



# Carine Masters Swimming

## NEWSLETTER SPECIAL EASTER EDITION 2015

Established in 1977, the first Masters Swimming Club in WA



Fitness, Friendship & Fun

### EASTER GREETINGS

### TO ALL MEMBERS

Easter is the only time when you can put all your eggs in one basket and get away with it.

**HAVE A SAFE AND HAPPY HOLIDAY**

### PRESIDENT'S MESSAGE

The All Clubs Challenge was conducted over the weekend at HBF Stadium using the short course format. This enabled the sprinters amongst us to demonstrate their skills and speed and so they did. We had a good attendance from Club members and together, managed to come 11th out of 26 Clubs who competed. I am reliably informed that the Meet Referee ended up with RSI from signing so many State and National record forms.

A special mention must be made of Bianca Galipo who won the Have a Go News award. Congratulations to all those who competed and thanks to all who helped with the various aspects of officiating.

*David Davies, President*

### STATE OWS



Tim Powell and Ross O'Donoghue both competed in the State Open Water Swim on Saturday 22nd March. Tim finished third overall in the 1km event and Ross swam the 2km in 44mins.

Both were very happy with their results,

Ross endured very choppy conditions on the home run. Focussing on a bacon and egg roll for breakfast kept him going! Congratulations to both Tim & Ross.

### LIVELIGHTER ALL CLUB CHALLENGE

**Saturday & Sunday 28th & 29th March**

As mentioned by David, our little club did really well at the All Clubs Challenge on the weekend. We scored a total of 408 points which is impressive as we only had a team of 10. What David didn't mention is that both he and Lynne Malone went home with State Records which will still have to be ratified by MSA before they are official. Lynne set three records in the butterfly events, the 25m, 50m and 100m & that is not her preferred stroke as she would

prefer to swim breaststroke. Lynne's unofficial times are 21.36 in 25m; 48.65 in 50m & 1.57.49 in the 100m events. David excelled again in Freestyle. His unofficial times are 25m in 14.97 secs and 32.80 secs for the 50m Free! Congratulations to you both! Our other swimmers were Bianca Galipo, Lois Fleming, Carol-Ann Infante, Denise Vercoe, Jane & David Laws, John Bell & Tim Powell.



State Record holders, Lynne Malone & David Davies.



Bianca Galipo with her 'Have-a Go News' encouragement award of a lovely towel.. A well deserved award



David wearing his new t-shirt with the certificate.

### OUR 2 MILLION METRE MAN!

David Davies recently collected his Certificate and T-Shirt celebrating his achievement in reaching his Vorgee 2 Million Metre Award. David is now well on his way to his 3rd million Metre Award, as is David Laws. You could join the two David's by keeping a tally of all the laps you swim. You would be surprised how quickly they mount up and it gives you a reason to swim a few extra laps each time.

### MELVILLE LIVELIGHTER CLUB CHALLENGE

This is our next official swim meet and it will be held on the 3rd May at Melville Aquatic Centre.

Because David will be away, all entries will need to be sent to Carol-Ann Infante via email to:

<carineclubcaptain@gmail.com>

Please note, this is the new email address for Club Captain. The events are: 100FS; 100Fly; 50BK; 50 BRS; 50Fly, 100BK; 100BRS plus 4x50 Men & Womens Medley Relays. Send your nominated events and times to Carol-Ann as soon as you can. It would be great to see a good crowd at this meet. The Beatty Park LIVELIGHTER CLUB CHALLENGE in November is our last for the year.

# CARINE NEWSLETTER ~ EASTER 2015

A VERY HAPPY BIRTHDAY TO THOSE MEMBERS CELEBRATING IN APRIL



*Julie Eady on 1st April*  
*Allison Adriansz on 2nd April*  
*Vanessa Holman on 16th April*  
*Mads Erskine on 28th April*



## COACH'S CORNER



Happiness is a coach with swimmers who keep coming back. And when the number of swimmers in the lanes keeps increasing ... well ... lately I've definitely got a great big smile on my face. I hope you have too.

Something that will keep us all smiling is avoiding injury; and as we age that involves management. I've been reading advice from Peter Reaburn, PhD, a Masters swimmer and Associate Professor in Exercise and Sports Science from Central Queensland University. His view is that warming up enhances your training – and your race day performance. It's also just plain good for your health.

So from next week we'll be warming up on pool deck for 15 minutes before we start swimming. I hope you can be there.

*Kerry Hodson, Club Coach*

## THANK YOU

Our thanks to John Burns for stepping back into the coaching role this week whilst Kerry had some time off for personal reasons.



## VOLUNTEERING OPPORTUNITY

WADSA, (the WA Disabled Sporting Association) will be holding their Swimming Championships in September and they are looking for volunteers to act as timekeepers, basket carriers and runners and would greatly appreciate any time you may be able to spare on the day.

I will send out the application form to register via separate email. Several members have assisted at this event in the past and always enjoyed the experience. It is quite inspiring to see the enthusiasm of the swimmers and we always come away feeling uplifted.

## TRAVELLERS

Margaret has just returned from a great holiday in Sri Lanka where she had a wonderful time. It is probably off the radar for most people, however, Margaret was really impressed and would thoroughly recommend the destination.

David and I are off on a holiday that has been on our Bucket List for a while. We will visit Rio, the amazing Iguassu Falls, Lake Titicaca, Machu Picchu, the Galapagos Islands & Amazon River just to name a few. We will be away for a month.

**SOMETHING WORTH THINKING ABOUT:** *Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.* [Mark Twain](#)

## CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

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

**POSTAL ADDRESS:** PO Box 2468 Warwick WA 6924

### THE COMMITTEE FOR 2015:

President: David Davies, Vice President: Margaret Roffman, Secretary: Jane Laws, Treasurer: Rachel Wright;

Club Captain: David Laws, Newsletter Editor & Publicity Officer: Jane Laws.

Committee Members: Lois Fleming, Marie Stoakes & Martin Smith

Club Patron: Dr Kay Cox . Club Coach: Kerry Hodson.

Webmaster: Andrew Laws

**Email address:** [carinemasters@gmail.com](mailto:carinemasters@gmail.com) **Club Captain Email address:** [<carineclubcaptain@gmail.com>](mailto:carineclubcaptain@gmail.com)

**Masters Swimming WA (MSWA) - Email address:** [info@mswa.asn.au](mailto:info@mswa.asn.au)