for swimmers to complete a certain number of longer distance swims during the calendar year.

For instance, you can complete a 400m freestyle swim once a month five times during the year & you will complete one Aerobic Swim challenge.

Your average time for the 400m swims is calculated & compared with the National Aerobic swim times chart & points awarded. Club points are totalled & forwarded to the Branch Recorder.

Swims include 400 & 800m (5 swims) 1 x 1500m; 1 x each of 30mins, 45mins & 60mins swims. All can be done in any stroke. The time for each 100m is recorded and the swims must be completed in an official club session.

The Aerobic Programme was started by Carine and we used to have strong involvement in it with 12—15 swimmers meeting at Inglewood Pool every week, swimming and time keeping.

We are thinking of trying to get a lane at Craigie on Sunday mornings, say twice a month and see how we go. This will most likely involve a small cost to those participating as the club cannot finance another lane hire. The swims are a great way to improve your aerobic fitness and endurance and a good opportunity to practice your stroke technique!

We would like to know how many members would be interested in getting involved in such a programme. Email your expression of interest to Club Captain, Dean Cox via the club email address: carinemasters@gmail.com

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SNIPPETS FROM COUNCIL OF CLUBS

Margaret and Jane attended the quarterly meeting of the Council of Clubs on Tuesday night. Here are some of the items discussed:

- ◇ T-Shirts from the Nationals.... MSAWA has a number of T-shirts left over from the Nationals for sale at the reduced price of \$25. However, only sizes XL or XXL are available. Contact Wendy @ MSAWA for further details.
- ◇ MSAWA is holding information sessions at Claremont pool and Bayswater Waves in the hope of getting another two Masters Clubs established.
- ◇ Clubs Online. As from September Masters Swimming will no longer accept manual payments for members registration. Carine is already using Clubs Online 100% thanks to David Laws.
- ◇ The Nationals in 2013 will be in Sydney from 17th to 20th April.
- ◇ Meetings are being held with Swimming WA to try and improve the flowthrough from junior clubs to Masters Swimming. That includes junior swimmers and parents.

HAPPY HOURS



We have had a chat with the new manager of the cafe at Craigie Leisure Centre. Eric is planning to keep the facility open until 9:00pm each night and it would be a great opportunity to regenerate our traditional Happy Hours

We used to hold a get together on the last Wednesday of the month at someone's home. Then we changed to meeting at the Carine Pool which all worked well until its demolition!

Now we could meet up after swimming at Craigie for a coffee, Milo, muffin, whatever you fancy, and chat. It need not be a late night but it is just nice to get together other than in the pool. More details as soon as we work it out with the Cafe Manager.

NEXT COMMITTEE MEETING:

Monday 13th June, 7:00pm

5 Short Street North Beach.

Councillor Bill Stewart from City of Stirling has been invited to attend to bring us up to date with the proposal for the 50m pool at the Hamersley Golf Club site.

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

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

HERE'S A THOUGHT:



If you don't think every
day is a good day,
just try missing one.
~Cavett Robert