



Marlins e-Newsletter

PATRON : Russell Aubrey
Mayor of City of Melville

April 2008

Number 51

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

5-13 th April 2008	Port Pirie State Masters Games www.portpiriemastersgames.com
Sun 6 April 2008	Melville Aussi BACC
17-25th April 2008	World Masters Swim in Perth www.2008finamasters.org or phone 9441 8361 for more details
Sun 15 June 2008	Mandurah BACC at Mandurah Aquatic Centre
Sun 20 July 2008	Belmont/Maida Vale BACC at Belmont Oasis
23-24 th Aug 2008	State Swim – short course event at Challenge Stadium
11-18 th Oct 2008	Alice Springs Masters Games
Sat 1 st Nov 2008	Heart Swim at Challenge Stadium
Sun 16 Nov 2008	Somerset BACC at Aqualife Centre
2009	Nationals to be held in Queensland
10-18 th Oct 2009	World Masters Games in Sydney www.2009worldmasters.com (Sorrento Supa Swim has been cancelled for 2008)

MARLIN OF THE MONTH FOR FEBRUARY was Ray Mottram with 16 points! Well done Ray! Finishing equal second with a very competitive 15 points were Jaki Smith, Amanda Smith and Julie O'Connor.

Coogee Jetty to Jetty Swim

This is always a good swim. You start with a nice walk up the beach. No problems trying to work out the course - just straight down parallel to the beach, around a buoy and into the beach to finish. 12 Melville swimmers competed - Greg, Anne, Kris, Martin, Rhonda, Frank, Nancy and Pam swam the 1500m and Doug, Gordon, Noela and Teresa swam the 750m. Gordon won his age group. This was Frank's first swim thru (apart from the Rottneest Channel Swim). Breakfast as usual was great. Natalie and Noel provided the water safety for the swim, although they were spotted doing donuts, causing the surf lifesavers to fall out of their rubber ducky. Rhonda

Dale Alcock State O.W.S. Coogee

29TH MARCH

On the last dark morning before the end of daylight savings, 10 Melville Swimmers competed in the State Open Water Swim, held for the first time at Coogee Beach. Rhonda, Felicity, Amanda, Anne, Julie, Greg and Pam did the 2km swim, while Martin, Doug and Teresa did the 1km swim. Natalie was also there, but swam the other direction for free. Peter helped with officiating. The conditions were perfect - clear and flat. This swim is only open to members of Masters Swimming WA and there were just over 100 starters. Only one problem was encountered on the swim as one of the turn buoys came adrift and started heading out to sea, causing a

little confusion for those trying to go around it. Anne had an annoying man on her feet the whole way, and he pushed passed her on the finish line - don't you just hate that! Martin was very pleased to be the first Melville Swimmer to finish, even though he started 5 minutes behind us. After the swim we enjoyed fresh fruit and a hearty breakfast. Ivan did a great job as MC for the presentations. We didn't have any age group winners, but Anne won a spot prize. Felicity would have too if she hadn't left early. Rhonda

Rotto "Big Splash" 2008

Ray, Dean, Felicity and Martin, supported solo swimmers who completed the Rotto swim from Leighton Beach to Rottneest. Ray supported Trevor. The rest of us supported Mike, who swims with the "polar bears". The weather conditions were ideal with the water looking like a mirror pond a majority of the way. Dean attempted to paddle but could not keep up with the swimmer, the paddle craft was difficult to balance on. Felicity encouraged Mike by jumping in and swimming beside him some of the way, a while later Dean's swimming support followed. We cheered them over the finish line and were both elated they had completed the crossing. Well done guys!! Jaki and Felicity

XII FINA World Masters Championship 2008

17th -25th April

Good luck to all members swimming at the Perth FINA World Masters Championship. Rhonda Maloney, Peter Maloney, Evalina Paraschivoiu, Pam Walker, Doug McLean, Ivan Martinovich, Greg Hitchen, Anne Hitchen, Amanda Smith, Julie O'Connor, Stephen Park, Jane Loveday, Noela Medcalf, Gordon Medcalf, Maree Hoban and Dan Machin have nominated to swim. (Sorry if your name is not on list). Don't forget volunteers are still required so if you can spare some time please go to the following link to add your name.

http://www.doitsports.com/volunteer/jobs-by-date.tcl?event_id=179968

New from the Coach

Useful Links:

The following link gives a lot of interesting stroke information to read and put into practice.

http://swimming.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=swimming&cdn=sports&tm=74&gps=55_1610_1276_847&f=00&tt=14&bt=1&bts=1&zu=http://www.swim.ee/models/model_s.html

The Swim Smooth Universal Pace Sheet is a simple table that allows a coach or swimmer to quickly work out what a certain pace equates to over a given distance. This can be very useful for ascertaining a target time for a given set of intervals for a large group of swimmers of varying levels of ability.

<http://www.swimsmooth.com/pacesheet.htm>

Travel News

I have just experienced an unbelievably magical holiday. After 2 days of rocking and rolling in Drakes Passage the ship reached the snow and ice of Antarctica where the 102 passengers were ferried ashore for a couple of hours twice each day on zodiacs. We went close to enormous, beautifully carved icebergs and on land could marvel at the snow covered mountains, the thousands of penguins, seals and birds. We were not permitted to go closer than 5 metres of the penguins but if you sat or stood still they would approach you and peck at your boots or clothing. The fur seals looked really cute and cuddly but can give a nasty bite if you get too close. The ice was all shades of white through to bright blue and some as clear as glass. We saw some huge blocks of ice break away and fall into the sea, causing really big waves which were a little bit scary when bobbing about in a zodiac. We were snowed, hailed and rained on a couple of days - other days were nice and sunny, but still freezing cold, even with all the layers of thermals and outer gear. I highly recommend the trip to everyone - a once in a lifetime dream holiday! Cath



Nutrition Tips

Table 1 Approximate Carbohydrate Needs for Sport

Timing	Carbohydrate Intake
Before Exercise	1-2g per kg body weight about 2-3 hours before exercise
During Exercise	30-60g per hr of endurance exercise (eg 500-1000ml) sports drink per hour
After Exercise	1.0g per kg body weight soon after exercise finishes 5-7g per kg body weight during 24 hr after moderate exercise (60-90 mins workout) 7-12g per kg body weight during the 24hr after heavy exercise

Note: Women may require the lower end of the carbohydrate range given

Table 2 High Carbohydrate Meals and Snacks

Meal or Snack	Protein (g)	Fat (g)	Carbohydrate (g)
1 medium baked potato ½ cup baked beans 1.2 cup mushroom	9	1	30
200ml low-fat yoghurt	10	1	35
Fruit smoothie (made of 200ml non-fat milk + banana)	10	0	35
1 Cup breakfast cereal 150ml low-fat milk ½ cup canned fruit	11	1	55
2 slices raisin toast 2 Tbsp ricotta cheese 1 Tbsp Jam	7	5	45
45 lean ham and salad 1 bread roll 1 fresh fruit	15	3	45
1 cup spaghetti or baked beans 2 slices toast	12	3	60
2 slices toast 1 Tbsp honey 240ml Fruit Juice	6	2	55
1-1/2 cups steamed rice 1-1/2 cups stir-fried vegetables 100g lean meat	35	6	90

Source: *Gold Medal Nutrition 4th Edition, Glenn Cardwell, Published by Human Kinetics*

Melville AUSSI Be Active Club Challenge

6th April, 2008



Our interclub swim is to be held on 6 April. We need as many friends and family as possible to help out and support this event.

CHEESE AND BIKKI ROSTER

Cheese: 1 kg cut ready for serving; **Biscuits:** 3 packets

Milk: 1 x 600 ml full cream and 1 x 600 ml low fat.

(Cheese & biscuits are not required on Hearty Meal nights.)

The urn needs to be turned on before 7.30 pm - Setting 3-4.

Clean up is part of the roster including taking the tea towels home for washing and returning the following week.

Please check: Milo, tea, coffee and serviette supplies and restock if necessary.

Keep all the sales docket/tax invoices to claim money back from the Treasurer (Natalie).

Key is to be handed to the next roster person/s at the completion of clean up and lock up at the end of your roster.

Mar - July 2008

Rhonda & Peter	3 (French Food Night) & 10 April
Anne & Greg	17 & 24 April
Natalie & Carlene	1 & 8 May
Doug & Barry	15 & 22 May
Ivan & Debbie	29 May & 5 June
Marie & Evelina	12 & 19 June
Amanda & Felicity	26 & 3 July (Italian Food Night)
Sean & Ray	10 & 17 July
Michelle & Sandy	24 & 31 July

If you are unable to do the roster on the date shown, please change with another club member and mark up this roster accordingly.

Many thanks,
Social Organizer (Jaki)

AWARD NOMINATIONS FOR SERVICE TO MASTERS SWIMMING WA

Clubs members please consider nominating members for the Annual Service to Masters Swimming WA Award. We have many members out there who have worked tirelessly for Masters Swimming WA over many years, some have not yet been recognised for their efforts. Put your thinking caps on and send in those nominations by Friday 18 April 2008!

Please see attached form at end of newsletter.

JOKES

BLACK ROBBERS (A True Story)

For anyone who didn't see the episode of David Letterman's show where this story was told, read this: (And remember it's a true story...)

On a recent weekend in Atlantic City, a woman won a bucketful of quarters at a slot machine. She took a break from the slots for dinner with her husband in the hotel dining room. But first she wanted to stash the quarters in her room.

"I'll be right back and we'll go to eat" she told her husband and carried the coin-laden bucket to the elevator.

As she was about to walk into the elevator she noticed two men already aboard. Both were black. One of them was very tall and had an intimidating figure. The woman froze. Her first thought was: 'These two are going to rob me.' Her next thought was: 'Don't be a bigot, they look like perfectly nice gentlemen.' But racial stereotypes are powerful, and fear immobilized her. Avoiding eye contact, she turned around stiffly and faced the elevator doors as they closed. A second passed, and then another second, and then another.

Her fear increased! The elevator didn't move. Panic consumed her.

'My God' she thought, I'm trapped and about to be robbed! Her heart plummeted. Perspiration poured from every pore. Then one of the men said, "Hit the floor."

Instinct told her to do what they told her.

The bucket of quarters flew upwards as she threw out her arms and collapsed on the elevator floor. A shower of coins rained down on her. 'Take my money and spare me', she prayed.

More seconds passed, then she heard one of the men say politely, "Ma'am, if you'll just tell us what floor you're going to, we'll push the button."

The one who said it had a little trouble getting the words out. He was trying mightily to hold in a belly laugh.

The woman lifted her head and looked up at the two men.

They reached down to help her up.

Confused, she struggled to her feet. "When I told my friend here to hit the floor," said the average sized one, "I meant that he should hit the elevator button for our floor. I didn't mean for you to hit the floor, ma'am."

He spoke genially. He bit his lip. It was obvious he was having a hard time not laughing.

The woman thought: 'My God, what a spectacle I've made of myself.' She was too humiliated to speak.

The three of them gathered up the strewn quarters and refilled her bucket. When the elevator arrived at her floor they then insisted on walking her to her room..

She seemed a little unsteady on her feet, and they were afraid she might not make it down the corridor. At her door they bid her a good evening.

As she slipped into her room she could hear them roaring with laughter as they walked back to the elevator.

The woman brushed herself off. She pulled herself together and went downstairs for dinner with her husband.

The next morning flowers were delivered to her room; a dozen roses. Attached to EACH rose was a crisp one hundred-dollar bill. The card said: "Thanks for the best laugh we've had in years." It was signed: Eddie Murphy & Michael Jordan.

Thank-you to Cath, Rhonda and Peter, Smith Family and Gail for their contributions to the newsletter.



Michelle Lanigan
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MELVILLE AUSSI
Invites your Members
to the
2008 Be Active Club Challenge Series



Melville Aquatic Fitness Centre
Marmion St, Booragoon
Sunday 6th April 2008
Warm up at 8.10am for 8.45am Start
Pool is 50 metre indoor

Marshalling for Event 1 will commence at 8.30

EVENTS

1. 200m Backstroke , or
2. 200m Breaststroke
3. 50m Butterfly
4. 100m Freestyle
5. 50m Breaststroke
6. 50m Backstroke
7. 4 x 50m Women's Medley Relay
8. 4 x 50m Men's Medley Relay

**Swimmers may participate in three (3) events and the relay
Swimmers may swim event 1 or 2, but not both**

The following clubs have been invited to participate:

**Bold Park
Mandurah**

**Carine
Somerset**

**Fremantle
Southside Penrhos**

**Gosnells
Wesley**

**Leeming
Spearwood**

Presentation and light lunch will be held at the pool after the event

Cost of pool entry is \$4.60 Adult: \$4.15 Concession; \$1.30 Spectator payable at the pool.
A nomination fee of \$3.00 per swimmer will be charged.

Entries to be provided on the meet entry form or via Meet Manager to secretary@melvilleaussi.com
Nomination fees should be posted to:

**The Secretary
Melville AUSSI Masters Swimming Club Inc**

**PO Box 1247
Booragoon WA 6954**

Entries close Friday 28th March 2008

Entrants must be registered AUSSI Members as at Friday 28th March

All participating clubs are requested to provide timekeepers, stop watches and relay cards



2008 Service to Masters Swimming WA Award Nomination Form

There are many members who make great contributions to the management of Masters Swimming WA at club, state, national and/or international levels.

Clubs are invited to nominate a WA member (**from any club**) whose efforts have been outstanding in supporting the management (at any level) of the WA Branch. The winning nominee will be presented with their award at the Annual Awards Function.

Please provide a brief outline of the reasons for the nomination, including any club, state, national and/or international position/s held. Each club may only make one nomination.

The award recipient will be selected by the Board with regard to the following criteria.

The nominee must:

1. Be a member in good standing of a club registered with Masters Swimming Western Australia.
2. Be active in (or recently retired from) a **management**¹ role at club, state, national and/or international level.
3. Have served at least three (3) years in any/all roles relating to the nomination.
4. Have made a significant contribution to improving Masters Swimming in Western Australia.
5. Have made outstanding efforts in supporting management at any level.
6. Not be a previous recipient of this award.

Please see over for the nomination form.

¹ As distinct from Coach of the Year Award, Official of the Year Award and swimming awards.

NOMINATION FORM – AWARD FOR SERVICE TO MASTERS SWIMMING WA

Nominating Club _____

Signature _____
 Club President

Nominee _____

Date _____

1. The Nominee has been a member of Club since(year)

2. The Nominee has served Masters Swimming in the following roles, over the years:

	Role	Years
Club Level		
Branch Level		
National Level		
International Level		

3. The Nominee has made a significant contribution to the **management** of Masters Swimming in Western Australia as follows:

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**Please attach any relevant supporting documentation and forward to:
 Masters Swimming WA - PO Box 57 Claremont 6910 – by Friday 18 April 2008**