



Marlins e-Newsletter

Patron: Katherine Jackson
Mayor City of Melville

AUGUST 2007

Number 4

MELVILLE AUSSI MASTERS SWIMMING CLUB

MARLIN OF THE MONTH FOR JUNE was Rhonda Maloney with 12 points, followed closely by Karl Ross and Peter Maloney on 10 points. Congratulations Rhonda.

COMING EVENTS

- Sat 4th Aug - Night out at Rhein-Donau Club (see below)
- Sun 19th Aug - 1,500m long course Somerset AUSSI swim (Entries close 10th Aug)
- 23-26th Aug - Mildura Masters Games a.erskine@hotkey.net.au
- Thurs 16th Aug - Shivering Shags visit to club night – plate of supper please.
- Sat 18th Aug - Swimming Officiating Course – see below
- 21st-25th Sept - Fremantle Masters Games – www.fremantlemastersgames.com.au
- 5-14th Oct - Australasian Masters Games in Adelaide www.AustralasianMasters.com
- Sun 28th Oct - Belmont Iron Oldies Fun Swim for swimmers 55 yrs & older
- Sun 25th Nov - Osborne Park Club Challenge (Keep this date free!)
- 5-13th April 2008 - Port Pirie State Masters Games www.portpiriemastersgames.com
- Easter 2008 - Nationals to be held in Melbourne
- 17-25th April 2008 - World Masters Swim in Perth www.2008finamasters.org for more details
- 2009 - Nationals to be held in Queensland
- 10-18th Oct 2009 - World Masters Games in Sydney www.2009worldmasters.com

SOCIAL OUTING – RHEIN-DONAU CLUB – Sat 4th Aug

If you want a good fun night out, come along to the Rhein-Dopnau Club in Myaree on Sat 4th Aug, from 6.30pm. Jaki and Lynne have organised this very affordable outing for us – only \$8 entry and food and drinks are available for purchase if you wish. There will be a band playing, so you can even get up and have a dance if you wish. There is a list up on the noticeboard for you to put you name on if you are interested.

CONGRATULATIONS TO SAM

At Hearty Meal night Sam McLennan was presented with a gold medal and a certificate from the Darwin National Swim. He swam in 11 events and managed to come 1st in 10 of them! Congratulations! It was great to see Sam's wife and 'Littlies' at club to cheer him on.

ANOTHER JOB FOR PETER

Peter Maloney has taken on yet another position to fill in all of his spare time. He has now been appointed Director of Development on the Masters Swimming WA Board.

NATIONAL NEWSLETTER

The latest AUSSI Masters News is available on the AUSSI National website.

SWIMMING OFFICIATING COURSE – Sat 18th Aug

A FREE course for Meet Director, Inspector of Turns, Judge of Strokes and Referee is being held at Level 1, 220 Vincent St, Leederville (Beatty Park Leisure Centre) – 8.45am to 2.30pm. on Sat 18th Aug. If you are interested, please ask me for an application form.

VOLUNTEERS FOR WORLD SWIM

Volunteers are still being sought for various tasks and roles for this event. Clubs have been asked to express interest in forming a team to help in a particular area of their choosing. If anyone has any ideas on this please raise it at club.

POOL ETIQUETTE

Consideration of other swimmers in your lane will make training enjoyable.

Some guidelines to follow:

Selecting your correct lane: Lanes are designated as slow, medium and fast. You should choose the lane that best suits your speed or ability. If you are returning from an injury or a lay-off, you may choose to swim down a lane. Speak to your coach so you can be put into the correct lane. You can change lanes depending on the type of program set for the session – sprints/distance

Arrive on time: If the training session is in progress, you should join in with what the squad is doing at the time. Always use the first few laps to warm-up –don't start at a sprint. Be aware you will be fresh and may catch up to swimmers that are usually faster than you.

Have all your pool equipment ready on the pool edge.

Bring your own drink bottle - do not share.

Listen to coach's instruction: If you do not understand, ask for instructions to be clarified. If the front swimmer is not following the set correctly, do not follow him/her – follow the coach's instruction. Keep to the set cycle - do not shorten the rest.

Entering or taking off: When entering the water, never dive, jump, or push off into an oncoming swimmer. Wait till they have made their turn before pushing off.

Pushing off: Leave a minimum of 5 seconds behind the swimmer in front. Push off under the water, not on top, to reduce the wave on oncoming swimmers.

Swimming pattern during training: You should swim in a clockwise direction (keeping the lane rope to your left). Keep close to the lane rope, not over the black line.

Passing: Slower swimmers must give way to faster swimmers. Pass on the right. Tap the foot of the swimmers in front of you before passing. If you are being overtaken move close to the lane rope. If you are being overtaken at the turn, stop, move aside and wait until the other swimmer has pushed off.

Stopping: If you need to stop, move as close to the lane rope as possible, this will give the swimmer room to turn. When stopping at the end of a set, the front swimmers should move to allow all swimmers to finish at the wall. This may mean the front swimmers need to move away from the wall.

Do not block the view of the pace clock

Put away any equipment that you used.

Thank the coach for a great session.

ACCESS CONTROL SYSTEMS AT POOL

The following are some points arising from a meeting with the pool officials and clubs using the pool.

New recreation software for MAFC to be introduced as of 3rd September 2007

This will also include access control; gates, doors, turnstyles, etc.

All current membership cards will be compatible with new access control swipes

Each of the clubs will be issued a set number of access cards for officials on designated club nights

CHEESE AND BICKIES ROSTER

Please bring: 1 kg cheese, cut ready for serving; 3 packets of appropriate biscuits; 1 x 600 ml full cream milk and 1 x 600 ml low fat milk. (Cheese & biscuits are not required on Hearty Meal nights.)

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

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.

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.

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

Period to:	Dec 27
Julie and Pam	2, 9 & 16 August
Kristina and Michelle	23 & 30 August
Maree and Jane	6 & 13 September
Noela and Gordon	20 & 27 September
Doug and Andrew	4 & 11 October
Nancy and Kelly	18 & 25 October
Beth, Natalie and Alan	1, 18 & 15 November
Larissa and Evelina	22 & 29 November
Carlene and Anne	6 & 13 December
Lynne and Cath	20 & 27 December

A JOKE FROM MARTIN

A minister was completing a Temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river." And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete he sat down.....

The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, "Shall We Gather at the River."

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