



Melville Marlins

Newsletter

August 2016

melvillemarlins.myclub.org.au



IMPORTANT DATES

"September Special" is Strength Training - bring a loose fitting t-shirt to Saturday & Tuesday sessions. We are doing strength training for the month of September :-)

Aug 4	Hearty Meal Night
Sept 8	Hearty Meal Night
Sept 10	LiveLighter "Sprint & Skins" Bunbury
October 15-16	MSWA All Club Challenge
October 15	Bunnings Sausage Sizzle Fundraiser
October 30	Fremantle Club Challenge

MARLINS FOR THE MONTHS OF JULY AND AUGUST

Congratulations to Murray and Sean.



July Marlin Swims with only 2 swims due to pool refurb!!!!

- 1st Murray Edwards 6 pts
- 2nd Hayden McAuliffe 5 pts
- 3rd Rebecca Yip 3 pts.



August Marlin swims

- 1st Sean O'Shaughnessy 10 pts
- 2nd Peter Maloney 9 pts.
- 3rd Haydon, Rebecca, Laurie 6 pts

SAFETY OFFICER

This position remained unfilled at the AGM. Although it is late in the season to fill the position, with summer on its way, it is appropriate to fill the position. If you can take on this role please contact our Club Secretary Beck at melvillemasters.secretary@gmail.com

VORGEE ENDURANCE 1000 by Pam Walker

The latest point score is **5167**. This total will be boosted when the times from the 45min swims swum at last Wednesday night's training session are recorded. Thanks to all of you who churned up and down the pool hoping to hear that the time was up. Be grateful that Peter didn't ask you to swim for an hour. Thanks also to Cheryl, Aithne and Peter who, along with me, did the timekeeping.

ENDURANCE HISTORY

For those interested in checking their endurance swims and points the link is:

e1000.mastersswimming.org.au

Select: History Type in name or membership No.
Select: Show

To view the range of point scoring:

Select: Scoring and choose Your Age Group

Sunday: Every Sunday at 8.30am.

Thursday: Before the Marlin swim, the third Thursday of the month and every 5th Thursday.

STOP PRESS

Results of 45min swim.

Thanks to Rhonda the distances and points for the 45 min swims are now available. Ten swimmers completed the 45 min endurance swim and two swimmers completed 1500m for a great total of **535** points. For your interest I will have the split times at training next Wednesday.

This now makes our total points **5702**.

COACHING by Gail Bowden



Swimmers,

When we do our **vertical flutter kick** - this is what we are *aiming* for.

Body - straight e.g. head above hips.

If we can:

Arms in streamline. Ears are being squeezed by the arms. Hands are 'locked' together - one on top of the other.

Kick from the hips. The core is engaged.

There is a **slight knee bend**.

The toes are directed to the bottom of the pool. The **ankle is loose**.

At the widest part of the kick - the feet are about 40cm apart.

The flutter **kick is fast**.

That is our aim. Fast kick - fast swimming.:-

<https://www.youtube.com/watch?v=Ei6HABMI6M>

Coaching sessions at Melville LeisureFit:

Tuesdays: 9-10 am

Wednesdays: 7-8.15 pm

Saturdays: 9-10 am



FUNDRAISER – SAVE THE DATE!

Marlins are asked to volunteer a few hours on Saturday October 10 at Melville Bunnings to raise funds to support club training and coaching sessions. Some of our members will be at the MSWA All Club Challenge so if you can help out it will be appreciated.

SWIM INTO SPRING CAMPAIGN



This promotion to attract new members is now live! 4 and 16 month memberships are now available. Please contact Peter Clark for further info pmclark22@bigpond.com

SHORT COURSE STATE RECORD

Ex Marlin, Rowena Burch set a Short Course 400m Breaststroke state record at Darling Range Sport College (Maida Vale meet). 6:57.17.

Congratulations, Rowen

MSWA NUMBER PLATE FRAME PROMOTION AVAILABLE FROM 20/8/16 - 4/9/16

The logo for Masters Swimming Western Australia, featuring a stylized blue and yellow wave above the text "masters swimming WESTERN AUSTRALIA".

PERSONALISED PLATE FRAMES and

...are joining together for a fundraiser!

A blue number plate frame with "MASTERS SWIMMING" printed on the top and bottom bars, and "www.mswa.asn.au" on the middle bar.

\$19.95 per pair

Available 20/8/16 - 4/9/16
Visit www.numberplateframes.com.au

HUMOUR

Thanks to Doug for this month's humour.

Ah, Golf!

"If I'm on the course and lightning starts, I get inside fast. If God wants to play through, let him."

- Bob Hope

GolfTrainingAndPracticeGear.com



Spanish Computer

A SPANISH Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine.

'House' for instance, is feminine: 'la casa.'

'Pencil,' however, is masculine: 'el lapiz.'

A student asked, 'What gender is 'computer'?'

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its

recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora'), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

(THIS GETS BETTER!)

The women's group, however, concluded that computers should be Masculine ('el computador'), because:

1. In order to do anything with them, you have to turn them on;
- 2 They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.

SUPPER ROSTER



SHOPPING LIST

Cheese: 1 kg cut ready for serving

Biscuits: 3 packets

Milk: 1 x 600ml low fat

Please check supplies of Milo, Tea, Coffee, Sugar, Serviettes, and Detergent etc. and re-stock if necessary.

Please take tea towels home for washing.

Keep all sales docket for refund from Treasurer

HEARTY MEAL NIGHT (HMN) no cheese and biscuits

Duties

Set up tables and chairs. Fetch Cutlery, tea/coffee, kettle and wash basin from storeroom and set up on table. Fill kettle with water and have a spare jug of water on hand.

If you are unable to assist on the allocated date please organise a swap with another person and inform Pam McHugh.

Pam M and Andrew	1 st Sept (HMN) and 8 th Sept
Gordon and Nola	15 th Sept and 22 nd Sept
Beck and Peter C	29 th Sept and 6 th Oct
Diane and Lynne	13 th Oct and 20 th Oct
Peter and Rhonda	27 th Oct and 3 rd Nov
Murray and Haydn	10 th Nov and 17 th Nov
Eddie and Doug	24 th Nov and 1 st Dec
Pam Walker and Eithne	8 th Dec and 15 th Dec
Pam McH and Cheryl	22 nd Dec and 29 th Dec

NEWSLETTER CONTRIBUTIONS



Speedo ranks this as the best secluded pool – Hotel Merzouga, Morocco.

Thanks to everyone who contributed to this month's newsletter.

Please email

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