



Carine Masters Swimming NEWSLETTER FEBRUARY 2015

Established in 1977, the first Masters Swimming Club in WA



NEWMAN CHURCHLANDS LIVELIGHTER CLUB CHALLENGE (LLCC)

This event, held on Sunday 15th February was well attended by our club with ten swimmers. We had "first timers", Tim Powell and Ross O'Donoghue. Both enjoyed the experience and hope to compete in a few more events. Our total points score was 69, very close to the host club's score and a very creditable effort by our swimmers. Only one of our members managed to score a raffle prize and that was club President, David Davies.... Congratulations on your win, not easy to come by! As well as those already mentioned our swimmers were Margaret Roffman, Carol-Ann Infante, Denise Vercoe, Lois Fleming, David Laws, James Duncan and yours truly, Jane Laws. Well done everyone.

HERE SOME BRIEF ARE THE DETAILS OF COMING EVENTS:

OPEN WATER SWIMS (OWS)

Monday 2nd March, Rockingham Beach with a choice of a 500m, 1.25km or 2.5km swims.

Sunday March 8th Coogee Jetty to Jetty Swim Thru. This swim is a great way to introduce yourself to an OWS. The water is shallow, you swim along the coast and if you want you can stop, take a breather and start again as long as you don't push off from the ocean floor. You can choose from the 750m or 1.5km distances. Entries are now open so take the plunge on this one and you will be happy you did! They do a great breakfast afterwards too. Get your entries in now.

STATE OWS

In the annual State Open Water Swim you can choose to do the 1km (non championship event) or 2km main event. It is held in relatively calm waters off Coogee Beach. This year it is on Saturday 21st March. It is a smaller OWS being open only to Masters Swimmers. You might like to give this one a go. Entries need to be sent to David via email: <carineclubcaptain@hotmail.com>

POOL EVENTS

The next pool event is the new concept of a twilight meet at Beatty Park on Friday 6th March from 7.00pm until 9.00pm. It was tried out for the

first time last year and was very popular. Officially called the LIVELIGHTER 50's MEET because it consists of only 50m events.... So you see, anyone who can swim just 50ms can enter. The event covers all swim styles, Free, Back, Breast and Butterfly and including Freestyle and Medley Relays. It will be a lot of fun so make up your mind to have a go at this one, just for the fun of it. David is collating the entries now so you need to be quick. Email him at <carineclubcaptain@hotmail.com>

LIVELIGHTER ALL CLUB CHALLENGE

Saturday & Sunday 28th & 29th March

This is a big interclub meet with clubs from all over the state competing. It is always a lot of fun and this year is a Short Course event meaning the pool is configured to be a 25 metres. It will be held at HBF (formerly Challenge) Stadium in Claremont. Being held as a two day event allows for more swimmers to take part if they have other commitments. You do not have to attend on both days if that is not possible.

You need to get your entries in to David via email to <carineclubcaptain@hotmail.com> well before the close off date of Wednesday 11th March. Everyone can enter this one because there are plenty of 25m events! Give it a go, you won't regret it!

Westcoast LLCC Saturday 18th April

Although we haven't entered this event as a club, members can still enter as a "visiting club." Several of our swimmers have indicated they would like to compete in the event so if you would like to join them, please contact Carol-Ann Infante now via this email address: <carineclubcaptain@hotmail.com> Events are: 100 BRS, 100BK, 100FS, 100Fly, 50BRS, 50BK, 50Fly 50FS & Relays.

MELVILLE LLCC

Our next official event after that is the Melville LLCC to be held on the 3rd May at Melville Aquatic Centre. More details closer to the time.



CARINE NEWSLETTER ~ FEBRUARY 2015

Club members enjoyed a well deserved sausage sizzle after the Newman Churchlands LLCC. In spite of the raffle table being weighed down with prizes we could only manage one winner this year and that was David Davies.



A VERY HAPPY BIRTHDAY TO THOSE MEMBERS CELEBRATING BIRTHDAYS IN FEBRUARY AND MARCH

FEBRUARY

David Laws on the 10th

Lois Fleming on the 27th



MARCH

Ross O'Donoghue on 17th

Club President, David Davies on 23rd

Mads Erskine on 28th

STAYING WELL HYDRATED WHEN SWIMMING

Hydration is a key element in swimming nutrition and performance. It might seem strange but you lose a lot of moisture when you swim. Your skin might be soaking wet but you can still be dehydrated on the inside. When you feel thirsty it is too late because you are quite dehydrated by then! It can cause symptoms such as tiredness, headaches, confusion and poor judgement. The signs of severe dehydration include muscle weakness, difficulty in breathing and dizziness.

Make sure you drink plenty of water before, during and after training. Water is usually all you need. Energy drinks and so called Sports drinks are not necessary.

Make sure you always bring a water bottle to training and take frequent sips during your workout. Stay hydrated and stay safe

CLUB UNIFORMS

We still have a number of club T-shirts available for sale. If you would like to purchase one, please let Margaret know.

The price is very reasonable.

T-shirts \$20 Sizes available: Small, Medium & Large

We also have two full track suits in size XL and four in XXL

A full track suit is \$50.

We have some black track pants at \$20 / pair
Medium (1 pair)

XXL (1 pair)



Join the Carine Team in a club t-shirt

Thought for February: "Just keep going.
Everybody gets better if they keep at it."

So said Ted Williams; American Baseball Manager
but we won't hold that against him!



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 COMMITTEE FOR 2014:

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

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

Coach: Kerry Hodson. Committee Members: Lois Fleming, 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