



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

August-September 2013

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



Carine Masters,
sponsored by:



STIRLING COASTAL POOL SAGA

Fifteen years ago the State Government pledged funds towards construction of the Stirling Coastal Pool as a replacement for the demolished Scarborough SHS pool. And we are no closer to having it. As we have learned to expect over more than a decade, the City of Stirling has once again deferred discussion of this issue, this time to its November Council meeting.

Lane space at local pools, including at Craigie—our training venue - is seriously limited. And as a result so is our ability to grow our club. It is not useful either that we are one of three Masters clubs operating at Craigie. Another pool, especially one within our catchment area, would be a huge bonus.

Perhaps we should make some noise. Would you be prepared to write/email a letter?

City of Stirling residents can write to their local Councillor. If you live outside the City of Stirling, why not write to the Mayor or CEO?

Below are some pointers—feel free to use them.

Curtailing the efforts of adult and aging Australians to keep active and fit is in no one's interests. And in a country like Australia, curtailing their ability to participate in one of Australia's favourite pastimes—swimming—is non-sensical.

Many groups and individuals can be relied upon to make regular use of a coastal pool facility: Masters clubs like ours, youth swimming clubs, surf and triathlon clubs, rehabilitative swimmers, water aerobics enthusiasts, schools, vacation swimming groups, mother and baby groups, and family groups come to mind.

Millions of dollars have been set aside for construction of a coastal pool. In excess of \$450,000 has been spent on planning and design by the City of Stirling, yet no definitive plan or design has ever been presented to Council—not in 15 years.

Despite this, a \$40 million pricetag for construction of the pool has been presented. Experts dispute this cost.

No doubt significantly more funding than that pledged by the State Government is needed, including from the City of Stirling.

But if the City of Stirling would do the required planning and design work on this project, there are hints further funds might be made available from the State Government. Certainly our Club and many other clubs and individuals would loudly assist the City of Stirling in lobbying for this to happen.

We want the planning and design process to be completed. Only then can costs be substantiated and proper funding be organised. And only then can we finally determine a timeline for construction to proceed.

PRES' PRATTLE

Masters Swimming WA's Spring Into Swimming Campaign, which aims to promote Masters swimming through increased membership in clubs like ours, is almost upon us. We are keen to participate—with the help our willing members. We are expecting detailed information and promotional posters from MSWA shortly and will be in touch to see if you can help. We promise nothing more onerous than an hour or two in a shopping centre.

Delivery of 2013/14 Open Water Swimming calendars is also imminent. These will be distributed to members as widely as possible. In the upcoming season, why not have a go at one or a couple of these. They really are fun—and boy it feels good to have completed one.



CLUB CAPTAIN'S REPORT

Carine swimmers broke two of the oldest State records on the books at Somerset's 1500m meet. David Laws took 35 seconds off the 18-year-old 1500m breaststroke record in his age group. A few heats later Carol-Ann Infante took almost two minutes off the 19-year-old 1500m backstroke

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record in her age group. Carine's third swimmer Rachel Wright did magnificently in challenging and pacing herself to swim a PB. She also won most of the after-meet raffle, justly so as it was her 40th birthday that week.

A week earlier at Leisurepark's 800/400 meet Carol-Ann broke State age records for 800m freestyle and 400m butterfly.

With people on holidays and family commitments, Carine numbers were down for the Golden Groper State Relay carnival. But we came in 11th—and happy. Well done to all participants.



Left to right: Rachel, Carol-Ann and David at Somerset—well done and congratulations to all three.

SOMEONE SAID ...

Dean and Lauren Cox welcomed Daniel Jacob at the beginning of August. Congratulations to you both, to young Michael, and to grandmother Kay. Margaret Roffman is in hospital after surgery. Love and best wishes to you Margaret. Get better quickly—we miss you already.

SWIMMING CONTINUES

It may be off-season, but swimming in the rain is OK—in fact it's lovely. If you are yet to be convinced, Wednesday night training sessions are definitely indoor events and all are welcome: 7pm,

HAPPY BIRTHDAY FOR AUGUST TO RACHEL WRIGHT
Best wishes for your special day and for the year ahead.



Craigie Leisure Centre. Rachel and Carol-Ann would be happy to hear from members interested in a swim during school hours. Currently they meet on Monday afternoons around 1.15pm, family commitments permitting. Contact at carinemasters@gmail.com.

AUSTRALIA DAY SWIM

Planning continues. Please remember we need volunteers on the day from 6am until about 10.30am. It really is worthwhile being there to enjoy the day. That's Sunday, 26 January 2014.

VORGEE MILLION METRES AWARDS

Here's a challenge that involves no more effort than keeping a record of your usual swimming week. Sponsored by Vorgee, Million Metres Awards encourage growing fitness and are available to all Masters swimmers. If you're interested in participating, simply download a record sheet [here](#), start recording distances you swim, and work towards your reward: a Certificate, a very nice polo shirt, pride in a challenge met—and something to brag about.

CALENDAR OF EVENTS

Sun 24 Nov Tuart College (sc) Tuart Hill

NEXT MEETING

12 Dumbarton Loop Kinross, 7pm, Monday September September 16. Please send agenda items to carinemasters@gmail.com. All members welcome.

CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Training night: Wednesday 7:00pm to 8:00pm, 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: Carol-Ann Infante
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.