



Carine Masters Swimming NEWSLETTER APRIL / MAY 2014

Established in 1977, the first Masters Swimming Club in WA



Fitness, Friendship & Fun



**WISHING ALL MEMBERS A
HAPPY AND SAFE EASTER
BREAK.**

DAVE'S DIARY:

NOTES FROM YOUR PRESIDENT

We had a good carnival at Craigie, all our swimmers acquitted themselves very well and it was a good hit out for David Davies who is off to the Nationals in Rockhampton this weekend. He will be joined by Lynne Malone at the championships and we wish them well.

The State Championships are coming up on 24th & 25th of May and we would encourage you all to "have a go" and enter. Don't be put off by the fact that it is a "State Swim", it is in fact a very large inter club carnival, so come along and have a go you never know what you can do till you try.

It be nice to see a few more swimmers on Wednesday night. You are missing out on a good coaching session. We also have unofficial session on Monday and Friday morning from 8.15am to 9.30am if you can make it. We always finish off with a coffee and chat.

David Laws, President.

WESTCOAST MASTERS CARNIVAL

As David has mentioned, 7 of our members swam at this event on Sunday April 13th at Craigie Leisure Centre. We managed to field two relays which

helped boost our points to a total of 49. Congratulations to David Davies for swimming very close to his 50m Free-style record. Others to take part were Marcel Haughey, (still recovering from a troublesome ankle injury) James Duncan, David Laws, Rachel Wright, Denise Vercoe and Jane Laws. Denise was so relaxed in her 200m Free she had time to wave to her delighted grandchildren & still managed beat her nominated time!

MASTERS SWIMMING WA (MSWA) STATE CHAMPIONSHIPS

Entries for the State championships will close soon. Please get your nominated times in to Dean by email

<carineclubcaptain@hotmail.com> before 9th May. Entry fees are \$10 plus \$5.00 per swim that you enter.

Payment by EFT to Carine Masters:
BSB: 036 080 Account No: 52 5521
and note your name & State Swim.

PREPARATION FOR THE STATES SUPER CLINIC Saturday May 10th.

Remember this clinic is being held with the State Championships in mind.

Benefit from the expertise of 4 expert coaches as they take you through your paces covering the following topics:

- ⇒ Race day nutrition,
- ⇒ Race pacing
- ⇒ Effective warm ups, cool downs, & stretching on the day
- ⇒ Starts, turns & finishes (including video analysis)

The course runs for 3 hours and costs \$20. Everyone can benefit from learning more about their swimming technique. Register your interest directly to Masters Swimming WA before 28th April.

2015 AUSTRALIA DAY SWIM

The committee has decided to run the swim again next year. It will be the 25th Anniversary year, hard to imagine it has been on our calendar for so long. From the small beginnings as just a club picnic at Matilda Bay in 1991, the swim has become one of the main events on the MSAW / HBF OWS Calendar.

We need to make the swim more attractive to a larger number of participants because this year we made very little profit, all of which has been donated to Huntington's WA. So, in the hope of getting more entrants we plan to give swimmers a choice of swimming either 1km or 2km. [blueChip Timing](#) & Scarborough Surf Club have always said they can manage to do this so it is just a matter of us making it all happen by attracting the swimmers and volunteers and complying with all the necessary sanctions etc required for running such an event. We have done it before so we can do it again. Easy eh?

Please Save the Date so that you are available to assist on the day, January 26th 2015. It will arrive sooner than you think!



The next committee meeting will be held on Monday 12th May at 9 Arnott St North Beach at 7.00pm. Please send agenda items to carinemasters@gmail.com

All members welcome to attend, you do not have to be a committee member

STRONG TO THE CORE

There has been a lot spoken about lately about the importance of "core" muscles in swimming.

"One can have the strongest upper and lower body, but without a strong core we would swim like a 'flimsy noodle.'"

So said Hannah Caldas who was ranked as the fastest masters female swimmer in the world over 30 by FINA in the 50 and 100m Freestyle in 2011.

Just another reason to come along on Wednesday nights for the stretching session held by Kerry at 6.45pm prior to swimming. Kerry will give you some simple ways of finding and strengthening those important muscles.

THOUGHT FOR THE DAY:

"Adopting the right attitude can convert a negative stress into a positive one." -Hans Selye

BEST WISHES

To Lois Fleming who will be having a full knee replacement later this month. We wish you a speedy recovery Lois and look forward to seeing you back in the pool.

HAPPY HOUR:

Wednesday 30th April

We always stay after swimming for a cuppa and a chat on the last Wednesday of every month so please join us and get to know your fellow members a little better.

CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays 8.15am, outdoor pool for training; Wednesday 6:45pm to 8.00pm, indoor pool, coaching.

POSTAL ADDRESS:

PO Box 2468 Warwick WA 6924

THE NEW COMMITTEE FOR 2014:

President: David Laws. Secretary: Jane Laws Treasurer: Rachel Wright; Vice President: Margaret Roffman. Club Captain: Dean Cox. Newsletter Editor, April / May Edition: Jane Laws. Publicity Officer: Jane Laws. Coach: Kerry Hodson / John Burns. Committee Members: Marie Stoakes & Martin Smith Club Patron: Dr Kay Cox .

[Carine Masters 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