



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

August 2012

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



Carine Masters,
sponsored by:



CARINE SOCIAL NOTES: CASSEROLE NIGHT

Our casserole night was a night to remember. People came, stayed and partied among the red, green and white balloons that festooned Marg Roffman's home; drinks flowed; dinner was a culinary extravaganza.

Lois Fleming (aka Judith Durham of The Seekers) took out first place in the dress-up stakes. She looked fantastic in psychedelic, bell-sleeved blouse, iconic 70's jewellery and long flowing locks that glistened.

A surprise for newer members were the scrapbooks that record 35 years of socialising and participating among a huge membership.



AND THE FUTURE

We currently have 25 financial members and the focus of our more active members is necessarily on organising the Australia Day Swim.

Do you have skills, knowledge or experience that can help us ramp up our membership numbers? If so, we'd love to hear from you.

PRES'S PRATTLE

We've had a few busy weeks. Thirteen members, spouses, and three potential new members—including eight-week-old Michael Cox—came along to our 70s casserole night. No one was more snazzily outfitted than young, chic Lois Fleming. She says she has put her "Best Costume" prize—a classy backscratcher and two bottles of Hahn—to good use.

The following weekend eight Carine swimmers participated in the State relay carnival. I was confined to pool deck as Inspector of Turns

where I heard what was probably the prize comment of the day after a swimmer from another club false started. "Give her a break, she over-balanced—she's pregnant," shouted her team mates. As a result, the team in question managed a second "first and final start".

It was another enjoyable event, but a shame we didn't muster a few more swimmers.

Maybe a new tracksuit top (\$35, XL,XXL) or t-shirt (\$25, S,M,L,XL,XXL) would help. Limited pairs of matching trousers are also available. I'm happy to bring a selection along on training night or you can come by home (by appointment) and try them.

CLUB CAPTAIN'S REPORT

Carol-Ann and David represented the club in 1500m and 800/400m events in the past month. Well done guys, you are doing incredibly well.

Eight competitors represented Carine in the Golden Groper Relay event. I think I speak for everybody who was there when I say it would be great to see a bigger percentage of the club compete in events like this, especially when they are teams events and it is just about having a go.

If we could achieve a goal of more swimmers in these events, we could enter more appropriate age groups and events for our swimmers and be more competitive—which makes the events more enjoyable for all.

On a more positive note, well done to the people who did participate. I think everyone enjoyed themselves.

We also appear to be an expanding club and have had quite a few new faces down at training over the past few months. Welcome. It is great to have you with us.

WELCOME

To Marcel Haughey, our newest Club member and training partner. Happy swimming Marcel.

CARINE NEWSLETTER ~ AUGUST 2012

SOMEONE SAID:

- ◇ A correction from last month's newsletter: Marie Stoakes' new grandson is Dylan, not Finlay (apologies to Marie, Dylan and his Mum and Dad).
- ◇ Lois Fleming is celebrating the birth of her first great grandchild, Nylah Emily. Congratulations Lois.

LATEST SWIM RESULTS

- ◇ David Laws swam a State record at Leisurepark's distance meet on Sunday, 29 July, swimming 800m breaststroke in the short course pool in 18.54.33—52 seconds ahead of the previous record. "It was most unexpected," he said. Congratulations David.
- ◇ Has Carol-Ann Infante broken the record for the number of record-breaking swims set over a two month period? Here's a list of them, set during June and July: Long course breaststroke 400m (twice), 800m, 1500m; long course individual medley 800m; short course breaststroke 50m, 100m, 200m, 400m, 800m Wow!
- ◇ We may have been a small contingent at the State Relay Championships on Sunday 12 August. But as usual, it was a fun event followed by a great lunch (copious amounts of gourmet pizza on this occasion). Congratulations to all participants, especially John Bell who competed in his first carnival.



HAPPY BIRTHDAYS FOR AUGUST TO:

Rachel Wright (9th)

HAVE A GREAT DAY AND A GREAT YEAR



AUSTRALIA DAY SWIM

Australia Day Swim plans are going well with a number of club members taking on some of the tasks to be done. But we would still like more of our members to jump aboard. Your commitment need not be open-ended: we have a list of stand-alone tasks to choose from. Can you help out?

CALENDAR OF EVENTS

- 16 Aug 2012 MS Swim, Melville Aquatic Centre (team event run over 10 hours)
- 25 Nov 2012 Osborne Park BACC event, Tuart College, Tuart Hill (SC)
- April 2013 [National Championships](#), Sydney Olympic Park, Homebush, NSW

NEXT MEETING

The next committee meeting will be held on Monday 10 September at 12 Dumbarton Loop Kinross (Rachel Wright's place) at 7pm. Please send agenda items to carinemasters@gmail.com. All members are welcome to attend.

CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays 9:30am, outdoor pool for training; Wednesday 6:30pm to 7.30pm, indoor pool, coaching.

POSTAL ADDRESS

PO Box 2468 Warwick WA 6924

CLUB PEOPLE

Patron: Dr Kay Cox . President: Margaret Roffman. Secretary: Rachel Wright
Treasurer: David Laws; Vice President: Marie Stoakes. Club Captain: Dean Cox. Newsletter Editor: Kerry Hodson.
Publicity Officer: Jane Laws. Coach: John Burns.

[Carine Masters Online](#)

Webmaster: Andrew Laws

Club Email address: carinemasters@gmail.com **Club Captain Email address:** [<carineclubcaptain@hotmail.com>](mailto:carineclubcaptain@hotmail.com)

[Masters Swimming WA](#)

MSWA - Email address: info@mswa.asn.au

Check the MSWA web site for events, results, records and rankings plus general information about Masters Swimming.