



Marlins e-Newsletter

PATRON : Russell Aubrey
Mayor of City of Melville

DEC 2008

Number 59

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

Sat 6 th Dec 2008	Rottneest Swim-thru
Sat 13 th Dec 2008	Fremantle Ports Swim Thru (& BE ACTIVE Novice Ocean Swim)– South Beach, South Fremantle
14 th Dec 2008	Water Corporation OWS #3 Mullaloo Beach (1.25kn, 2.5km, 5km)
Sun 21st Dec 2008	BBB Swim
2009	Nationals to be held in Queensland
4 Jan 2009	Water Corporation OWS #4 Leighton Beach (1.25kn, 2.5km, 5km)
24 Jan 2009	Water Corporation OWS #5 Day 1 Sorrento Beach (1.25kn, 5km)
25 Jan 2009	Water Corporation OWS #5 Day 2 Sorrento Beach (2.25kn, 10km)
10-18 th Oct 2009	World Masters Games in Sydney www.2009worldmasters.com

Marlin of the Month

Evelina Paraschivoiu with 12 points

Greg Mitchen with 10 points

Felicity Smith with 9 points

AEROBICS by Pam Walker

Most members are now completing their five swims in the 400m and 800m distances and are swimming some of the longer events. The 4 Sundays left until the end of December are:

Dec 7	Aerobics
Dec 14	
Dec 21	Aerobics/Hella River Swim
Dec 28	

I have attached a list of the Aerobic 2008 swims up to Thursday 27 November, so you can see what you have done so far.

The Open Water Swim Program is now underway with the first one in which our members were involved was:

The 22nd Lake Leschenaultia Open Water Swim Sunday 9 November 2008

The weather on Sunday was fine and calm after the cold and windy days of the previous week. One hundred and three swimmers took part and were relieved when Peter Maloney in his role as swim Official told us the water temperature was 20°. Although it was cold entering the water, once the swim started it was just a matter of keeping going. There was another change to the course which had us zigzagging across the lake. Swimmers from Melville were Rhonda, Peter Harvey, James and Pam. Cheryl was one of the paddlers looking after us as Maida Vale was her previous club. After the swim we enjoyed our picnic lunch while waiting for the results to be announced. Rhonda won a towel as being the closest to her nominated time for her age group. No luck for any of us in the raffle. Rhonda also mentioned that she first swam at Lake Leschenaultia when Daniel was a baby and has swum there nearly every year

since! What hasn't Rhonda done? When we first arrived it was quite sunny and the flies were busy buzzing around, but while we were eating our lunch the sun went behind the clouds and the flies all but disappeared. All in all a satisfying swim and enjoyable morning.
Pam

The last of our BACC events has been swum and was the:

**Somerset AUSSI BACC
Sunday 16 November 2008**

On this breezy, overcast Sunday Doug, Gordon, Noela, Evelina, Teresa and Pam attended the Somerset Carnival. The turn out of swimmers was very low, with some of the Clubs only having one or two swimmers. As a result the events went by very quickly. Melville came second overall with 60 points, ahead of third placed Armadale with 57 points and Somerset first of course with 405 points. They did have 39 swimmers against our 6 and Armadale's 8.

Thanks again to Kevin who did time keeping for the whole carnival and Teresa did her bit when she was not swimming. Doug, Gordon, Noela and Pam were helping out as officials, as did Peter who was a non-swimming official. We did have some luck in the raffle with Peter, Evelina and Teresa all winning prizes.
Pam

**WC1000 – World Record Swim
29 November 2008**

Julie, Colin and I swam in this event. The procedure was to have the briefing at Cottesloe Beach then walk down to North Cottesloe for the start of the race. There was quite a bit of hype before the briefing with Eamon Sullivan introduced to the waiting swimmers. The order was that he led off with a group of young swimmers and the various waves started after them at 5 minute intervals. It was announced that although the Australian record had not been broken the number of swimmers was the most at any West Australian swim. I think there were about 1500 entries. There must have been about 6 waves with Colin in the first, Julie in the second and I was in the third. Although the morning was sunny with a slight breeze there was quite a bit of chop in the water which made the times slower than estimated, especially as the swim was against the wind. However, it was a pleasant swim and apparently is planned to become an annual event.

Pam

Thank-you Pam for keeping us informed and making our newsletter interesting - Editor



CHRISTMAS

Please get into the Christmas spirit and wear Christmas gear, e.g. hats, T-shirts for our Christmas Supper on Thursday night 18th December.

NEW YEAR'S DAY

Reminder to start the new year with a swim and breakfast at CSLC between 8.00 a.m. and 10 a.m. Bacon and Eggs will be provided so please come along and join with past club members in celebrating the New Year.

TROPHY PRESENTATIONS 1st FEBRUARY, 2009

The trophy presentations will be held after the Rockingham Memorial Swim on Sunday 1st February, at Gordon & Noela's Holiday home in Shoalwater Way. Please bring your own food and drinks, etc. BBQ's will be provided.

Thanks everyone for your support during a busy 2008, hopefully we can organize some fun times again in 2009. Please put forward any ideas or suggestions for next year. Nancy and Ann are already planning a golf day sometime in March..

Happy Christmas to All!
Jaki

ROTTNEST SWIM THRU

For those going to Rottneest for the Swim Thru, Nancy has arranged a discount with Oceanic for the Ferry

Special Price from OCEANIC CRUISES for MELVILLE AUSSI MASTERS

\$ 48.60 return per person - Bike is \$9.00

The normal price is \$ 59.00 so is a good deal, couldn't get a discount on the bikes

When you book or buy your ticket you have to mention that you are a member of Melville AUSSI Masters Swimming club to get the discount, they have it marked on the ticket computer. The person Nancy spoke to who approved the discount was Dianne

And we still have a couple of places left if anyone would like accommodation.

Rhonda

News from the Coach

The **PM** (Peter Maloney) will be **away** for a number of weeks in December and January. This means **Wednesday's** programs will be different! Some of the time I will be "on deck" to coach. The rest of the time, I will provide programs and swim with the squad. Either way, I expect (hope for, please) **precise technique** – especially when executing drills.

Those of us who are observant may have noticed **James Debenham's new 'Mo'**. November was "grow a Mo for Prostate Cancer". What has this to do with swimming? It has everything to do with '**drag**'. James's new 'Mo' is creating **drag**. (It is OK James; the 'Mo' has not slowed you too much!). We want to have the least amount of **drag** while swimming. Every time we push off the wall we have the opportunity of **streamlining** and as a result, reduce **drag**. Make the use of **every start and turn - streamline**.

Streamline and Breakout:

Streamline:

Put your hand on top of the other hand. Pretend these are glued together. Place your arms above your head. Your arms squeeze your ears. Make yourself as long (tall) as possible. Push off the wall and **glide**. (The head remains in-between your arms, with your arms squeezing your ears). Your legs stay together to keep you in the streamline position. Your body is under the water (about 60 cm in depth). After a short time, you will feel your body slow down.

Breakout:

When you feel a slight slowing down from your 'push off', (you may find it easier to count to five) do 5 dolphin kicks. Remember to **kick up** as well as down when performing your dolphin kick. Your position in the pool will now be approximately 5 m from the wall (at the backstroke flags). Your body will be on top of the water (rather than 'below' the water).

Take 4 very quick freestyle strokes. You now have permission to take your first breath.

Practice streamlining and cut down the amount of drag.

December is a good month to keep training due to the excess of food and alcohol consumption.

Remember: **Alcohol and water do not mix**

Thank-you to our coaches who put in so much time and effort.

MERRY CHRISTMAS

Michelle Lanigan

93646640 lanigangiml@optusnet.com.au

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 if necessary.

Keep all sales docket for refund from treasurer (Natalie)

December 08 - MAR 09

Alan & Kristina	27 Nov & 4 Dec (HMN)
James & Sean	11 Dec & 18 Dec
XMAS & NEW YEAR	25th DEC & 1ST JAN
Rhonda & Peter	8 Jan & 15 Jan
Doug & Barry	22 Jan & 29 Jan
Felicity & Amanda	5 Feb & 12 Feb
Michelle & Sandy	19 Feb & 26 Feb
Ann & Greg	5 Mar & 12 Mar
Jaki & Martin	19 Mar & 26 Mar

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