Mandurah Masters Swimming Inc.

February 2016

President's Prattle

Congratulations to all who took part in the 2016 Australia Day Open Water Swim. What a great job of planning by Wayne and his committee, and well done Gerry and the group who set up on the beach. Also, I acknowledge the efforts of Ray and his worker bees at the clubrooms, Deb and the catering crew, the team on registration, Graham helping everywhere, Greg organising the safety support, Robyn on the water setting the course, John the extra first aid station, Ken officiating, Mike on presentations, and many others, all overseen by a tireless Wayne. The event looked good and ran smoothly, and with around 150 swimmers was a success all round. Once again it was so good to see the large number of members come down to assist. Scenes of silliness were evident in the cleanup as the buoys were encouraged flat.

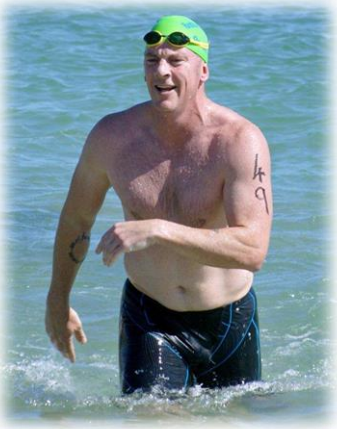
Our next big event will be the AGM at the pool on Wednesday 9th March at 7.00pm. The meeting will be followed by pizzas and a glass of celebratory juices. If you are interested in being a part of the committee get a member to nominate you, and give that to one of the present committee. The nomination form is over the page.

Once again, good luck to all swimmers and their respective support crews taking part in the Rottnest swim and the Busselton Jetty swim. The numbers at the Doddi's swims and the kilometres being swum suggest many will perform well. And don't forget the pool swims which we attend as a club. Our next is an evening 50m event at Beatty Park on 18 March. Let Captain Mike know if you are swimming in this one. Let's show how strong this club is in the pool as well as the ocean.

As summer continues, enjoy your swimming and have fun while training either in the pool or at Doddi's (or both).

Steve C

Australia Day OWS Winners



Damien Eyre (Riverton Masters)

Lyle Kildea (Rockingham Masters)

Adraan van Zyl (12 yrs old)

More phots and a summary start on page 6.

Mandurah Masters Swimming Inc.

PO Box 1307, MANDURAH WA 6210

President: Steve Crake
Telephone: 9582 9067
Secretary: Janet Duncan
Telephone: 0408 938 955

Notice of Annual General Meeting

The Annual General Meeting (AGM) of MANDURAH MASTERS SWIMMING Inc. will be held in the MARC Clubrooms on Wednesday, 9 March starting at 7.00pm.

All interested persons are invited to attend but only financial Members are entitled to vote. Non-members may be invited by the President to speak but they may not move motions.

Nominations for all offices are now called for and must be in writing. The form below may be used. Nominations must be lodged with the Club Secretary by 2 March, 2016.

Notices of Motion intended for an ordinary resolution at the AGM must be lodged with the Secretary by 29 February, 2016.

Pizzas, tea and coffee will be provided after the meeting.

Nomination – Committee for 2016

I _____ being a financial club member

do nominate _____

for the position of _____

_____
(Signature of nominator)

I am prepared to stand for the position as nominated

_____
(Signature of nominee)

Up-coming Open Water Swim Events

Here are some up-coming events in the 2015-2016 LiveLighter Open Water Swim calendar - those highlighted are hosted by a Masters Swimming WA Club. Competing in these highlighted events will automatically earn points for the 2015/2016 LiveLighter Masters Open Water Swim Series.

Day/Time	Venue	Distance
Sunday, 14 February 2016	Busselton Jetty	3.6km solo and teams
Saturday, 20 February 2016	Doddi's, Mandurah	1.25km, 2.5km, 5km
Saturday, 27 February 2016	Cottesloe to Rotto	19.7km solo, duos and teams
Sunday, 28 February 2016	Cottesloe to Rotto	19.7km solo, duos and teams
Saturday, 5 March 2016	Bunbury Swim Thru	1.6km
Sunday, 13 March 2016	Coogee Jetty to Jetty	750m, 1.5km
Saturday, 19 March 2016	Leighton to Rotto	25km Elite, 20km solo, duo and teams
Saturday, 26 March 2016	Albany	4km Solo, 2km Duo, 1km Team
Sunday, 27 March 2016	Denmark	1.6km
Saturday, 2 April 2016	Coogee State OWS	1km and 2km MSWA members only

To obtain registration details on any of the events listed above you need to get hold of a copy of the open water calendar, which is available poolside or from the Masters Swimming WA website.

Membership

New members joining this month include Ann Ferguson, Susan Price, George Mills and Jane Thomas. Tracey Davenport has re-joined following our return to Mandurah and is already swimming in a faster lane. Look out lane 6!

Welcome to all new and re-joining members. It is hoped you will gain the fitness, fun and friendship on offer. We look forward to meeting you at the pool or at Doddi's.

Up-coming Birthdays

Only three birthdays to acknowledge this edition and the girls have seized all three.

Jan Boddy deadheats with our new member, Ann Ferguson, with both celebrating a birthday 20 February. And that's all for the remainder of February.

Only three members have birthdays during March, but only one will have a birthday before the next newsletter – Annette Newcombe on 3 March.

Happy birthday to all.

Officials' Re-accreditation

Our very own Ken Phillips, in his role as Technical Education Co-ordinator of MSWA, recently organised and led the 2016 accreditation workshop for Masters Swimming WA officials. The workshop was conducted at Bold Park Aquatic on a stormy, rain-sodden afternoon. But it didn't dampen the enthusiasm of those officials attending.

Officials sat through theory and practical sessions to ensure they are up to speed with rules and the conduct of swim meets.

They're all ready for the 2016 pool competition season.

Ken is relinquishing his role after four very productive years in the Technical Education Co-ordinator role, which means that a new co-ordinator must be found. If you would like information on this valued role within MSWA, contact Ken who will happily give you all the information needed. (You don't actually have do the training, which means you do not need to be an official. It is a co-ordinator role: officials can be roped in to run the training sessions.)

And thanks Ken for performing this role. You've left it in good shape for your successor.

Doddi's

Last month included a photo of some swimmers relaxing after a swim at Doddi's. And a restrained, select group they were.

This month brings forth two photos of the Doddi's post-swim crew on on a beautiful January morning. The numbers had almost doubled to forty-four! There must be something in the water . . . or perhaps it's the post-swim coffee.

You can join in at Doddi's from 8:00am on Mondays, Wednesdays, Fridays and Saturdays. But only if there is room.

The start and finish point is opposite Dome in Halls Head. (And remember, always wear a cap and swim with a buddy.)

Don't forget to

LIVELIGHTER

Watch your portion

Also at Doddi's, but on the following evening, a similar number turned up for a sundowner – our first social get-together for the year that didn't involve swimming. As can be seen below, a good number of good people turned up to soak in the atmosphere.

Masters Swimming WA is sponsored by

On the subject of Doddi's, Ivan was lucky enough to find the attached photo and good enough to pass it on to your scribe.

The photo is of the front of Doddi's Restaurant. Perhaps, some long-time Mandurah resident may remember this gastronomic establishment and remember when and where it existed. For the moment, we should all remember that, for historical reasons (and for its correct nomenclature via the City of Mandurah website) we swim at Doddi's.

2016 Australia Day OWS

Perfect conditions greeted competitors and organisers for the 2016 Mandurah Masters Australia Day OWS. A clear sky, crystal-clear water and no bities in the water led to ideal conditions for the near 150 competitors.

The first male across the line in the 2km race, and overall winner, was Damien Eyre (Riverton Masters) while the first female to finish the 2km (and fourth overall) was Lyle Kildea (Rockingham Masters). The 1km race was won by 12-year-old Adrann van Zyl.

Here are some photos.

Oops! Tyres too hard? Where are the Max Traks?

At the Check in

Nice buns, girls

Briefing the support crew pre-race

Race headquarters

Rod Baker smiling at the finishing line

At the start

Narelle finishes with a smile

Deb's smiling as well

Rosemary smiling at the start

President Steve (I think it's a smile)

Another smiler – Erica finishes

Ken's not smiling – he's gasping!

Elizabeth Vernooy of Waikiki finishes her first 2km OWS. She's smiling (Ken, take note).

Deflating the buoys

Johnston & Johnston with that let-down feeling, post-race

Club swimmers who won their respective age groups were Jan Dunstan, Erica Thomas, Sue Johnston and Rod Baker. Congratulations to the winners and to all who took part in the swim. And a big thank you to Wayne Cable for organising the event and his many helpers on the day.

We also enjoy the assistance of Mandurah Marine Rescue Group, St John Ambulance, Mandurah Paddling Club and Surf Lifesaving WA (helicopter). These good people help make the event as safe as possible.

Club Website

Ken Phillips has been our hard-working and under-rated webmaster for ages but now he feels the time is right for someone else to take over.

Is there anyone in the club with the capabilities to take on the management of the club's website, or is willing to learn how to do it? The workload is not seen as onerous.

Please contact Ken, Des, or any of the committee members if you are interested.

2016 Pool Roster

If this is hard to read, try turning it anti-clockwise. It works! This doc is also available at http://www.mswa.asn.au/Events/2016-Pool-Events, but it doesn't look as pretty as this (and you won't have to turn it to read it). The calendar is self-explanatory, I think. Contact one of the coaches if you have any problems with it.

masters swimming WESTERN AUSTRALIA

LIVELIGHTER 2016 POOL EVENTS CALENDAR

PROUDLY SUPPORTED BY Vorgee for water

Date	Host Club	Venue	Course	Meet type	Participating Clubs (plus Host Club)	LiveLighter Club Challenge Series Meet Programs
Sun 21 Feb	Newman Churchlands	Newman College	LC	LiveLighter Club Challenge	Busselton, Carine, Claremont, Inglewood, Kwinana, Leisurepark, Maida Vale, Melville, Riverton, Stadium, Superfins, Thornlie, Whitford	200FS, 100BRS, 50Fly, 50FS, 50BK, 100Fly, 4 x 50 Womens & Mens FS Relays
Fri 18 Mar	Beatty Park	Beatty Park Leisure Centre	LC	LiveLighter 50's.	**OPEN MEET**	50FS, 50BK, 50BRS, 50Fly, 4 x 50 FS Relays
Fri-Sun 8/10 Apr	MSWA/ Bay View	St Hildas Girls School	LC	Pre-Nationals Trials/Clinic	Nationals Participants ONLY	Program TBC
Sun 17 Apr	Melville	LeisureFit Booragoon	LC	LiveLighter Club Challenge	Armadale, Beatty Park, Belmont, Bold Park, Fremantle, Leeming, Mandurah, Riverton, Somerset, Thornlie, Westcoast	100FS, 100Fly, 50BK, 50BRS, 50FS, 50Fly, 100BK, 100BRS, 4 x 50 Womens & Mens Medley Relays
21-24 Apr	Masters Victoria	Melbourne	LC	2016 National Champs	**OPEN MEET**	
Sun 1 May	Westcoast	Craigie Leisure Centre	LC	LiveLighter Club Challenge	Armadale, Beatty Park, Bold Park, Carine, Inglewood, Leisurepark, Maida Vale, Perth City, Stadium, Superfins, Swan Hills, Whitford,	100BRS, 100BK, 100FR, 100Fly, 50BRS, 50BK, 50Fly, 50FS, 4 x 50 Womens FS Relays
Sat 7 May	Thornlie	Leisureworld Thornlie	SC	Distance 400/800	**OPEN MEET**	
Sun 29 May	* Riverton	Riverton Leisureplex	LC	Distance 400/800	**OPEN MEET**	
Sat 11 June	Stadium	HBF Stadium	LC	Distance 1500	**OPEN MEET**	
Sun 19 June	Mandurah	Mandurah Aquatic Centre	SC	LiveLighter Club Challenge	Armadale, Belmont, Bunbury, Busselton, Cockburn, Fremantle, Kwinana, Melville, Rockingham, Stadium, Somerset, Thornlie, Westcoast	100FS, 100BRS, 100BK, 50Fly, 50BK, 50FS, 50BRS, 25BK, 25FR, 25BS, 25Fly, 100IM, 4 x 50 Mixed Medley and FS Relays
Sun 3 July	Swan Hills	Swan Park Aquatic Centre	SC	LiveLighter Club Challenge	Armadale, Belmont, Bold Park, Carine, Claremont, Leeming, Leisurepark, Maida Vale, Mandurah, Perth City, Riverton, Superfins, Thornlie, Whitford	200, 100, 50 and 25 all strokes (FS, BK, BRS, Fly), 4 x 25 Mixed FS and Medley Relays, 4 x 100 Mixed FS Relays NFP
Sat 23 July	Claremont	HBF Stadium	SC	2016 Groper State Relays	**OPEN MEET**	
Sun 31 July	Leisurepark	Leisurepark Balga	SC	Distance 400/800	**OPEN MEET**	
Sun 7 Aug	Somerset	Aqualife East Vic Park	LC	Distance 1500	**OPEN MEET**	
Sat 27 Aug	Maida Vale	Darling Range College	SC	Distance 1500 (400/800 TBC)	**OPEN MEET**	
Sat 10 Sept	Bunbury	SW Sports Aquatic Centre	LC	LiveLighter Skins	**OPEN MEET**	
Sun 18 Sept	Stadium	HBF Stadium	LC	LiveLighter Club Challenge	Beatty Park, Belmont, Busselton, Carine, Claremont, Inglewood, Kwinana, Maida Vale, Mandurah, Perth City, Riverton, Somerset, Superfins, Whitford	200 (choice of IM, FS, Fly, BRS or BK), 100 (choice of FS, BK, Fly or BRS), 50Fly, 50BRS, 50FS, 50BK, 4 x 100 Womens FS & Mixed Medley Relays
Sat/Sun 15-16 Oct	MSWA	HBF Stadium	LC	LiveLighter All Club Challenge	**OPEN MEET**	
Sun 30 Oct	Fremantle	Fremantle Leisure Centre	LC	LiveLighter Club Challenge	Bay View, Beatty Park, Bold Park, Claremont, Cockburn, Kwinana, Leeming, Leisurepark, Melville, Rockingham, Somerset, Swan Hills, Thornlie	200 (choice of FS, BK or BRS), 50Fly, 50FS, 50BRS, 50BK, 4 x 50 Mixed FS & Medley Relays
Tue 27 Dec	Perth City	Perth College	LC	100x100's on 100	**OPEN MEET**	

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masters swimming WESTERN AUSTRALIA

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www.mswa.asn.au
Find us on Facebook

Up-coming Pool Event

Please contact Captain Mike if you want to register for this event. We can all swim 50 metres.

Beatty Park Masters invite your members to a

LiveLighter 50's Event

to be held at

Beatty Park Pool

220 Vincent Street, North Perth on

Friday 18th March 2016

Warm up 6:15pm for a 7:00pm Start, Last Heat 9:00pm

Venue is an outdoor 50m long course pool (warm up in-door 25m pool)

EVENTS

1. 50m Backstroke
2. 50m Breaststroke
3. 50m Butterfly
4. 50m Freestyle
5. 4x50m Mixed Freestyle Relay

This event is open to all clubs. However due to the limited time available, only the first 180 competitors will be accepted into the program.

- Swimmers may participate in 3 individual events and the relay.
- Masters Swimming Australia swim Rules apply.
- All participating clubs with at least 4 swimmers will be required to provide timekeepers.

Cost of event entry is $10 per person (to cover lane hire fees and supper) payable by Bank Transfer prior to event – Beatty Park Masters bank details to be issued with TM Files.

Cost of pool entry for swimmers and spectators $3.20
Note that the cost of pool entry is in addition to the $10 event entry fee.

Pizza, desert and soft drinks will be provided afterwards.

Please process entries via Team Manager and email to beattyparkmasters@gmail.com and ensure that all participants are registered prior to accepting their entry.

If there are any problems or queries, please contact Alex Gower on: 0429 686 213

Entries close: Sunday 13th March 2016 (unless 180 entry limit reached earlier)

FINA World Championships

Following the meeting of the FINA Bureau in Budapest over the weekend, it was announced that the Japanese city of Fukuoka won the right to host the 2021 FINA World Championships and the FINA World Masters Championships. It was also announced that Doha in Qatar will host the same two competitions in 2023.

Before then, the Hungarian city of Budapest will host the 2017 FINA World Championships and FINA World Masters Championships, while Gwangju in Korea will host the two competitions in 2019.

It might be a little premature for you to enter events into your diary at this time (2023 diaries, like 2017 diaries, are not readily available). Suffice to say that these events come around every two years, which means we each have plenty of time to train and be ready for at least one of the Masters championships.

Late News!

There was some discussion following the Doddi's swim this morning (Saturday, 6 February) regarding Saturday, 20 February. On that day, when we would normally have a crew swimming up and down the course, followed by a visit to Dome for coffee and a sit 'neath the tree, someone else is conducting an open water swim – at our beach! Honestly, some people.

Anyway, it was agreed that, on that day only (20 February), we would relocate to the southern end of Avalon Beach (Wannanup). There is reportedly often a coffee van at that location. Aim for an 8 o'clock start, though it is suspected that many will be in the water long before then.

Avalon Beach commences from the Avalon Foreshore Reserve at the end of Yeedong Road in Falcon and stretches down the coast to Avalon Point in Wannanup. To assess the southern end of Avalon beachfront parking is available at two locations on Westview Parade in Port Bouvard (head south along Old Coast Road, turn right into Northport Boulevard then turn right into Westview Parade at the t-junction. Stop when you get to the ~~coffee van~~ beach).

So, remember (no, don't do that, write it down) on Saturday, 20 February we will be swimming from the southern end of Avalon Beach.

Some Useful Web Addresses

Mandurah Masters Swimming	http://mhmannas.tripod.com/
Masters Swimming WA	www.mswa.asn.au/
Masters Swimming Australia	www.mastersswimming.org.au/
United States Masters Swimming	www.usms.org/
FINA Masters	www.fina.org/
Go Swim	www.goswim.tv
Swim Smooth	http://www.swimsmooth.com/

Healthway, a major sponsor of Masters Swimming WA, asks, "Are you ready to make a healthy change? Here's a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today". Learn more (including recipes) at

www.livelighter.com.au.

Sit less. Start to LiveLighter today. Learn more at www.livelighter.com.au

The State Government through the Department of Sport and Recreation and Lotterywest is a major supporter of Masters Swimming WA. Sport and recreation builds stronger, healthier, happier and safer communities.

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Department of Sport and Recreation

lotterywest supported

vorgee for water

This is the newsletter of

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