

Club News – Different Strokes - Autumn 2010

Osborne Park AUSSI Masters

A small group of our swimmers attended our first BE ACTIVE Club Challenge for the year hosted by Newman Churchlands on 31st January. What a lovely day it was at the recently renovated pool in the bush surrounds. Big thank you to our Club Captains for getting our entries in and to all of us who swam. We all did very well and the club came 2nd. Missing-from-action was Jeff Morris who injured his ankle at Australia Day's swim at Scarborough Beach. We wish Jeff a speedy recovery and good management of the crutches. We did very well in raffle prizes, with Mary, Wendy, Heather, Kerensa, Nancy & Toni collecting. Thank you Newman Churchlands Club and Masters Swimming WA for a great Carnival.

Eight of our members are off to the Nationals in Tassie, we wish them well in all their events and trust they will have lots of fun on their tripping around as well.

Several swimmers have been participating in the OWS Events with our three “girls” Nancy Cotterell, Marg Gleghorn and Pat Nicholl often taking out age group placing's. Various brave strong members participated in the Rottneest Channel Swim achieving personal goals to make it to Rotto in the required time. They were cheered off by some of their Club mates who then went on to enjoy a yummy breakfast in Cottesloe as they watched the swimmers progress from the comfort of the restaurant.

A large group of Osborne Park members enjoyed our annual Christmas Dinner and Presentation Function at Rosehill Country Club in Guildford on 13th December. Lovely venue, great food and good company.

Ossie Park Club look forward to a year of Fitness, Friendship and Fun as members of Masters Swimming WA.

Newman Churchlands AUSSI Masters

Newman Churchlands has had a great start to the year with the arrival of our new coach. We have regular coaching sessions on Monday and Wednesday evenings. Our coach has also initiated a separate half hour session before regular training, dedicated to learner adult swimmers which is receiving great support from our members who have been out of the water for a long time or who had never received formal swim training. Our annual carnival was once again well supported by all clubs who attended.

Narrogin Masters

Swimming took a more leisurely pace for most members over Summer, with a few laps at the beach and the odd training session here and there. But we are back, with training starting the week school

went back. Dedicated members have participated in numerous ocean swims, including Rotto and Busselton, and Wheatbelt triathlons including Dumbleyung and Corrigin.

Numbers at training continue to increase, with a few of the junior squad members threatening to join us. In the pool we are busy preparing for the Coogee Jetty to Jetty, the Correspondence Country Championships (congratulations to Mandurah for organising this event), with our first away pool event the Melville BACC. Here's to a good swimming year.

Belmont AUSSI Masters

'Vale Derek Unkovich'

16/12/1958 – 25/12/2009

Derek Unkovich joined Belmont AUSSI Masters Swimming Club in 2005 after a heart operation. Derek soon improved his fitness and stamina and set his sights on completing the Busselton Jetty Swim in February 2007. Derek was thrilled to achieve his goal to swim under the finishing flags to the cheers of his wife Linda and their three children. After several other Open Water Swims with his family cheer squad encouraging him along, Derek again completed the 3.6 km Busselton swim in February 2008, improving his previous time by 5 minutes.

Derek was a warm and generous member of our club, providing support and encouragement to others. An example of Derek's generosity was taking time out from his busy schedule to be a volunteer time keeper at the World Masters Swimming Championships held in Perth in June 2008.

During his brave battle with cancer, Derek's thoughts were only for others. Derek will be sadly missed by all his friends at Belmont AUSSI. Our sincere condolences go to Linda, Jesse, Sylvie and George.

Claremont Masters

Since the last issue, our Club has enjoyed two major events attracting many current and past members. On 21 November 2009, Claremont Masters celebrated its 30th birthday in style at the Royal Life Saving Society, adjacent to the 10 lane pool at Challenge.

On a balmy spring evening, 71 current and past members enjoyed drinks and finger food, while being entertained by legendary local musician Keith McDonald. Albums of archival photos, records and other memorabilia were available for attendees to browse through and reflect upon our 30 years as a happy and successful club.

Organised by our five Life Members, the function was a great success. Here's to the next 30 years!

The 2010 Xstrata Nickel Swim Thru Perth was held on 17 January 2010, with so many Gropers pitching in to make the day a great success. We were proud to again to donate full proceeds of our raffle and BBQ to the Paraplegic-Quadriplegic Association, which, together with an additional club donation, totalled \$3,000. Thanks to all members from all Masters clubs who came along and supported our flagship event.

We had many members compete in the Rottneest Swim in difficult conditions, but their guts and determination saw all Gropers who entered complete their crossings – including seven soloists.

Our next focus is the Nationals in Launceston – we have 14 Gropers making the trip and we wish them all the best!



Claremont Masters 30th Anniversary Celebrations

Whitford Masters

Wow what a great start to 2010. With the AGM held in November the new committee were a team ready and raring to go right from the start. A new position of club registrar, new lane hire fees structure and a new club name “Whitford Masters Swimming Club” are just a few things put into practise.

The first carnival for the year at Newman got together an all women relay team, the first we have had for years. Congratulations to Catherine (who managed to fit in a full triathlon before swimming), Ali (who was brought in at the last minute and did a great job) Michelle and myself (Lexie) Great effort girls. On 7 February Craigie Leisure Centre opened the new 50 metre pool with a fun day attended by Michelle, Bill, Catherine and Gary. A great day was had by all who attended with our team putting in their best efforts in the demonstration relay race. However with their 7th place I think some coaching on how to swim with a noodle is required. On the same weekend Ian Barker and Jeff did the Busselton Jetty swim. The weather was terrible, it rained all morning but the water was calm. They did an excellent time of 1hr 14min (Ian) and 1h9min (Jeff) so well done to them both. Our Aerobic swimming in the 50 metre pool has been going since Saturday 13 February. Swimming in the outdoors is very refreshing.

Westcoast Masters

Another year has started and we are already the first quarter is almost over. The AGM was held at the end of January with a new committee being elected and annual awards being given for 2009. Club Member of the Year went to Margaret Ernst, our recorder, in recognition for her fantastic work done with online registrations. Male Swimmer of 2009, went to Eric Watson for his national record in the 1500, Female Swimmer award went to Viki Shelver for her 3 medals achieved at World Masters Games in Sydney.

To date our membership has just topped the 100 mark, resulting in very busy training lanes. Our coaching roster ensures that all swimmers are kept busy and hopefully reaching their full potential in the water. We are promoting all open water and pool events to our members, with the hope of getting as many involved as possible. The Westcoast team that was invited to take part in the official opening of the Craigie outdoor pool, had a great win in the 4x100m novelty race. Well done to Eric Watson, Stephan Schaffner, Frank Van Rooyen and Grant Fawcett.

Our social calendar has started well with a great evening out in February, Mini Golf and Pizza at the Botanic Golf Gardens in Wanneroo. A great evening was had by all who attended. Our big fundraiser for the year was the Bunnings Sausage Sizzle. Yet again, member participation was superb; all shift options were covered without and begging! We look forward to some outdoor activities at Point Walter and a weekend away at Club Capricorn in Yanchep.

In the meantime, frantic training for the state open water event and rallying the troops for state championships in May.



Westcoast Masters at the opening of the new Craigie Pool

Cockburn Masters

This year's Rotto swim saw the majority of our club members participate in this great event. Apart from our teams all doing well in the trying conditions we were particularly proud of our two club members that completed solo crossings, Bevan Goodreid and Nick Wyatt. The past few months saw increased pool laps by our members along with regular early morning and afternoon ocean swims back and forth between the jetties at Coogee and Woodman Point.

The Rotto swim itself brings challenge and achievement but that is only part of the story, we found the training, the camaraderie and the encouragement for each other to be the most rewarding. Some of us exceeded or achieved our personal goals and some of us came up short on our expectations but to a person we all thrived on the preparation.

Saturday mornings still see us swimming between the jetties down at Coogee and adjourning to the café to close out the week. The next few weeks down at the café we will no doubt regale stories of tears and triumph from Rotto as well as bask in the afterglow of another successful Coogee jetty to jetty swim. So as the sun starts to come up later these days and the morning chills sharpen, we ready ourselves for autumn morning swims at Coogee, Cockburn Masters style.

Inglewood AUSSI Masters

Congratulations to Betty Jones on celebrating her 100th Birthday. Betty was inaugural member having attended the first meeting back in November 1978. I think Betty would be the first person in Australian Masters Swimming to reach this amazing milestone of becoming 100. Also having such a great success in her swimming. She broke many State and National Records over the time.

From then on Betty played a large part in the Club. She competed regularly in Club, State and National carnivals breaking State, National and World Records.

The one of the most memorable occasion was in 1985 when Betty with her team members Sheila Moiler, Gough Williams and Brian Westwood set the State, National and World record for the 280+ Mixed Freestyle Relay.

Then again in 1992 with Del Rowley, Gough Williams and Brian Westwood they set the Mixed Freestyle and Medley State, National and World record in the 320+ age group

Back in 2005 Betty while swimming in our Carnival set a world record for 50m Freestyle in the age group 95 – 99. Altogether Betty either broke or set 10 State Records and 9 World records. For all her achievements the City of Stirling gave her a Life membership at the pool.



Betty Jones celebrating her 100th Birthday with current Inglewood Members

Carine Masters

Our Australia Day swim was a resounding success with 295 swimmers taking part in the 2km swim. We were blessed with perfect conditions for the swimmers which encouraged a large number of late entries. This is one area we will look at managing better next year. We were assisted by volunteers from family members, friends and several members of Hillarys Rotary Club. Some of the funds generated by the swim were donated to the Hillarys Rotary Club's Wishing Well project that commemorates the three dolphins, Rajah, Mila and Echo who died in mysterious circumstances in 1999. With ten swimmers competing at the Newman Churchlands BACC we were very happy with our results. We had several age groups wins, our two relay teams won and we even had some raffle prizes. It was a very successful day.

We held our AGM on Sunday 28th March. Members voted to change the club name to Carine Masters Swimming (Inc).

Coaching sessions with John Burns on Wednesday nights are focussing on the forthcoming Nationals in Launceston at which seven members will compete. Following the event they will enjoy a bit of sightseeing round Tasmania.