



Fitness, Friendship
& Fun

Carine Masters Swming NEWSLETTER

July 2013

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



Carine Masters,
sponsored by:



SAUSAGE SIZZLE

Congratulations to everyone involved in making our sausage sizzle at Bunnings such a fabulous success. It was a great day, with great people, and all of us busy and happy.

Food buyers, set-up people, chefs, spruikers and money collectors: never has there been a better conga-line of cooperation in pursuit of incredible public demand. We sold close to 1000 sausages and buns, 24kg of onions, 10 litres of condiments and countless cans of cool drink. Our profits stand at \$1730.

Thank you to all our volunteers (including family members), supporters (who bought many a sausage in a bun) and providers of sustenance (the home made rocky road was yummy).



David Laws, Lois Fleming, David Davies, Kay Cox, Kathleen Haughey, Rachel Wright.

LEFTOVERS

Some of us may not be ready yet to embrace another sausage, but Lois Fleming has taken our surplus sausages home to her freezer and we feel a club function coming on. Be on the alert: we're thinking October, before the new swimming season begins.

AND SO TO AUSTRALIA DAY SWIM PLANNING

This is a huge undertaking and another fabulous event, made possible once again by volunteers. Our co-ordinator this year is Kerry Hodson (ie me) and I really am relying on everyone's support to make this the great event it has always been, and deserves to be again in 2014.

We have a committee of willing organisers, and there is always room for more. We will soon begin canvassing for sponsors. If you or anyone you know is able to provide sponsorship (clothing/service vouchers, merchandise) email carinemas-ters@gmail.com, or phone Kerry on 0438565086.

OPEN WATER SWIMMING NORTHERN IRELAND

For Marcel Haughey, a recent trip home to visit family in Ireland included a 1.5km swim between two islands in Lough Neagh, a freshwater lake with historic and pre-historic heritage close to the town of Lurgan, County Armagh, where Marcel and his wife Kathleen were born. The photo below shows Marcel and his brother Adrian after their swim—which was more of a feat than you might think. The water temperature was 5 degrees!



Marcel (left) and Adrian, with Lough Neagh in the background.

PRES PRATTLE

This month we remember a *Carine founder Frank Mongan*, who died recently. A quiet achiever and "ideas" person, Frank leaves an enormous legacy, not just for Carine but for WA Masters swimmers. In 1977 Frank returned from a surf carnival in Sydney and told Kay Cox and Glynis McDonald—two more club founders—that a new organisation, AUSSI, welcomed women within its ranks. All three were Trigg Surf Club members, but women were supposed to stick to land duties back then. Unsurprisingly, this wasn't good enough for Kay and Glynis, so Frank suggested starting WA's first AUSSI club. Carine was born, with Kay, Glynis, Frank and a fourth member, Fred Johnson, at the helm. Frank was also a founder of Osborne Park AUSSI in 1978. Vale Frank Mongan.

CLUB CAPTAIN'S REPORT

We've enjoyed success—and ourselves—at two recent events. At Riverton, Carol-Ann (our only competitor) gained the 800 fly (LC) record. *Ed note: What a record! And congratulations Carol-Ann.*

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At Swan Hills meet, we finished 5th overall, with first places recorded by Denise Vercoe, Carol-Ann Infante, Jane Laws, James Duncan, Antonio Infante, Margaret Roffman and David Laws. All other placings were in the top three—not bad from eight swimmers.

Fortunes can change so quickly in relays, but our successes mounted. Antonio Infante made his debut for Carine with John Bell, David Laws and James Duncan, allowing us to field a men's medley relay team for the first time in a long time. They finished third in their age group, our women's medley team won their age group, as did our mixed 4x100 freestyle team.

Two long distances meets, at Leisurepark (28/7) and Somerset (4/8) are coming up. Entries should be in already for Leisurepark.

Also, do you fancy joining us at the Groper State Relay Championships at Challenge on 18 August? Please let me know.

And just keep swimming...

ON THE WEB ...

You may not ascribe to situps in a muddy quarry under night lights while being drenched with a bullworker hose, but the *Biggest Loser* is right on one count: swimming is an efficient and fun way to burn calories and get fit. "A typical swimmer burns four times as much energy as a typical runner on the same distance," the BL website tells us.

Swimming makes you happy by releasing endorphins. It works your cardiovascular system without strain to your skeletal system. And it's an efficient means of cross-training.

And the better your technique, the better the workout. Good technique reduces resistance in the water, and less resistance means you can swim longer distances without having to stop for a breather.

HAPPY BIRTHDAY FOR JULY TO: John Bell (18th), Carol-Ann Infante (31st), Craig Wynne (6th).

Best wishes for your special day and for the year ahead.



So think about joining us for our next training session: Wednesday night, 7pm, Craigie Leisure Centre. You'll feel like a million dollars because you'll achieve all of the above—and because we'll make you feel very welcome!

SWIM FOR MS

We did it. Our 'Carine Machine' completed the Swim for MS with someone in the pool throughout the day. It was a relaxed, fun atmosphere, and we all swam further than we'd anticipated or dared to expect of ourselves.

Thankyou Carine Machine for participating and sharing lap tallying duties. We raised \$720.00 for MS—and enjoyed our free massages too.

—Rachel Wright

CALENDAR OF EVENTS

Sun, 28/7, 10am-1pm: 400/800m meet, Leisurepark Centre, Balga (short course).

Sun, 4/8, 8.30am: 1500m meet, Somerset Masters, Aqualife Centre, East Vic Park (long course)

Sun, 18/8, 8.30am, State Relay Ch'ships, Challenge Stadium (short course)

NEXT MEETING

43A Somerton Rd, Karrinyup, 7pm, Monday August 12. Please send agenda items to carinemasters@gmail.com. All members welcome.

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: Carol-Ann Infante
Newsletter Editor: Kerry Hodson. Publicity Officer: Jane Laws. Coach: John Burns.

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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.