

**From:** Masters Swimming WA [Masters\_Swimming\_WA@mail.vresp.com]  
**Sent:** Wednesday, 9 June 2010 3:12 PM  
**To:** Project Coordinator  
**Subject:** Test Message - HTML Format:Winter Different Strokes E-News

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## Winter Edition - Different Strokes Official E-Newsletter of Masters Swimming WA

Hi Member

Welcome to the second online edition of the Official Newsletter of Masters Swimming WA - Different Strokes. This email has been forwarded to all members with valid email addresses and MSWA stakeholders. A PDF version of the E-news will be available on the website. Club Contacts please print copies of this off for members without internet access. Articles/information for the Spring E-News need to be emailed to [info@mswa.asn.au](mailto:info@mswa.asn.au) by 24th September 2010.



Hi Member

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### Presidents Piece

I would like to thank and congratulate all members who swam in the 2010 Dale Alcock state open water swim at Coogee Beach in March and our 2010 BE ACTIVE State short course championships held at VenuesWest Challenge stadium last month.



The 2010 Dale Alcock State Open Water Swim was a big success with a record number of entries this year, up from 150 in 2009 to 235. Thanks to Club Captains for embracing the entry system through Team Manager and encouraging members to participate. I think the timing and location of this event is just right and is one of the reasons why support from our members is growing. To all those who swam please spread the word to your club mates and bring them along next year. Thanks to Somerset club for their wonderful organization of the event and the Coogee Beach Surf Life Saving Club for their support and venue. To all the Masters Officials, great

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work yet again on running a smooth event. It was fantastic to see our major supporter as Patron of MSWA and sponsor of the event, Dale Alcock, his wife Jan and one of his staff members swimming with us, as invited guests.

Thanks to our team of hard working officials and event organizers, our 2010 BE ACTIVE State indoor pool championships held on the weekend of 1st and 2nd of May was also a huge success. After the robust discussions about the cost of entry, and the number of events one could enter, it was very pleasing to once again see a record number of participants enjoying the Fitness, Friendship and Fun. Are our members getting faster and fitter or what! I think we had over 200 State and National records set at this meet. Combining the presentation of State annual awards at the end of the swim meet also worked well once again. With these two big events behind us now we can all go forward to supporting the up-coming BE ACTIVE Club Challenge and distance swim meets in the pool and before we know it summer will be here and ocean swimming will consume us again.

Enjoy your swimming until next time.

**Ivan Martinovich**  
**President**

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#### **From the Front Desk** **2010 Dale Alcock State OWS**

In perfect conditions 235 members participated in this annual event at Coogee Beach which was once again ably conducted by Somerset Club on behalf of MSWA. The non-championship 1km event attracted members who are not able to manage the longer event or the rough and tumble that sometimes occurs! The main event over the 2km course saw Claremont's Paul Vivers and Perth City's Allison Hass as first male and female across the line respectively. Congratulations to Claremont on winning the Team award ahead of Perth City and Westcoast, the latter winning the Team Performance award according to number of participants and members.

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

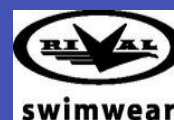
Congratulations to:

- Swimmers of the meet (Photos below)– Ian Fergus (Narrogin) and Paula Hill (Westcoast) who set 6 State/3 National and 6 State/2 National records respectively.
- Top point-scoring Club – Osborne Park, who finished just ahead of Stadium Snappers and Claremont.
- Have a Go News encouragement award winners – Liz Bettridge (Maida Vale), Lynne Power (Somerset), Jessica Baynes (Geraldton) and Brian Dowling (Stadium Snappers).
- Handicap trophy winning club – Swan Hills.
- Highest scoring country club winner – Geraldton
- Age group winners - who were presented with their "etched" wine glass at the special presentation function on 18th May (or via Clubs).
- All members who participated in a great weekend of Fitness, Friendship and Fun.

**BE ACTIVE**



**SUPPORTERS**





### Annual Awards

Nearly 200 members and friends, including Have a Go News Editor Judith Treby and Sub-Editor Jennifer Merigan (who are great supporters of Masters Swimming), attended the Annual Awards presentations which were held in conjunction with the 2010 BE ACTIVE State Swim Presentations. Congratulations to all award winners below, particularly to Judith Crawford, whose list of achievements covered 3 pages!

- 2009 Coach of Year – Elena Nesci (Claremont)
- 2009 Official of Year – Sue Pow (Osborne Park)
- 2009 State Aerobic trophy – Somerset AUSSI Masters
- 2009 Club Administration Award (McDonald Shield) – Claremont Masters
- 2010 Service to MSWA Award – Judith Crawford (Somerset)
- 2009 Country Aerobic Award – Albany Masters
- 2009/10 Dale Alcock OWS Series – overall winners: Barbara Pellick (Mandurah) and Vic Paul (Bold Park). Top point-scoring club: Fremantle Masters. Combined average points scored: Bunbury AUSSI Masters. Dale Alcock mugs and certificates were presented to age group winners.

**Full article provides information on:** The Special General Meeting, Council of Clubs, National Meeting, Coaching Course, Solo Rottneest Swim and Number Plate Program.

To read this article in full [Click Here](#)

**Wendy Holtom**  
Executive Officer

### Officiating Update

Congratulations to the team of officials who officiated the MSWA Be Active Short Course State Swim on the 1st and 2nd May 2010... the year of re-accrediting had all officials performances assessed, from Chief Timekeepers through to Event and Meet Referees. Our International Official reported "throughout the event all officials displayed a cohesive and supportive team ethic, around the roster of events, rare within officiating ranks, with rule clarity... led by example by competent Meet and Event Referees!". Thank you all for supporting me as Technical Officer and bringing the 'plan' together.

If you haven't already given me your signed 'green re-accreditation form' I will be asking for it/them (one per accreditation unit – Chief TK, Inspector of Turns, each need one).

I would like to personally recognise the efforts of

- State Swim Meet Referees – Ron Gray (Day 1) and Lynne Duncan (Day 2) – super efforts, with excellent briefings and

debriefs.

- Official of the Year 2009 MSAWA – a personal congrats to Sue Pow, also nominee for the National award. A VIP volunteer with distinction!
- Warren Cassidy – Added polish to skills at the State Swim in readiness to represent Australia as a Referee in Sweden July/August 2010. I am sure Warren will do officiating in WA proud. Enjoy the experience and bring back a report of happenings to share with us.
- Technical Course candidates – Great to see so many Clubs getting behind the Officiating program, especially those accrediting with the National event April-May 2011 in their sights. Extending the Club team to the State.

To support new club Narrogin, which has a goal to train/cross accredit their members to Masters officiating in readiness for their first BACC event in December, we are taking training courses to Narrogin the weekend of 14/15 August... Regional members are welcome to register, note there are maximum numbers per course. Don't be disappointed, see [www.mswa.asn.au](http://www.mswa.asn.au) for course outline and registration form.

Swimwear- a topic of many questions – both Pool and Open Water. The National Autumn Meeting asked the National Technical Committee to prepare for the spring meeting a Proprietary List of Masters Australia swimwear. The considerations; to be of no advantage to a swimmer (Buoyancy; Muscle support etc); to encourage those with special requirements of wear, without discrimination. The responsibility will be with the Meet Referee. Clear instruction should be available before the OWS season start.

In closing, a sincere thank you to all who had input with my receiving the Service to Masters Swimming WA Award 2010... I have been humbled by the many emails of Congrats from Clubs and Individuals – You are my motivators!

**Jude Crawford**  
**Technical Officer**

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### **Claremont's Orla Flecker Reports on Her Nationals Experience**

I've been asked to share with you my experiences of being a first timer at the National Masters Swimming Championships held in Launceston this week (April 6th-10th 2010). I'm sitting here on the plane back to Perth wondering where to start, so maybe I'll start with the trip to Launceston. School holidays and the Easter long weekend were upon us, and the Nationals loomed! That's when the trepidation set in. Had I done enough training?.....

To read this article in full [\*\*Click Here\*\*](#)

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### **Club News**

#### **Westcoast Masters**

The club hired a bus and went up to Lancelin for the day. Surfing lessons had been arranged for the brave few. Amazing how quickly the kids were able to get to the stage of standing, while there was a lot of crouching and collapsing going on amongst the older crew. Unfortunately, not many aerials or a lot of hanging ten to be seen – but heaps of fun to be had by all. It proved to be a serious workout and there were lots of weary bodies on the trip back.....



To read this and other Club News articles in full [Click Here](#)

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### Facebook

Masters Swimming WA has a Facebook page, which we will upload photos to and relevant information as another contact point. Click on the Facebook icon below to go to the MSWA page. You will need to be signed up to Facebook in order to see all the information. However we have also provided public links to the photo albums, to enable you to see photos without being a Facebook member - see links below.



[2010 BE ACTIVE State Swim Photos](#)  
[MSWA Annual Award Presentation Photos](#)

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