



Marlins e-Newsletter

**PATRON : Russell Aubrey
Mayor of City of Melville**

APR 2009

Number 63

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

2009

5th and 19th April

Sun 5th April

16th April

Sat 18th April

Sun 16-17 May

10-18th Oct 2009

Aerobic Swim

Melville AUSSI BACC

Guest Speaker – Preventing Shoulder Injuries

Osborne Park AUSSI Masters 400/800m Swim @ Beatty Park

Masters Be Active State Swim

World Masters Games in Sydney www.2009worldmasters.com

Marlin of the Month

**Ivan Martinovich in 1st Place with 12 Points. Congratulations Ivan!
Greg Hitchen Runner-up with equal points.**

Guest Speaker Preventing Shoulder Injuries

The Mighty Marlins has organised a Guest Speaker to keep you informed about *preventing shoulder injuries*.

Our Speaker will give you their perspective as a swimmer and as a physiotherapist.

Shoulder injuries can be problematic for a swimmer. Come and learn how to prevent them.

When: Thursday 16 April 2009

Where: Meeting room at Melville Aquatic Fitness Centre

Time: 8:00 pm

News from the Coach

There are only a couple more **open water swims** till the end of the season. I am already wearing a little neoprene!!! At the moment, I need all the protection I can get from the stingers! They are bad at Port. Reports are there are none at Coogee!

Autumn is a great time to work on **butterfly**. The pool is less crowded therefore more room for you to butterfly down the lane.

The **Wednesday Morning Masters** swimming group are swimming at 10:00 am. We are a small group wanting to improve our fitness and our technique. We would like to increase our numbers. Could you please let friends know we offer a Wednesday Morning swimming session at Melville Aquatic Fitness Centre from 10:00 - 11:00 am . We will not meet during the school holidays.

Daytime Swimming Group

Wednesday 10 – 11 am

CONTACT GAIL (Coach) FOR FURTHER DETAILS

At least 8-10 swimmers required.

REMINDER

If you use swim equipment at training can you please put away at the end of training session.

Melville AUSSI Supper 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.
(No cheese & biscuits on Hearty Meal nights)**

The urn: To be turned on before 7.30 pm. Setting 3-4.

Clean up: Includes taking the tea towels home for washing and return them the following week.

Key: Please hand to next person on roster at the completion of clean up.

Please check: Milo, Tea, Coffee and Serviette supplies and restock if necessary.

Keep all sales docket for refund from treasurer (Natalie)

FEB - JULY 09

Maree & Evelina	2 nd April (HMN) & 9 th April
Lorna & Margaret	16 th April & 23 rd April
Natalie & Carlene	30 th April & 7 th May (HMN)
Theresa & Kevin	14 th May & 21 st May
James & Sean	28 th May & 4 th June (HMN)
Pam & Julie	11 th June & 18 th June
Doug & Ray	25 th June & 2 nd July (HMN)
Kristina & Lynne	9 th July & 16 th July

If you are unable to do the roster on the date shown, please change with another person on the roster and mark up accordingly. Many Thanks. JAKI