



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

November 2011

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

Carine Masters,
sponsored by:



CARINE HELPS OUT A WORTHY CAUSE:

Some of your dedicated committee members, & one very generous brother (mine) donned club T-shirts at **4:00am** Sunday 6th November.

We made our way to McGillivray Oval behind Challenge Stadium to assist with the **Perth Pink Triathlon Event** which is one of a series of events raising funds for the National Breast Cancer Foundation. The event is mainly for women but one or two men did compete as did many children.

Our job was to look after the Registrations which we handled with "calmness and efficiency" in the judgement of the event organiser, Bob Welch. All our experience with the Rottneest Channel Swim, the Australia Day Swim & various pool events certainly paid off. Although my brother, David had not experienced such an event before he mastered it in no time & is an honorary member! ☺

As a nice bonus, Carine Masters Swimming will benefit to the tune of \$200 because of our efforts! So, a big "thank you" to the volunteers: Margaret Roffman, Vanessa Holman, Rachel Wright, David & Jane Laws & David Snow.

Bob was so impressed with us he would like our help at the "Tadpoles Triathlon" in March. Anyone like to join in helping at that event?



At the **Pink Triathlon** we tried out the t-shirts for size, got the competitors registered; dressed for the photo shoot with sun visors, & finally got organised into a nice straight line!

OSBORNE PARK BE ACTIVE INTERCLUB CARNIVAL ~ Sunday 27th November

Be sure to get your nominations to Club Captain, Dean Cox by emailing him via <carineclubcaptain@hotmail.com>

Before the closing date: 18th November.

As mentioned before, it is a very friendly little event & a good one for 'first-timers' at interclub carnivals.

Due to limited seating for lunch it's a good idea to BYO folding chair.

AUSTRALIA DAY SWIM / 2012

Progress with the organisation of the event is ticking along nicely behind the scenes. Volunteers have been called for... An email was sent out to all



who took part this year plus all club members. Response has been good but we still need may more to bring us up to the 30 people needed on the day so, please respond if you haven't already done so..

Once again, we ask members to think about possible sponsors. Our swim is well known for the Spot Prizes we give away on the day & swimmers enjoy getting them. They can be gift vouchers, goods or discount vouchers. No alcohol or Fast Food connections though! Please email any details to <carinemasters@gmail.com> and a letter of request will be organised.

To date we have only had one possible new sponsor.....hopefully we will get more than that!

CHRISTMAS FUNCTION:

A lunch time BBQ will be held at the home of Rachel & Peter Wright in Kinross... **A change in venue** because the City of Joondalup require a large bond to book space in any of their parks. We are very grateful to Rachel & Peter for offering their home for the function.

Date: Sunday 11th December

PLEASE RSVP via email a "Yes" or "No" because we need to know numbers so we can decide on what we will do about catering for the event.

Thank you!

CARINE NEWSLETTER ~ OCTOBER 2011

WELCOME TO A NEW MEMBER:



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

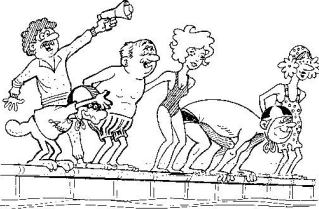


HAPPY BIRTHDAY TO:

Kerry Hodson,
celebrating her birthday
on 28th November!



SWIMMING WITH CARINE



If you know of anyone wanting to improve their fitness, tell them about our club! Swimming is one of the best activities for overall fitness. It is an activity for life; there are more & more adults in their 80s & 90s who still swim regularly.

The Benefits:

Heart & lungs are strengthened, muscles all over the body are given a work out and the buoyancy of the water makes joints less likely to suffer the type of damage caused by pounding on pavements.

And the advantages of swimming with Carine Masters? Well, it's so much easier to stay motivated when you swim with a group. We swim for "Fitness, Friendship & Fun".

Free Coaching... Our coach, John Burns has returned from his holiday and will help with stroke correction, improving your technique and endurance levels on Wednesday evenings.

Free Lane Hire... Many clubs charge members for hiring lanes, we are able to provide this & the coaching free to members, thanks to funds raised through the Australia Day Swim.

We are a friendly bunch of people who welcome new members so if you know someone who might like to join us, direct them to our website or get them to email the club:.... Details below:

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

NOVEMBER / DECEMBER

- ☺ 21st Nov: BBB River Swim @ Bicton Baths, 1600m & 5km swims
- ☺ 4th Dec: Swim thru Rottnest 1600m
- ☺ 11th Dec: Fremantle Ports Swim 1600m (solo & teams of 4) & 400m BE ACTIVE Novice

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



SOME THING TO PONDER..

Celery has negative calories!
It takes more calories to eat a
piece of celery than the celery
has in it to begin with. It's the
same with apples!

NEXT COMMITTEE MEETING: Monday December 5th 7:00pm
@ 43A Somerton Rd Karrinyup. Agenda items can be sent to
the club's email address