



Fitness, Friendship
& Fun

Carine Masters Swimming NEWSLETTER

October-November 2013

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



Carine Masters,
sponsored by:



WARM-UP PRE-EVENT

An article in a recent Masters Swimming Australia newsletter talked about the impact of warming up before an event. Based on research of swim warm ups prior to a 200m freestyle event, better performance can be expected the closer warm up is to the actual event.

Now it isn't always possible to be warming up just prior to an event: we are expected in the marshalling area at some point.

Here's some of the advice offered in the article. Warm up as close as possible to the event and in the same stroke and intensity as your event. That way blood, heart rate, muscles and nerves are ready.

So, with the marshalls' needs properly considered, get out of the warm up pool as late as possible and wear warm clothing over arms and legs. Keep warm!

LIVELIGHTER SUPERCLINIC

Details and a registration form were sent to you recently about this event, which will be held at Challenge Stadium in the 8-lane outdoor pool and Claremont Masters Clubroom.

It is being run for swimmers and coaches, and a great chance for extra training/tuition in areas like freestyle stroke correction and training, open water and endurance, sprint training, breaststroke and/or butterfly stroke development.

Places are limited, so if you're interested, now is the time to act. Some club members have already registered.

UPCOMING SOCIAL EVENTS

Happy Hour this Wednesday, 8pm, after training, in the café at Craigie Leisure Centre.

Sausage Sizzle this weekend: Sunday 3 November, 12 noon, barbecues at Craigie Leisure Centre.

Sausages, buns and drinks supplied until they run out. Take time out for a swim in the outdoor pool. Join your children in the water playground.

And don't forget to "slip slop slap".

Christmas buffet breakfast: At Rendezvous Scarborough, 15 December. Last year Rendezvous provided an outstanding meal. More details to come.

PRES' PRATTLE

Picnics at Lake Leschenaultia, a 45-minute trip from Perth, were part of my childhood. The freshwater lake is also the venue for Maida Vale Masters' OWS on 10 November. It's a lovely day that I won't miss: if you would like to carpool, please let me know.

You can choose a 1600m swim, or the novice 400m swim: ideal for swimmers wondering if they are fit enough to compete in Open Water Swims. [Postal and on-line entries](#) close on 7 November.

Talking OWSwims, Fremantle Ports (Masters) swim at South Beach, South Fremantle is on Saturday 14 December. This also has 400m and 1600m swims if you would like to have a go. Please consult the [Open Water Swim Calendar](#) on the Masters Swimming WA web-site for other swims – there are lots. And most important, Carine Masters major fundraiser, the Australia Day Swim, will run on Sunday, 26 January 2014. We need all our members on deck as volunteers to help get the show on the road.

CLUB CAPTAIN'S REPORT

It's been a quiet time for competitions but a new swim season is almost upon us. Beatty Park Masters are holding their meet at Tuart Hill pool on Sunday 24 November. It's a short course meet and you can choose three swims from the [program](#).

As always, send your entries to me at carineclub-captain@hotmail.com, indicating your entry times and any preferences for relays. See you there.

WELCOME:

To Mihail Stankov, who has joined our Wednesday training sessions. Happy swimming Mihail.

COACHING

We have one member working through MSWA's current coaching course and we need more if we want to increase our club training sessions: imagine having the option of more than one per week. There are other bonuses, including personal ones. For example, coaching knowledge is a great way to improve your own swimming.

Another coaching course begins mid-2014. Think about it. It's a great way to contribute to your Club.

CARINE NEWSLETTER ~ OCTOBER-NOVEMBER 2013

SOMEONE SAID ...

The Laws have another new grandson:, Ethan Arthur Laws, born 12 October. Everyone is well and happy.

Margaret Roffman has had some major surgery and is recovering well—so well she was at training two weeks later. Awesome!

Marcel Haughey broke his leg a few weeks back so has been missing—and missed—from training. He says he'll be back in the water very soon.

Rachel and Peter Wright had an eventful Telethon with son Shane performing with his dance group on the Sunday morning. Daughter Courtney was there too as a dance assistant. Well done Shane and Courtney. You were both outstanding.

Jane Laws was snapped at iFly in Singapore trying something new. Looks like fun, and Jane attests that it most definitely was.



TRAINING CONTINUES ...

... and we'd love to see you there. We have two lanes at our disposal every Wednesday evening from 7-8pm. We have a coach and we have room for everyone. If you want to improve your fitness and/or your race performance, if you want to enjoy

HAPPY BIRTHDAY FOR OCTOBER/NOVEMBER TO: Marie Stoakes (5/10), Jane Laws, (8/10), Kerry Hodson (28/11).



the company of others while taking part in the sport we all love, come along. You'll be among friends.

AUSTRALIA DAY SWIM

Your club needs you. You will shortly receive a separate request for help by volunteering your time for the Australia Day Swim, Australia Day morning at Scarborough Beach.

Everyone who has volunteered in the past will tell you they've enjoyed themselves thoroughly. Please join in—for yourself and for the rest of us. This event raises funds to keep your club functioning.

CALENDAR OF SWIM EVENTS

Sun 10 Nov, 8.30 check-in, Lake Leschenaultia swim, Chidlow, 1600m or 400m novice swim

Sun 24 Nov, gates open 8.40am, Tuart College (short course), Tuart Hill

Sat, 14 Dec, Fremantle Ports Swim, South Beach, 1600m or 400m novice swim



NEXT MEETING

43A Somerton Road Karrinyup, 7pm, Monday November 11. Please send agenda items to carine-masters@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 Masters Online](http://CarineMastersOnline.com)

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.