



Carine Masters Swimming

NEWSLETTER MARCH / APRIL 2014

Established in 1977, the first Masters Swimming Club in WA



DAVE'S DIARY: NOTES FROM YOUR PRESIDENT

As your new President firstly I want to thank Margaret Roffman for holding the position of Club President for the past five years. Margaret has done an excellent job and kept the club running during some difficult times since the loss of our pool at Carine in 2008. .

Australia Day 2014 has come and gone. The event was again conducted in an efficient manner, thanks to Kerry Hodson's leadership as Event Coordinator and the many volunteers. Club members, families, friends and for the first time students from ECU gave up their time to help. We need that support to make a success of the annual event. Many of the 281 swimmers said they enjoyed the challenge of the choppy seas. We were able to make \$833 after all expenses were covered. We added that to the \$170 donated by swimmers as part of their registration process and have donated \$1000 to Huntington's WA. Our club is in a sound financial position and we can afford to support this worthy organisation. They are generous in their support for the event providing free publicity in their newsletter and donating a number of items for prizes.

Best wishes to Lynne Malone and David Davies who will be competing in the 2014 National Championships to be held in Rockhampton, Queensland in April . We wish you happy and safe travels and great swimming.

On a sad note, Kerry Hodson has decided to leave Carine and join a larger Masters Club. However, she has generously offered to continue her Wednesday evening coaching sessions with Carine until the end of September. We really appreciate her offer and wish Kerry all the very best for the future. *David Laws, President*

LiveLighter Club Carnivals (LLCC)

⇒ NEWMAN CHURCHLANDS

Congratulations to David Davies who swam a state record in 50 Freestyle. Others attending were James Duncan, Margaret Roffman and Marie Stoakes. That is probably our smallest field of competitors in the Newman Carnival for many years. However, they excelled themselves and earned 21 points and all won raffle prizes!

⇒ BEATTY PARK TWILIGHT MEET

Margaret Roffman, David Davies, James Duncan and John Bell attended the event which is a new concept of an early evening meet with all swims being just 50 metres. All enjoyed the new format.

⇒ WESTCOAST MASTERS LLCC

The next LLCC event is on Sunday April 13th at Craigie Leisure Centre. Warm up at 8.15am and start time is 9.00am. Events include 200m Free or Individual Medley plus 50m in all strokes and 50m mixed relays. Everyone can manage at least a 50m freestyle so please get your entries in to Club Captain Dean Cox by Thursday 3rd April via carineclubcaptain@hotmail.com The entry form was sent to you earlier. If you need another copy send a request to: carinemasters@gmail.com

⇒ MASTERS SWIMMING WA (MSWA) 2014 STATE OPEN WATER SWIM

David Laws returned from a cruise to New Zealand and a day later competed in the 2000m State OWS at Coogee. The field of 243 swimmers relished the calm conditions and reported sightings of starfish and other small sea creatures. The event can be swum as 1000m or 2000m and is only open to Masters Swimming members. David enjoyed his swim and was very pleased with his time of 45 minutes.

ALBANY HARBOUR OPEN WATER SWIM

This event is traditionally held on Easter Saturday, which is 19th April this year. The swim can be done as a solo, duo or team of four. The swim starts at the Princess Royal Sailing Club and finishes at the Albany Entertainment Centre.

For all the details go to

www.albanymastersswimming.org.au/theharbourswim You could make it a complete weekend of swimming and do the Denmark Ocean Classic on Easter Sunday.

STATE CHAMPIONSHIPS PREPARATION SUPER CLINIC

SATURDAY 10th May 2014 from 1.00pm to 4.00pm. Those who attended a similar clinic in November last year claimed to have gained many benefits from attending. Complete the Registration form and send with payment to MSWA.

Copy to be found in the March 21st MSWA "eAlert" sent to you on 22nd March. If you need another copy, please email:

<carinemasters@gmail.com> The clinic will prepare you for competition in pool events.

AREAS OF FOCUS WILL BE:

- ⇒ War-up, cool-downs & stretching
- ⇒ Race day nutrition
- ⇒ Race pacing
- ⇒ Starts, turns & finishes with video analysis.

It sounds like something everyone should do, even if not entering the State Championships. Cost is \$20 plus pool entry fee. You will need to take sunscreen, water bottle & warm clothing, oh and bathers, cap & goggles of course!

LiveLighter 2014 State Championships

Challenge Stadium, Mt Claremont. 24th/25th May 2014. Entries close 9th May.

You will find all the information on the 2014 State Championships flyer contained in the MSWA 21st March "eAlert" referred to above. Again, if you

need another copy, please email the club via <carinemasters@gmail.com>

MISSING YOU

A number of our members have been out of action and missing from training for various reasons over the past few weeks. For those you who have not been well, we wish you a speedy recovery. Those who are involved in other activities, we look forward to your return to our regular Wednesday evening coaching sessions.

Some members have been away on holidays. Cruising seems to be popular as David and Jane Laws, Lois Fleming and Maureen Faithfull have all been cruising to New Zealand recently. If you are on holiday we wish you happy times and a safe return. When you are away, let us know so we know you are OK.

NEW MEMBER!

A big welcome to our latest new member Shannon Laws. Name sound familiar? Yes Shannon is David & Jane's daughter-in-law. We hope you enjoy your swimming sessions with Carine Shannon and all the benefits gained from regular swimming with like minded people.

COACH'S CORNER from Kerry Hodson

"The experienced swimmer, when in the water, may be classed among the happiest of mortals in the happiest of moods, and in the most complete enjoyment of the happiest of exercises." This was the view of William Wilson, a pioneer swim coach, journalist and author in 1883 of "

The Swim Instructor", one of the first manuals to discuss the science of swim stroke efficiency, training, racing turns and water safety. Many of his ideas have no doubt been revised but he's worth reading about on [Wikipedia](http://en.wikipedia.org/wiki/William_Wilson).

Perhaps Wilson was unaware in 1883 that the happiness he ascribed to swimming involves the release of endorphins. It is also thought that the rhythms of swimming (muscle contraction, muscle

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stretch, breath control) and its meditative aspects create the same relaxation response that occurs during a yoga session.

Add to these the joy of swimming alongside equally relaxed and happy friends and you have the best reasons to continue being part of our Wednesday night training sessions. And if you haven't been along for a while, you can be sure my aim, in line with William Wilson's expectation, is to make sure you have a happy time.

BRAVE TO SHAVE!

Recently Marie Stoakes took up the challenge to have all her hair shaved off for the Great Shave in support of the Leukaemia Foundation. Marie's lovely, long, thick hair was saved and she donated it to a wigmaker for someone who has lost their hair due to chemotherapy. What a great idea and congratulations to Marie for being brave enough to take on the challenge. Marie raised over \$500 which is a fantastic effort. Congratulations from all at Carine, Marie



Marie, before, during and after the Great Shave

The next committee meeting will be held on Monday 14th April at 5 Short 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



CONGRATULATIONS & BEST WISHES TO YOU ALL:

David Davies	23rd March
Madeline Erskine	28th March
James Duncan	30th March
Vanessa Holman	16th April



More photos: On the left, David Laws before and after the State Open Water Swim at Coogee. And on the right, Oh dear! Guess who? St Patrick's Day fun aboard the Sun Princess in the Tasman Sea

HAPPY HOUR: This Wednesday evening:

As usual we will linger a little in the café after swimming on Wednesday for a coffee and a chat. It's a good opportunity to get to know other members and catch up on the latest news. Even if you don't swim, you are most welcome to join us at about 8.00pm.

BE INSPIRED!

Sprightly Eli Kitay (90-94 age group) & member of Beatty Park Masters swam the 2km State OWS on Saturday. He is a wonderful ambassador for swimming as is our own 'media star' Richard Hartley! I hope you managed to see Richard recently on Channel 7 in a tribute to Sensational Seniors.

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, March / April 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