



However time is only one way of measuring our progress.

When we change our stroke to improve our efficiency in the water, we actually swim slower while we are learning the new technique. Once we have learnt the 'new improved' style, we begin to swim faster.

Our exercise program needs to be of sufficient **intensity, duration** and **frequency** to impose a workload (stress) on the body. Our body will adapt and make the changes to improve performance.

- Our **heart** becomes stronger & more efficient.
- Our **lungs** increase in size and efficiency

The **blood** is able to carry more oxygen and dispose of wastes more efficiently;

- More **oxygen** is able to be used by the muscles;
 - **Aerobic** capacity is increased by better release of energy;
 - **Energy** stores are improved;
- Our **recovery** rate is much faster.

With our **Open Water Training** we will be:

- increasing the meters we swim per set. Open Water swims tend to be 1500 m and above.
 - We will be working on increasing the number of strokes per breath. As with waves, chop and splashing from swimmers we may not be able to take a breath when we would normally.
 - We will continue with our sprinting. There will be times in the open water when you will want to sprint past someone or something! We always work at our efficiency in the water. The better our stroke, the faster and more efficient we are in the water.
- . Let us enjoy our Open Water Training.

Gail

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Cheese and Biscuit Roster

26 Nov & 3 Dec (HMN) Amanda & Felicity
 10 Dec & 17 Dec Jaki & Martin
 24 Dec & 31 Dec Christmas Break
 7 Jan (HMN) & 14 Jan Pam & Evelina
 21 Jan & 28 Jan Doug & Ray

Instructions

- *Cheese: 1 kg cut ready for serving
- *Biscuits: 3 packets (No cheese & biscuits on Hearty Meal nights)
- * Milk: 1 x 600 ml full cream & 1 x 600 ml low fat.
- * 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)
- * 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 Anne

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And now for a bit of humour:

(Thanks to Nola!)

These funnies are taken from answers given in a children's science exam.

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar.

Q. How can you delay milk turning sour?

A. (Brilliant, love this!) Keep it in the cow.

Q. What are steroids?

Things for keeping carpets still on the stairs.

Q. What happens to your body as you age?

When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty?

He says good-bye to his boyhood and looks forward to his adultery. (The kid gets an A+ for this answer!)

Q. What is the fibula?

A small lie.

Q. How are the main parts of the body categorized? (eg. Abdomen)

The body is consisted into three parts– the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels A,E,I,O, and U.

Q. What does 'varicose' mean? (I do love this one..)

Nearby

