



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

October 2011

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

OSBORNE PARK BE ACTIVE INTERCLUB CARNIVAL ~ Sunday 27th November

It is time to start thinking about this, our last interclub event for the year.

For various reasons numbers at competitions have been at an all time low this year so it would be great to finish with some flourish!

This is a nice event, in a 25m pool, very relaxed and friendly & a good one for new members to see what interclub events are all about.

Venue: Tuart College, Tuart Hill.

Events: 200 Free; 100 IM; 50 Free; 50 Breast; 50 Back; 25 Fly & Mixed Freestyle & Medley relays.

If you are not sure of your times, Dean can check them on Team Manager for you or, for those who come along on Wednesday night, ask someone to time you.

Nominations can be emailed to Club Captain Dean Cox via: carineclubcaptain@hotmail.com

If you have any questions about the event or any other matter regarding the club, send an email to: carinemasters@gmail.com

and a committee member will be only too happy to respond.

CONGRATULATIONS!

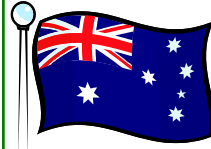


Thanks to the efforts of our President, Margaret Roffman, we have been granted funding from Healthway &

Sports Medicine Australia. The club will receive \$800 which will be used to purchase caps for the 2012 Australia Day Swim. This is great news for our club. Under the funding arrangements, attendance at a workshop is required so Margaret, David & I will go to 'Injury Prevention & Management' on Tuesday night.

.(That doesn't mean you can all go & injure yourselves!)

AUSTRALIA DAY SWIM / 2012



The most important event on the Carine Masters Swimming calendar is always the annual Australia Day Swim at Scarborough Beach.

Our club has successfully run this swim for more than 20 years. For it to continue to be one of the most popular Open Water swims (OWS) each summer, we always need support from our members in the days prior to the event and especially on the day.

This year we will be looking for added support from members and asking if anyone has contacts who may be interested in providing vouchers, gifts, cash that can be used for Spot Prizes. However, due to requirements under our grant from Healthway, we can't give prizes of alcohol. If you can assist, please contact Jane via the club email address. Thank you.

Please mark the morning of Australia Day, Thursday, January 26th in your diary. We start on the beach around 5:30 / 6:00am and will be all finished by 10:30am. All help appreciated.

More information about the event will be published as the time approaches.

The event keeps our club functioning, membership fees low, & provides lane hire & coaching.

We also donate funds to a local non-profit organisation and in 2012 the beneficiary will be Huntington's WA. Huntingtons Disease is a brain disorder causing various part of the brain to deteriorate affecting movement, behaviour and cognition.

Any assistance towards running this event will be more than welcome!

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SOCIALLY

We have been very quiet on the social side of things this year too. With the Nationals in Perth in April, we didn't even celebrate the club's birthday as we usually do.

So, as an "end of year" get together we thought we would have a Picnic in the Park.

Date: Sunday December 11th

Venue: Neil Hawkins Park in Joondalup. This is a very pleasant park with plenty of grassed areas & shady trees. More information when we finalise details.

"HAPPY HOUR"

Join us for a coffee after swimming on Wednesday night.... It was always a tradition for Carine members to gather on the last Wednesday of the month for a casual get together. It used to be at someone's home, way back when..... *Ah nostalgia!* Well, things change! Now the Craigie Leisure Centre Cafe has been up-graded and it's quite a nice venue for a quick Coffee/ Milo/ Tea, something to eat & a chat & the weather is a bit warmer now too!



HAPPY BIRTHDAY:

To those who have, or will be celebrating October birthdays:

Marie Stokes ~ 5th

Jane Laws ~ 8th

Joan Tobin ~ 29th



MOTIVATION:

We all want it but where can we get it? Everyone is finding it hard to get motivated after the long cold winter. You are not alone!

So, what to do?

Join the club...literally.

Come down on Wednesday evening and take the plunge, don't think about it, just "do it"! Soon summer will be here & you will be saying:

"I wish I had done something sooner, now I feel so unfit".

Well, the solution is in your hands!

Remember the saying:

"If it's got to be, it's up to me."

See you at the pool! You will feel better!



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

Webmaster: Andrew Laws

Email address: carinemasters@gmail.com

Masters Swimming WA web site: www.mswa.asn.au

for events, results, records and rankings plus general information about Masters Swimming.

Email address: info@mswa.asn.au

Carine Masters Swimming is sponsored by:



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

NEXT COMMITTEE MEETING: Monday November 14th 7:00pm
@ 12 Dumbarton Loop Kinross. Agenda items can be sent to the club's email address



THOUGHT FOR OCTOBER

Nobody can do everything, but everyone can do something.

~Author Unknown