



# Marlins e-Newsletter

PATRON : Russell Aubrey  
Mayor of City of Melville

Aug 2008

Number 55

## MELVILLE AUSSI MASTERS SWIMMING CLUB

### COMING EVENTS

8<sup>th</sup> August 2008

**Thurs 21<sup>st</sup> Aug**

17<sup>th</sup> August 2008

23-24<sup>th</sup> Aug 2008

7<sup>th</sup> September 2008

21st September 2008

11-18<sup>th</sup> Oct 2008

Sat 1<sup>st</sup> Nov 2008

Sun 2<sup>nd</sup> Nov 2008

Sat 15 Nov 2008

Sun 16 Nov 2008

14 Dec 2008

Sun 21st Dec 2008

Closing Date for Challenge Stadium State Swim Entries Aug 08 – refer flier

**Shivering Shags Visit - Club Night**

Melville Aquatic - Aerobic Swim

State Swim – short course event at Challenge Stadium

Melville Aquatic - Aerobic Swim

Melville Aquatic - Aerobic Swim

Alice Springs Masters Games

Heart Swim at Challenge Stadium

Water Corporation OWS #1 Champion Lakes (1.25kn, 2.5km, 5km, 10km)

Water Corporation OWS #2 Rockingham Foreshore (1.25kn, 2.5km, 5km)

- Includes Carolyn Burke Memorial Fundraiser

Somerset BACC at Aqualife Centre

Water Corporation OWS #3 Mullaloo Beach (1.25kn, 2.5km, 5km)

BBB Swim

**Please bring a plate to share 21<sup>st</sup> August with the Shivering Shags**

2009

4 Jan 2009

24 Jan 2009

25 Jan 2009

10-18<sup>th</sup> Oct 2009

Nationals to be held in Queensland

Water Corporation OWS #4 Leighton Beach (1.25kn, 2.5km, 5km)

Water Corporation OWS #5 Day 1 Sorrento Beach (1.25kn, 5km)

Water Corporation OWS #5 Day 2 Sorrento Beach (2.25kn, 10km)

World Masters Games in Sydney [www.2009worldmasters.com](http://www.2009worldmasters.com)

**MARLIN OF THE MONTH FOR JUNE** was Ivan Martinovich with 15 points! Well done Ivan! Finishing second with 12 points was Greg Hitchen. In third place with 11 points was Felicity Smith.

#### New Members

Please welcome new members Michelle Ridsdale, Lamah Bahremand and Chad Silver. Many members already know Chad as he has been helping coach on Saturday.

#### **MEMBERSHIP DRIVE AWARD**

Maree Hoban was presented with the above award for her efforts to boost our membership numbers attending Thursday night swims. She ingeniously arranged for a group of firemen to visit the pool on the 12th June in the hope that they may decide to join our club. Keep up the good work Maree.

#### News from Broome

Noela, Gordon and Nancy have been swimming regularly with the "Broome Mudcrabs Winter Swimming Club" and Ian is Chief Volunteer Timekeeper. There is fierce competition between the two relay teams (The Camels and The Crocodiles) and great prizes every week. Our Broome correspondent reports that they are all very fit and suntanned and returning to Perth early August.  
Cheers from Noela and Gordon See you soon...

#### **AMANDA GROUNDED**

No running or cycling for Amanda for a while!! She has had treatment on her foot to help her with her running in the future but in the meanwhile she is hobbling on crutches - an uncharacteristic look for our 'Wonder Woman'.

### AGM 9th OCTOBER 2008

As you probably all know by now our AGM is going to be held in October from now on as is stated in our constitution. That means that we are looking for new blood on the committee to take up positions come 9th October. All positions will become vacant, though I'm sure a few of the present committee will re nominate - I certainly hope so anyway. We will definitely be needing some new committee members - a President, a Swim Meet Director for our BACC and a Representative to go to the Council of Club meetings to name just three. Please give some thought as to whether you could possibly take on one of these or any other position on YOUR SWIMMING CLUB COMMITTEE. We have a list of duties written up for all positions and there is always someone there to help out when needed. New committee members' means new ideas and a chance to have your say on how you think YOUR club should be run. Please have a chat to me or any other committee member about what is involved.  
Cath

### BBB SWIM

This is going to be held on Sunday 21st December this year - not the most desirable date but unfortunately the only one available to us. PLEASE make every effort to keep this day free so that you are able to swim and/or volunteer to help. As usual we will need as many helpers on the day as we can get.

Marquees are required for the BBB swim. If any member can lend one for the day please contact the Committee.

### AEROBIC SWIMS ARE YOU ON THE LIST?

Attached to the Newsletter is a list of all the members who have taken part in Aerobic swims. Some have completed the 5 swims in the 400m and 800m distances. August is the last month in which to start swimming 400m or 800m to achieve points for the Club. However, there is plenty of time to try your aerobic fitness in the longer distances.

### Belmont/Maida Vale BACC

On Sunday 20 July 2008 14 Melville swimmers went to the Belmont Oasis for an interclub swim. We came 3<sup>rd</sup> out of 8 competing Clubs with 125pts. We were well represented over all of the events. In all but a couple of the individual events we were placed third or better and we participated in six relays. Kim Low, Caz Cooke and James Debenham entered for their first BACC and we hope to see them in many more. James' wife, Sonia, saw every race from the end of the pool in a time keeper's chair. Thanks Sonia your help in this regard was very much appreciated. At the lunch after the swim we had the choice of several types of hot soup, plates of sandwiches with cake and fruit to follow. It is nice to catch up with fellow swimmers from other clubs. Pam Walker

### News from the Coach – August 2008

The Olympics are just about here.

Record the Olympics and get to **training!** Olympians are Olympians due to a few 'good genes' and a great deal of **training**.

**Training Sessions** (for would be Olympians!)

Wednesday: 7:00 pm with the PM (Peter Maloney)

Saturday: 9:00 am with Gail

**Aerobics**

First and third Sunday of the month.

Swim these longer distances to build your strength and increase fitness. During the **Training Sessions** we are unable to give you longer distances due to the numbers in the lane & the differences in speed between swimmers. Aerobics provides you with the opportunity to swim further (and faster if you like!). Even our sprinters need to do aerobic workouts.

See Pam Walker for all things to do with **Aerobics Training**.

I have been reading **Swimming Past 50** (available for loan).

"The older swimmer must train more consistently and allow more recovery time".

This month we are **training** for:

August 10 is a 1500 m long course.

August 23/24 is the BE ACTIVE State Swim.

I hope you enjoy the Olympics. I am looking forward to seeing the Men's 1500 m. How many will break the 15 minute mark? All eight? And what time will they get? Will Grant Hackett be able to better his World Record time of 2001 : 14:34:56?

Gail Bowden

## BATHERS

It seems to be time to put in an order for bathers. At this stage I am interested in finding out if there are sufficient numbers to warrant putting in an order. I have a Brochure from Nova and the prices for their bathers are \$35.75 - \$37.40 for ladies and \$22.55 - \$23.65 for men. There will be an extra cost for the 'Melville' printing. Please let me know if you are interested.  
Pam

Dear Melville Marlin Swim Club members,

I would like to express my appreciation to all members that parted with pre-loved training equipment for the development of swimming in Samoa. We are in a funny situation here in Samoa where we are surrounded by water yet or population cannot swim, we have a great swimming facility but few can afford to swim there (Average weekly wage is approx 60 Tala). I'm currently training the first full Samoan Swim Club the "Yellowfin Swim Club" which consists of young village children who we find local sponsors for to pay the 2 Tala (90cents AU) to enter the pool. Your donations of goggles and other training aids will help these children immensely. I hope one day you may have the pleasure of visiting Samoa, the pearl of the pacific and when you do can find a thriving swimming club culture.

Kind Regards

Ben Harvey  
Samoa Swimming Federation  
Australian Youth Ambassador for Development

## PROGRESSIVE DINNER

**COST: \$25.00**

**(Includes meal and transport, BYO drinks)**

**TIME: First pick up 6.00 pm Return 11pm (approx.)**

**DATE: 11<sup>TH</sup> OCTOBER  
OR  
18<sup>TH</sup> OCTOBER**

This will depend on availability of bus and homes.

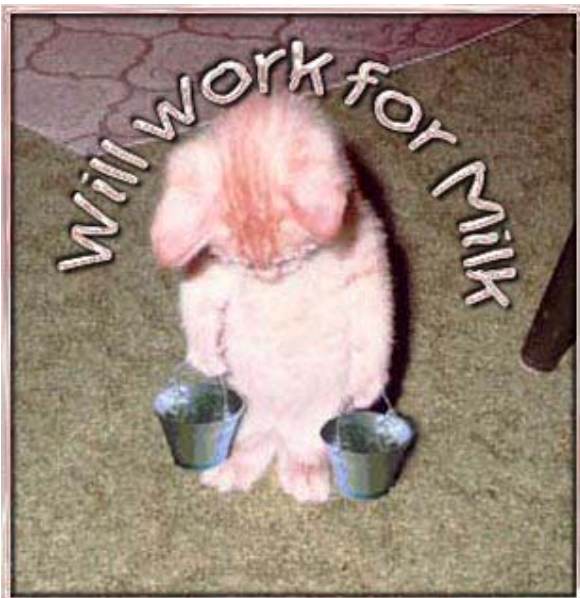
**WE NEED 25 PEOPLE and 4 HOMES BEFORE WE CAN BOOK THE BUS**

**DRESS: Favourite movie or television character (optional)**

**PLEASE ADD YOUR NAME ON THE LIST AT CLUB OR EMAIL ME IF YOU WOULD LIKE TO ATTEND.**

**WE ALSO NEED A COUPLE OF MEMBERS TO OPEN THEIR HOMES FOR THE MEAL (Everything will be provided, food, paper plates, etc.)**

**PLEASE SEE JAKI FOR DETAILS.**



### 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 dockets/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

Michelle & Sandy	24 & 31 July
Ann & Greg	7 (HMN) & 14 August
Lorna & Margaret	21 & 28 August
Kelly & Nancy	4 (HMN -Asian Food) & 11 September
David & Sarah	18 & 25 September
Theresa & Kevin	2 (HMN) & 9 October
Pam & Julie	16 & 23 October
Carlene & Natalie	30 Oct, & 5 <sup>th</sup> November (HMN-German)
Lynne & Evelina	12 & 19 November

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)

### EMAILS

A reminder if you change your email address can you advise Natalia Kirby and Michelle Lanigan.

[Natalie@kirbymarine.com.au](mailto:Natalie@kirbymarine.com.au)

### WHAT IS A GRANDPARENT?

(Taken from papers written by a class of 8-year-olds)

**Grandparents are a lady and a man who have no little children of their own. They like other people's.**

**A grandfather is a man & a grandmother is a lady!**

**Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.**

**When they take us for walks, they slow down past things like pretty leaves and caterpillars.**

**They show us and talk to us about the colours of the flowers and also why we shouldn't step on 'cracks.'**

**They don't say, 'Hurry up.'**

**Usually grandmothers are fat but not too fat to tie your shoes.**

**They wear glasses and funny underwear.**

**They can take their teeth and gums out.**

**Grandparents don't have to be smart.**

**They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'**

**When they read to us, they don't skip. They don't mind if we ask for the same story over again.**

**Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.**

**They know we should have snack time before bed time and they say prayers with us and kiss us even when we've acted bad.**

**A 6 YEAR OLD WAS ASKED WHERE HIS GRANDMA LIVED. "OH," HE SAID, " SHE LIVES AT THE AIRPORT AND WHEN WE WANT HER WE JUST GO GET HER. THEN WHEN WE'RE DONE HAVING HER VISIT, WE TAKE HER BACK TO THE AIRPORT."**

**GRANDPA IS THE SMARTEST MAN ON EARTH! HE TEACHES ME GOOD THINGS BUT I DON'T GET TO SEE HIM ENOUGH TO GET AS SMART AS HIM!**

**It's funny when they bend over, you hear gas leaks and they blame their dog.'**



There is a factory in Northern Minnesota which makes the Tickle Me Elmo toys. The toy laughs when you tickle it under the arms.

Well, Lena is hired at The Tickle Me Elmo factory and she reports for her first day promptly at 8:00 AM.

The next day at 8:45 AM there is a knock at the Personnel Manager's door. The Foreman throws open the door and begins to rant about the new employee.

He complains that she is incredibly slow and the whole line is backing up, putting the entire production line behind schedule.

The Personnel Manager decides he should see this for himself, so the 2 men march down to the factory floor. When they get there the line is so backed up that there are Tickle Me Elmo's all over the factory floor and they're really beginning to pile up.

At the end of the line stands Lena surrounded by mountains of Tickle Me Elmo's. She has a roll of plush red fabric and a huge bag of small marbles.

The 2 men watch in amazement as she cuts a little piece of fabric, wraps it around two marbles and begins to carefully sew the little package between Elmo's legs.

The Personnel Manager bursts into laughter. After several minutes of hysterics he pulls himself together and approaches Lena 'I'm sorry,' he says to her, barely able to keep a straight face, 'but I think you misunderstood the instructions I gave you yesterday...'

'Your job is to give Elmo two test tickles.'

Michelle Lanigan  
9364 6640

[lanigangjml@optusnet.com.au](mailto:lanigangjml@optusnet.com.au)

# Masters Swimming WA



2011 VE State Swim

SI 15:00 MEET



Saturday/Sunday 23/24 August 2008



**Challenge Stadium - Mt Claremont**

The 30th State Championships is Masters Swimming WA's premier event. Clubs and members are encouraged to share in the competition and fun - including **Spot prizes and Have-a-go News MIXED CLUBS Relay.**

**Members can swim a maximum of 6 individual events however this must include at least one 25m event! Enter with your Club Captain NOW.**

Saturday Competition starts @ 10.30 am

**9.30 to 10.15 am – Supervised Warm-up - Please obey Lane Signage**  
*(8.00 to 9.30 am is Unsupervised Warm-up - Please be courteous to other swimmers)*

Event	1	25m	Butterfly
Event	2	25m	Backstroke
Event	3	200m	Individual Medley
Event	4	200m	Breaststroke
Event	5	200m	Freestyle
Event	6	100m	Backstroke
Event	7	100m	Butterfly
Event	8	4 x 25m	Freestyle Relay - Mixed
Event	9	4 x 25m	Medley Relay - Women
Event	10	4 x 25m	Medley Relay - Men
Event	11	50m	Breaststroke
Event	12	50m	Butterfly
Event	13	<b><u>4 x 50m</u></b>	Have-a-go News Relay <b>FINAL</b> (no points)

*(OWS Workshop from 4.00 – 5.30 pm for relevant Clubs at WA Sports Lotteries House)*

Sunday Competition starts @ 9.00 am

**8.00 – 8.45 am – Supervised Warm-up - Please obey Lane Signage**

Event	14	25m	Freestyle
Event	15	25m	Breaststroke
Event	16	200m	Butterfly
Event	17	100m	Freestyle
Event	18	200m	Backstroke
Event	19	100m	Breaststroke
Event	20	4 x 25m	Medley Relay - Mixed
Event	21	4 x 25m	Freestyle Relay – Women
Event	22	4 x 25m	Freestyle Relay - Men
Event	23	100m	Individual Medley
Event	24	50m	Backstroke
Event	25	50m	Freestyle

Presentation Function (pre-paid) in Champions Club after Event 25