



# Different Strokes E-News

Autumn Edition 2010

## OFFICIAL E-NEWSLETTER OF MASTERS SWIMMING WA

Hi {FIRST\_NAME}

Welcome to the first online edition of the **Official Newsletter of Masters Swimming WA - Different Strokes**. We hope you enjoy reading the most recent news regarding Masters Swimming in WA. This edition has been forwarded to Club first and second email contacts. We aim to send the next edition in June to all members once email addresses have been updated through Clubs Online. Articles/information for the Winter Edition need to be emailed to [info@mswa.asn.au](mailto:info@mswa.asn.au) by Monday 24th May.

### PRESIDENT'S PIECE

Welcome to the Autumn edition of "Different Strokes", in its revised form as E-News, and thanks once again to Carine's Jane Laws for her tremendous efforts as Editor for the past 3 years.

In an effort to make communications easier and quicker with all Clubs and its members we have done away with the paper copy of Different Strokes and now bring you this new electronic version. To our members who do not have access to computers your Club should be able to print copies for you if you wish. I hope you enjoy our first offering.

Thank to all Club delegates who attended the AGM and Council of Clubs in February. Hearing the Club reports and networking with many of you is always such a joy. The support that Clubs continue to give to the Board is fantastic.

The Rottneest Channel Crossing was a special day for many, trying conditions for the last half and then a celebration at the finish. I was pleased to notice that so many Masters Members volunteer their time to be involved in this event. Plus the dozens of swimmers who come from our Clubs, congrats to all involved.

I want to take this final opportunity to thank our out-going Board member Veronica Jeffery (Somerset), ex Director of Marketing, who worked on several projects that have made a difference to Masters Swimming. I would like to now welcome our new Board member Andrew Chiswell (Fremantle) as Director of Marketing. The entire Board is looking forward to your involvement as part of our team.

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### CONTACT DETAILS

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### SPONSORS





*Veronica Jeffery with Ivan Martinovich (MSWA President)*

Hopefully lots of our members are looking forward to the 2010 Dale

Alcock State OWS event at Coogee beach on Saturday 27th March and then after that into our short course BE ACTIVE State Swim on 1st and 2nd of May which looks like being a supercharged weekend.

Remember it is all about "Fitness, Friendship and Fun".

*Ivan Martinovich - President*

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#### **FROM THE FRONT DESK**

The first 2 months of 2010 have flown by, with lots of swimming and celebrations and more to come:

#### ***2009 BE ACTIVE Novice Ocean Swim***

This successful event was again held in conjunction with Fremantle Masters' "Fremantle Ports Swim Thru" on Saturday 12 December at South Beach. 70 participants enjoyed a safe supervised swim of 400m around the marker buoys, with a few adventurous types managing 800m and looking to enter longer distances in the future, which is the aim of the have-a-go event.



*2009 BE ACTIVE Novice Ocean Swim*

#### ***2010 FINA World Masters Championships - Sweden***

For any members keen on swimming together under 1 Club (Black Swans Club as 2nd claim membership) a meeting is scheduled for Thursday 25th March at Sports House. Anyone interested contact me via email by COB MOnday 22nd March 2010 via [info@mswa.asn.au](mailto:info@mswa.asn.au).

#### ***2010 BE ACTIVE State Swim***

#### **SUPPORTERS**



Event flyer and information sheet at [www.mswa.asn.au](http://www.mswa.asn.au) for short course event being held Saturday & Sunday 1/2 May at VenuesWest

Challenge Stadium. Entries close with Club Captains on Monday 12th April. Members can swim in up to 7 events, but 2 must be 25m (& if entering 6 events 1 must be 25m). Note that it is personal choice as to the number of events entered and fees have been set to cover event costs, which have unfortunately risen by 20% since 2009.

### **2011 National Masters Championships**

Planning is underway for this event being held in Perth from 27th April - 1st May 2011. 4 days of pool swimming will be followed by a 2km open water event in the Swan River at Crawley Bay. Check out the program via [www.mswa.asn.au](http://www.mswa.asn.au). Anyone keen on billeting members from the Eastern States please let me know, as this might be a good strategy to get more participants to WA, especially after having participated here at the 2008 FINA World Masters.

*Wendy Holtom - Executive Officer*

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### **CONGRATULATIONS**

Congratulations to all of the Clubs and Individuals who were recognised at the February Council of Clubs Meeting.

#### **Vorgee Million Metre Awards**

1 and 2 million metres - Nick Wyatt (Cockburn Masters)



*Nick Wyatt (centre) with Wendy Holtom MSWA Executive Officer and Alex Pusenjak Heart Foundation Representative*

#### **National Record Certificates**

Vic Paul - Bold Park (1)

Adrian Davini - Swan Hills (1)

#### **2009 BE ACTIVE Spring into Swimming Membership Drive Project**

Perth City - 22.6% increase

Mandurah - 11.7% increase



*Left to right - Wayne Cable (Mandurah), Alex Pusenjak (Heart Foundation), David Cummins (MSWA Life Member), Pauline Wingate (Mandurah), Allison Hass (Perth City)*

### **2009 BE ACTIVE Club Challenge Series**

Fred Johnson Award - Improvement Factor winner - Rockingham

Kay Cox Award - Improvement Factor runner-up - Armadale

Frank Mongan Award - Average Points winner - Leisurepark

David Cummins Award - Average Points runner-up - Swan Hills



*Left Photo - Charles Croft - Armadale (centre).*

*Right Photo Kaye Harvey - Leisurepark (centre). Both photos with Alex Pusenjak Heart Foundation Rep and David Cummins MSWA Life Member*

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### **OFFICIATING UPDATE**

2010 is the year of updating:

- All officials accredited prior to 2005 are required to re-accredit in 2010.
- To aid this process, plus train new officials to assist with the National Swim Championships in Perth in April 2011, a series of courses are scheduled which are listed on our website [www.mswa.asn.au](http://www.mswa.asn.au) . Refresh or rekindle your officiating role - it is a FUN element of Masters Swimming! Check it out and encourage your Club members to create an officiating team within your Club.

Officiating course outlines and registration forms are available on the [website](#). Complete registration forms and return them by the Tuesday prior to course date. Please note that additional topics have been added to the advertised courses on Saturday 24th April at AquaLife.

Swimwear continues to be a headache. The rules that came into effect on the 1st of January 2010 are for pool events only with discussion on modesty bathers listed by WA for the April National meeting.

- Open Water Swim rules are under review, in readiness for October's National meeting - for implementation Season 2010/11.
- Current Open Water Swim Rules (version Oct 09) will be used at the Dale Alcock 2000m & 1000m State Open Water event on Saturday 27th March. Refer to Race Rules OWS 5.1, 5.2 & 5.3 with regards to streamlining/drafting.
- Congratulations to Warren Cassidy who has been appointed as an **Official** at the 2010 FINA World Masters Swim in Sweden.
- To Maida Vale's Don Reynolds we wish you continued success in officiating and good luck with your move to Tasmania.

We are truly privileged in WA to have a strong dedicated team officiating!

*Jude Crawford - Technical Officer*

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#### **CLUB NEWS**

##### ***Osborne Park***

A small group of our swimmers attended our first BE ACTIVE Club Challenge for the year hosted by Newman Churchlands on 31<sup>st</sup> January.....

[To read all Club News articles in full click here](#)

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