



Carine Masters Swimming NEWSLETTER OCTOBER 2016

Established in 1977, the first Masters Swimming Club in WA



Swimmers meeting in the foyer at Craigie Pool for Happy Hour. Working in a clockwise direction : Jeanette, Matt and Gavin we have from Ballajura Masters. Standing is Jon from Carine, seated is Yumi from Ballajura and then Marie, Natasha, David and John, all from Carine. Happy Hour is a bit like an indoor picnic. We BYO hot drinks and some food to share and enjoy getting to know our fellow swimmers a bit better. We look forward to seeing you there at the **next Happy Hour on Wednesday 26th October.**

SPRING?

Was I a bit optimistic saying “Welcome to Spring” in the previous newsletter? I think we will miss it altogether and be plunged straight into summer. The weather is as unpredictable as life itself!

Welcome home to Margaret who has just returned from a fantastic adventure to Moscow & St Petersburg in Russia, followed by a cruise taking in the Baltics, Ireland, Scotland and New York.

Hopefully Jon had good weather and safe cycling conditions when he took part in the Ride Around the Bay, a 200km cycling event around Port Phillip Bay in Victoria.

WEDNESDAY NIGHT TRAINING

We resume training tonight in the refurbished indoor pool. We look forward to a good roll up of swimmers keen to get back into a regular fitness regime in preparation for summer.

ALL CLUBS CHALLENGE

The annual event will be on this coming week-

end. We have a very small team of 5 swimmers competing so all the very best to Marie, Natasha, Rachel, Tim and David L. Spectators are welcome to go along and support our swimmers. Events start at 1.00pm on Saturday and 9.00am on Sunday.

LAKE LESCHENAULTIA Open Water Swim

The 30th annual swim around Lake Leschenaultia will start the LiveLighter Open Water Swim season. The event is in two parts, a short 400m course, ideal for novice swimmers to help them get used to swimming in open water. No nasties to worry about either!

The longer 1600m swim is ideal for more experienced /confident swimmers.

It is held in a very safe environment, in enclosed waters and there is a pleasant bushland view all round. It is run by Maida Vale Masters and supported by Have-a-Go News. A flyer has been sent out with all the details. The event is Open to Masters Swimming members only. Take family and friends along for a good day out in the hills and enjoy a picnic after the swim. However, please note that no pets are allowed.



HAPPY BIRTHDAY TO:

Marie on October 5th, & Jane on October 8th.

Librans are said to be: Diplomatic, Graceful, Peaceful, Idealistic & Hospitable

NEWLY ACCREDITED COACH

David Laws recently completed all his coaching training, pool deck time and a CPR course. He was presented with his Accreditation Certificate at the recent committee meeting. Congratulations David. Now all he needs is a plenty of swimmers of all abilities to work with on Wednesday evenings.



David with his Coaching Certificate.

ANNUAL GENERAL MEETING

Yes, another year is coming to an end and with it comes our Annual General Meeting (AGM). The AGM will be held on November 20th commencing at 4.00pm. The venue will be 43A Somerton St Karrinyup.

Thanks to Lois for volunteering to host the meeting. A Convening Notice, together with a Nomination Form will be sent to all members shortly. Please note that all committee positions will be declared vacant and we hope for some new faces on the committee.

We will have many things to discuss during 2017 and it is up to members to be involved with the club for it to continue successfully. For instance, next year we celebrate 40 years as the first Masters Swimming Club in WA. We may need to hold another fund raising sausage sizzle as we need to consider getting more t-shirts, perhaps with a new design as our current one is very expensive to reproduce. Lane hire is a constant expense that needs to be covered. Your input is invaluable so please think about joining the committee and making a difference.

Our meetings are held once a month on the 2nd Monday evening commencing at 7.00pm. They are quick meetings of about an hour with time for a chat over a cup of tea afterwards.

We will need to know numbers as we provide a few simple nibbles and drinks after the AGM. Please make a note of the date in your diary.



“No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.

So said American businessman, author, and philanthropist

CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays & Fridays 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 2016:

President: David Davies. Secretary: Margaret Roffman. Treasurer: Rachel Wright. Vice President: Marie Stokes. Club Captain: David Laws. Registrar: David Laws Social Director: Lois Fleming Newsletter Editor: Jane Laws Coaching: Kerry Hodson, David Laws, Committee Members: Jane Laws & John Bell 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

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