



# CARINE MASTERS SWIMMING

## NEWSLETTER JUNE 2015



Carine Masters Swimming, established in 1977 to encourage adults to swim regularly for fitness, friendship and fun.

### FROM THE CAPTAIN'S TABLE



Many thanks to Carol-Ann Infante for filling in as club Captain while I was away on holiday.

I was a bit disappointed to hear we had only four swimmers at the [Melville Masters LiveLighter Club Challenge \(LLCC\)](#) but I know people are busy and have other commitments. Carol-Ann, David Davies, James Duncan and John Bell all had great swims earning a total of 30 points.

In April, three members went along to the [Westcoast LLCC](#), just for fun. It wasn't included on our list of events this year. Thanks to Carol-Ann, David D and Bianca Galipo for representing our club and earning a total of 23 points.

Our last meet for the year is the [Beatty Park Masters LLCC on 29th November](#). We would like to have good turnout for this friendly 'short course' event. All members should be capable of having a go in at least one 25m swim. Lunch is included in the entry fee and you may win a raffle prize! Come and enjoy the morning.

We are currently organising entries for the [Bunbury Stingers Postal Swim](#). You need to swim 400m in all of the following strokes, Free, Breast & Backstroke [during the month of June](#).

The swims can be completed at any time during June. You need a responsible person time you, not necessarily a club member. So, you can do it yourself and give me the time sheet or we can do it as a group. To do that, I need you to let me know when you are available. Results are then posted to Bunbury Stingers, hence the name "Postal Swim."

We would like to see more at training on Wednesday nights. Kerry, our coach, plans a different program each week and provides you with helpful, individual feed-back on your swimming technique. You get all this expertise at no extra cost, so don't waste the opportunity to improve your swimming.

*David Laws, Club Captain.*

Email: <carineclubcaptain@gmail.com>

### COACH'S CORNER



I went to a coaching workshop recently at which the coaches present were filmed as we swam. Then, with the help of facilitator, Kareena Preston, we analysed each other's' swimming.

The event underlined how every swimmer can swim smarter (that's code for "swim more efficiently").

Here's the thing, it's the only way we get faster, and it's the only way we insure ourselves against injury.

We are no longer youngsters with growing to do, after all. *Note: it's not that we aren't young(ish) – just not growing any more.*

Swimming smarter is the goal. So come on. It might be cold out but the water's fine. Make squad night part of your week.

*Kerry Hodson, Club Coach*

Email: <carinemasters@gmail.com>

### FROM THE EDITOR



This edition has a motivational theme. The weather has turned cold and 'hibernation' is an attractive idea, yes? Well, I hope the articles in the newsletter may give you reason to think again!

Masters Swimming WA has a new home following a disastrous fire last year in the building where the office was. They are now located at 565 Hay Street Daglish (opposite Lords) and the new phone number has been connected –**9381 3550**.

Contributions to the newsletter are always welcome.

If you would like to put "pen to paper" for the July edition, just send me an email.

*Jane Laws, Editor.*

Email: <carinemasters@gmail.com>

### ALSO IN THIS NEWSLETTER:

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Here are 12 ways that swimming helps your body, soul and mind

## Swimming



### 12 REASONS TO SWIM ALL YEAR ROUND

1. **ATTITUDE:** Boosts mental health and mood.
2. **MIND:** Replaces dead brain cells!
3. **MUSCLES:** Strengthens abdominals, arms and legs.
4. **HYPERTENSION:** Keeps blood pressure low.
5. **HEART:** Reduces risk of heart disease.
6. **DIABETES:** Maintains proper glucose levels.
7. **ASTHMA:** Builds lung power.
8. **WAISTLINE:** Burns 500 calories / hour
9. **FRAME:** Improves bone health
10. **CARTILAGE:** Reduces impact on joints.
11. **FLEXIBILITY:** Keeps muscles limber.
12. **LONGEVITY:** According to a study, reduces early death by 50%!

Thanks to Wendy Holtom, Executive Officer of Masters Swimming WA for the picture & newspaper article.

### WELCOME TO OUR NEWEST MEMBER

Jenny Banfield has just joined Carine Masters, so please say a big "Hi" to Jenny when you come along on Wednesday night. We hope you enjoy swimming with Carine, Jenny.

### SWIMMING IN WINTER! WHY SHOULD I BOTHER? READ ON, THERE ARE MANY GOOD REASONS!!!

*This article appeared in The West Australian on May 13, 2015; in the Health & Medicine Section It has been edited for this newsletter. JL, Editor*



'There is a big social aspect of being involved in a club. And I get all the exercise I need without the risk of injury.' Anne Edmondson, member of Stadium Masters

Research shows that people who are active all year round are more likely to have a positive outlook on life and there is no doubt regular exercise provides protection from a range of diseases. Finding ways to stay motivated, regardless of the weather can be a challenge but if people identify a sport or activity they love then regular, year-round activity becomes a way of life.

HBF health services consultant Max Tamaoa said, "Thanks to heated and indoor pools, there is no reason for people to pack away their bathers during the cooler months."

When you think about it, WA winters are mild compared to other places around the world. Max said water-based exercises were an effective way to increase heart rate without putting bodies, especially joints, under too much stress.

Swimming had been linked to improved physical and mental health and he said it did wonders for endurance, muscle strength and cardiovascular health and it is also one of the best forms of exercise for people with rheumatoid arthritis, osteoarthritis and asthma.

Max also said "It is never too late to introduce water sports or activities into an exercise regime. I know of people in their 40s who have taken swimming lessons for the first time, and loved it. Swimming clubs are great for meeting new people, and knowing your friends will be there makes getting out of bed, or going to an evening class, that little bit easier, especially in the middle of winter. It makes being active a social occasion, instead of a chore."

### WINTER SWIMMING WARMING TIP

Here's a terrific idea from Jenny. Wrap your towel around a heat pack before you leave for swimming and look forward to a nice warm towel to dry yourself with! Excellent idea Jenny, thanks, I did it last week and it was great!

### HAPPY HOUR "PICNIC STYLE"

Winter blues seem to be affecting everyone and the café at Craigie Leisure Centre now closes the coffee machine at 7.30pm. This restricts our choice of drinks for our end of month get-together which has been called "Happy Hour" since Carine was formed in 1977.

So, not to be thwarted out of our warm drinks at our little social gathering, last week we bought our own in thermal containers. The "prize" for best container had to go to Marie who bought along a lovely white thermal jug. Not only that, she kindly thought about extra cups and T-bags, just in case anyone had forgotten. Kerry had the "best cup", drinking from a very jazzy red patterned mug.

We sat on sofas and padded stools away from the cafe area and had a good old natter. No one bothered us and it worked out well.

Next "Happy Hour" is on June 24th. That will creep up on us very quickly. Put it in your diary now.

### BUNNING SAUSAGE SIZZLE FUND RAISER

This year we need to boost our club funds by running a sausage sizzle.

The date is AUGUST 8th and we will need as many hands on deck as possible.

#### WHY ARE WE DOING THIS?

Simply, Carine Masters pays about \$100 per month for lane hire at Craigie Leisure Centre. Members do not have to pay towards this. I know not all members swim on a Wednesday night but the lanes and the coaching are there for your benefit. The only other options are (1) to increase annual fees substantially or (2) charge those who do swim on Wednesday night extra money to cover the cost. With attendance cut by half over the last few weeks, swimmers would be paying about \$3 to \$4 above the pool entry fee. Even with "good" attendances, the extra cost would be about \$2 extra per week. You would not know how much you had to pay until the night and the cost is worked out. Not an attractive idea.

We also need to look at getting new t-shirts and club caps because our supplies are low.

Carine Masters has one of the lowest fee structures of any Masters Club in WA. To maintain this we must fund raise. For 24 years we ran the annual

Australia Day Swim, a fantastic event with all members volunteering on the day. We raised enough money on the day for the year's expenses.

However, it was 9 months hard work for the committee. In latter years, due to increased running costs, the amount raised dwindled. It was too much work for little reward.

A Bunnings Sausage Sizzle still requires all hands on deck on the day but the lead up preparations are reasonably easy.

Bunnings have strict requirements regarding dress code. Helpers must wear T-shirts, closed in shoes, long hair tied back and so on. We will need help with gathering together all the items.

For instance we require the following:  
SAUSAGES (900 to 1000) : Have to be ordered and collected from Malaga, the club buys these items.  
BBQ ROLLS: Obviously same number, ordered and collected from Canning Vale.

ONIONS: 20kgs We can save about \$60 - \$70 by slicing & freezing our own .. Boo hoo!

ANCILLARY ITEMS: Drinks, ice, napkins, gloves, sauces need to be bought. Eskies will be needed so if anyone has a large one, may we borrow it?

**The Big Question..**Have we got enough people to help with this? If not, we will have to cancel a lucrative fund raiser. Family and friends are most welcome but anyone working on the BBQ must be over 15 years of age. On the last occasion that we held one, we made around \$1700 for the club which is way above what we made on Australia Day.

We need between 3 & 5 people at Bunnings Balcatta from 7am until 5pm. A two hour shift per person would be all that is needed, provided we get the necessary numbers. It is a very busy day but heaps of fun.

Please let me know if you are available for this event. I haven't made out a roster yet. If anyone else feels like doing it, let me know that too.

#### THE BOTTOM LINE!

So please, give this some serious thought. If we don't have the people, we can't make this work and the club will have to think of other ways to fund raise. Thank you :-)

*Jane, Editor*

Email: <carimemasters@gmail.com>

# CARINE NEWSLETTER ~ JUNE 2015



**A VERY HAPPY BIRTHDAY**  
to the following members who celebrate their birthdays in June  
**June 1st Marcel Haughey**  
**June 6th Lynne Malone and Denise Vercoe**  
**June 17th Martin Smith**



## EXPO AIMED AT RECRUITING NEW MEMBERS

Thanks to the city of Joondalup, the opportunity has arisen for us to take part in a Volunteer Expo. The idea is to set up a table with information about swimming and in particular, the benefits of belonging to a club.

We have made a tentative booking for Wednesday November 25th from 1.00pm to 6.30pm at Warwick Leisure Centre.

More news about that closer to the date but if you would like to be involved for an hour or so, on the day, please let me know.

## TRAVELLERS TALES

David and I are back from an amazing adventure holiday in South America. It exceeded all our expectations. Best of all, we were able to do everything thrown at us including jet boating under waterfalls, trekking through the Amazonian jungle, Swimming in the Amazon (David only!) Lake Titicaca, climbing Machu Picchu, leaping from zodiacs in a 2 metre swell in the Galapagos Islands and so much more.

Our coach, Kerry has been to Broome and enjoyed some adventurous pursuits proving you don't have to travel overseas for adventure. She explains:



Machu Picchu, jet boating at Iguazzu Falls, an Iguana at Iquitos, Equador and David in the Amazon River, waving not drowning !

I was fine with flying to the Horizontal Falls in a seaplane, excited about riding the falls in a speedboat, nonchalant about swimming in the shark free cage. I would have been disappointed in myself not to have done the Robbie's helicopter flight - no doors or windows on that chopper - but I will not be doing it again. In this photo I'm very happy to have landed.

Happy landings!  
Kerry in the door-less  
& window-less helicopter.



**Who said this? "Being happy outside the pool means fast swimming in the pool."**

**Answer: Eric Lee Shanteau** (born October 1, 1983) is an American competition swimmer who won two gold medals as a member of winning United States relay teams at the World Championships. He was a member of the 2008 and 2012 United States Olympic teams

## 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

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