



Carine Masters Swimming NEWSLETTER JANUARY 2015

Established in 1977, the first Masters Swimming Club in WA



Fitness, Friendship & Fun

HAPPY NEW YEAR TO ALL MEMBERS

CARINE MASTERS SWIMMING~ ANNUAL GENERAL MEETING

Will be held on SUNDAY 1st FEBRUARY at 19 Balfern Court, Hamersley, commencing at 5.00pm

**** Please note this is a change from the date announced in the last newsletter.****

All committee positions will be declared vacant.

Meetings are held on the 2nd Monday of each month at 7.00pm and generally last an hour or so. Our club functions very well on minimal management. Now that we no longer have the responsibility of running the annual Australia Day Swim we have only our own needs and wants to attend to. It is worth noting that the current committee members have served for many years and would really appreciate fresh ideas to make the club more vibrant!

Positions to be considered are:

President, Secretary, Treasurer, Club Captain(s) Registrar, New Member Secretary, Minute Secretary, Newsletter Editor, Publicity Officer and committee members. Currently committee members double up on these jobs but it would be a great learning opportunity for new committee members to take on one of these jobs.

Dave's Diary

Happy New Year to all members. It has been very pleasing to see that almost all members have rejoined the club meaning that with the new members we gained at the end of 2014 we now have a total of 27 financial members which is great to see. If you are one of the few who have not got around to rejoining, can I emphasise that it is most important to do so because if you attend a club session, you are not covered by insurance should you slip or become ill when swimming. Unlikely things do happen. Jane had a very unexpected event at a pool where she injured her heel and was out of action for some time. Fortunately her medical expenses were minimal but were covered by MSWA / MSA insurance. Should anything ever happen remember, you MUST complete an incident report and obtain a witness account of the event!

With regard to committee positions, I can speak for all those on the committee and say that none of us had any

idea how to do these jobs when we took them on but there is always someone who can help and guide you. It can be interesting and give you skills you never thought you had and may lead you down some interesting pathways! Please consider being more involved in the club.

David Laws—Club President

OPEN WATER SWIMS (OWS)

The season is now well and truly under way. Several swims have been held. David Laws and Denise Vercoe entered the **Fremantle Ports Swim Thru & LiveLighter Novice Swim** with Denise choosing the shorter distance of 400m and David wishing he had! The return leg of the 1600m swim was into fairly choppy water but he completed it in a pretty good time of 41 minutes.

There more opportunities to test yourself in the open water format. These organised swims are completely safe, you have the benefit of the Surf Life Saving Helicopter checking out the ocean, surf lifesavers on paddles, IRBs and checking the ocean from the lookout towers. So, if you have always wondered what it would be like check out the HBF 2014 / 2015 Masters Swimming WA Open Water Swim Calendar on the masters Swimming WA website: mswa.asn.au/Events/-HBF-2014-15-OWS-Calendar

Here are a few that might grab your interest:



Monday 26th January, Australia Day Swim

Formerly run by Carine but this year the event will be run by Mandurah Mannas at Doddi's Beach, Halls Head. It is a 2km solo swim so it for those more experienced in the OWS format.



Saturday 31st January, 30th Annual

Cottesloe to Swanbourne Ocean Classic

Swim Thru. Distance 2.2km straight along the coast from Cottesloe to Swanbourne. This is a good swim for checking out the sea life along the shore and you only have to keep swimming in a straight line!



Sunday February 1st, the BHP Billiton

Aquatic Super Series with a choice of distances from 1.25km, 2.5km, 5km and 10 km.



Saturday February 14th Swim Thru Leighton

with a choice of 1600m or 3000m distances.



Monday 2nd March, Rockingham Beach

with a choice of a 500m, 1.25km or 2.5km

swims.

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Sunday March 8th This is the all time favourite for Carine members, the **Coogee Jetty to Jetty Swim Thru**. This swim is a great way to introduce yourself to an OWS. Even I have done it twice! 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 will be pleased you did it!



LIVELIGHTER 2015 POOL EVENTS (LLCC)

Our first interclub challenge this year is the popular Newman Churchlands event. Sunday 15th February is the date to mark in your calendar. David has sent out the entry form so please get those coming in soon. Email through to: <carineclubcaptain@gmail.com> and please include a time for each of your swims. If you have no idea then you need to get a time on a Wednesday night at training. For new members, please be assured that you DO NOT have to be some sort of swimming champion to enter! If you get timed over a distance, you will be in a heat with swimmers doing similar times. It feels fine, you will not be left swimming a lap on your own! It is only when all the results are calculated that you are compared to people in your age group. As I have been out of action for a few weeks I will put in a slower time to compensate for the lack of swimming I have been doing. Also you need only enter for the event you feel confident in, say 50m freestyle, just one lap of the pool. It will give you a feeling of confidence and achievement. There are plenty of us to

HAPPY BIRTHDAY & BEST WISHES TO THE FOLLOWING MEMBERS WHO HAVE RECENTLY OR WILL SOON CELEBRATE A BIRTHDAY:



JANUARY BIRTHDAYS:

Kay Cox on the 10th.
Margaret Roffman on the 11th
Karen Smith on the 17th
Grant Erskine on the 27th

FEBRUARY BIRTHDAYS

David Laws on the 10th
Dean Cox on the 11th
Lois Fleming on the 27th

coach you through the process of the start etc. You don't even have to dive in if you prefer not to. If you would prefer not to swim, that is quite OK, maybe you would like to come along and just cheer for the team or get involved with time keeping. This is a good way to be involved and simply a matter of pressing buttons on a Stop watch. Plenty of people will help you out there too.

On **Friday March 6th**, there is the Beatty Park Liveliighter 50s twilight meet, from 7.00pm to 9.00pm. This was a very popular format held for the first time last year. Just 50m events and some relays....and a lot of fun.

The HBF Liveliighter All Clubs Challenge will be held on **March 28 / 29th**. This is a meet giving members of all clubs throughout the state the opportunity to come to Perth to for a friendly swim meet and catch up with old friends. More information in the next newsletter.

I should point out that there are other interclub events throughout the year. We were only allowed to enter three as a club. However, there is nothing to stop individual members entering an event if they wish to do so. You just need to get permission from the organising club to do so.

Thought for January **Some people drink from the fountain of knowledge, others just gargle.** *Robert Anthony PhD,*



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 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