



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

June 2012

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



Carine Masters,
sponsored by:



KAY COX, OAM

Exciting news. Carine founding member Kay Cox has been named in the Queen's Birthday Honours List. Her award is:

For service to the sport of swimming at local, state and national levels through coaching and technical roles, and to the community.

Kay's involvement in Masters Swimming dates from the inception of the club, and concurrent founding of Masters Swimming WA (then AUSSI).

She is a Life Member of the State association, having held several positions within it over 35 years. And she remains active at Carine as Club Patron and a regular competitor.

Congratulations Kay on this well-deserved award.

PRES'S PRATTLE

There is good news! Carol-Ann Infante as well as swimming all distances in the Masters Swimming program (particularly in Breast Stroke) has agreed to take over the job as Club Recorder, collating each member's Endurance 1000 results.

This is great because it relieves David Laws of one of the many "hats" he has willingly worn for a few years.

Carol-Ann recently competed in the 1500m event at Challenge Stadium – her time for breast stroke was 26.41 minutes. I think I used to swim 800m in about that!

In Masters Swimming it is about your own challenge – each to their own time! Not always about a record, though it may be an incentive.

Previously known as the Aerobics Program, Endurance 1000 was designed by a Carine member back in the late 1970s to encourage longer distance swimming and hence improve aerobic fitness. Points are awarded for 400m and 800m swims in all strokes and individual medley. There are also 1500m, 30 minute and 60 minute swims.

The idea is to train up to these distances both mentally and physically!. Yes You Can!

Members are timing each other for Endurance swims on Monday mornings. Committee members can also be available on request Wednesday evenings or at other times. Talk to Carol-Ann, David Laws or myself if you need to know more.

After it was adopted at the State and National level, Carine was the highest point scorer on the Aerobic Shield many times in earlier years.

Wouldn't it be great to see us there again?

CLUB CAPTAIN'S REPORT

It's definitely long distance swim season, with David Laws, Carol-Ann Infante and Rachel Wright participating in the latest long distance event held at Riverton last Sunday.

Rachel completed her first 400m freestyle swim, gaining first place in her age group. We're all proud of you Rachel. Congratulations.

David Laws placed first in his age group in the 400m breaststroke and 800m freestyle. Congrats also to David for more fantastic results.

And Carol-Ann Infante was first in her age group in the 400m breaststroke and 800m medley. She broke age records in both events, including Bev Byer's medley record which she had held since 1995. Congratulations once again Carol-Ann.

More long distance swims are coming up, and of course the Endurance 1000 swims can be organised within the Club.

Ed. See Pres's Prattle above for details of Vorgee Endurance 1000.

THANK YOU JANE AND DAVID LAWS

David and Jane have organised the Club's Australia Day Swim at Scarborough for several years, and because of their dedication other Club fundraising has been unnecessary.

David and Jane have now decided to hand over to someone else, and the consensus is that we need a whole committee to replace them.

You will have received an email from Margaret Roffman asking for volunteers prepared to commit themselves to organising the 2013 ADS over coming months.

Please consider your availability, and in the meantime, join me in a sincere thank you and congratulations to the Laws for their extremely hard work, and the fantastic, well-run events they have managed on our behalf.



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SOMEONE SAID:

- ◇ Dean and Lauren Cox are proud new parents. Michael Cox was born on June 6th. Everyone is well and happy. Congratulations Dean and Lauren.
- ◇ Rachel Wright and David Law recently ran the HBF Run for a Reason, completing the 14km and 4km events respectively. Well done Rachel and David.
- ◇ Kerry Hodson is exhibiting her art for the first time (under the name Kerry West) in the Joondalup Community Art Exhibition, currently running at Joondalup Lakeside Shopping Centre. Entry is free and well worth a look.
- ◇ A few members are enduring health issues at the moment. We wish John Bell, Jane Laws, Lois Fleming, Marie Stoakes and Kay Cox a speedy recovery.

UNCANNY

It happened again, this time at Nationals in Adelaide. Ian Thorpe (not the Olympic champion on this occasion, but a gentleman with the same moniker nonetheless) waited on the blocks for the start of his 400m freestyle event. But he didn't wait long enough. He broke his start and was disqualified.

CASSEROLE NIGHT DATE CHANGE

Please note in your diaries that the date for the Casserole Night has been changed to Saturday 5 August. The venue is Marg Roffman's place, 5 Short Street, North Beach.



HAPPY BIRTHDAYS FOR JUNE TO:

Lynne Malone (6th)
Denise Vercoe (6th)

HAVE A GREAT DAY AND A GREAT YEAR



TRAINING CONTINUES

Wednesday night is training night at Craigie Leisure Centre. We have two lanes booked and a great coach in John Burns who is intent on making sure our swim techniques are so good we may start entering medley events.

And of course, regular training will ensure your aerobic fitness doesn't drop off before summer is upon us once more.

And here's another reason to keep swimming, a health tip, courtesy of Masters Swimming WA:

Being active helps control your blood pressure, cholesterol and weight, not to mention it helps you feel fit both physically and mentally.

So come on down and join in. It's only cold outside. We are, of course, inside.

CALENDAR OF EVENTS

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|------------------|---|
| 1 July 2012 | Swan Hills BACC, Swan Park Recreation Centre, Gray Drive, Midvale, 8.30am start (pool opens 7.30am) |
| 5 Aug 2012 | Casserole Night, Marg Roffman's place, 5 Short St, North Beach (more details to come) |
| 12 Aug 2012 | Groper State Relay Championships, Challenge Stadium |
| 17-20 April 2013 | <u>National Championships</u> , Sydney Olympic Park, Homebush, NSW |

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 Marsters Online](#)

Webmaster: Andrew Laws

Club Email address: carinemasters@gmail.com **Club Captain Email address:** <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.