



Melville Marlins Newsletter

December 2014

melvillemarlins.myclub.org.au

IMPORTANT DATES

January 1	New Year Swim and Breakfast BBQ at Coogee – 8am - Jetty/Café end
January 7	Wednesday training resumes
January 8	Thursday Club Night resumes
January 10	Saturday training resumes
January 20	Committee Meeting
February 1	Memorial Swim and Presentation of Club Awards – Woodman Point
February 12	AGM and election of office bearers
March 28/29	All Club Challenge (short course)
May 3, 2015	Melville LiveLighter Club Challenge at LeisureFit Booragoon

The 2014/15 Open Water Swims Calendar is available at <http://www.mswa.asn.au/Events/-HBF-2014-15-OWS-Calendar>

MARLIN OF THE MONTH – NOVEMBER

Two marlin winners!!! 10 points each but Ray Mottram won easily on a count back with the biggest time improvement. Well done Ray.

December swims are the last chance for Marlin points this year!!!



CHRISTMAS WISHES



The Management Committee wishes all members and their families a very Merry Christmas and a safe, happy New Year.

All members are thanked for their involvement and support during the year.

COACHING by Gail Bowden

The first article is about serious ocean swimming.



Serious sea swimming

<http://www.abc.net.au/radionational/programs/offtrack/serious-sea-swimming/5955456>

I would love to see more tumble turns in training. :-)

Fast to the wall, tumble, fast off the wall = faster times.

This youtube shows BA tumble turn:

When the feet hit the wall for the turn note the 90 degree angle between the thigh & calf.

This gives you the most strength to push off the wall.

<https://www.youtube.com/watch?v=t1XCbNZFjug>

This is another BA tumble turn

Note the streamline off the wall (even to pointed toes). How much faster we would all swim if we held our streamline off our turn. The more like an arrow we are, the faster we cut through the water.

<https://www.youtube.com/watch?v=A64I62AIVOM>



Mighty Marlins,

Thank you to everyone for my lovely presents.

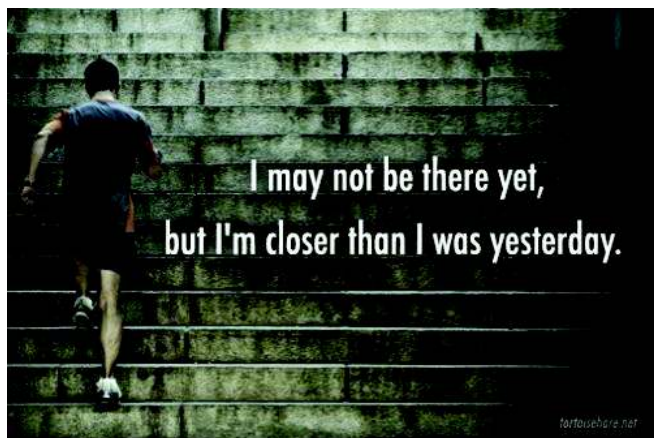
I enjoyed my meal at TAFE. The glasses are beautiful. The towel is lovely, bright & big. The chocolates I am trying to resist!

Thank you for the lovely words in the card.

A new year is coming up. New challenges. New Personal Bests.

You need to set your goals now for next year.

See the "SMART goals" at the end of the newsletter.



ENDURANCE 1000 by Pam



What a fantastic year we have had in endurance swimming.

The final total is **10154** points which is 2000 more than last year. Thank you to everyone who did an endurance swim as all your points counted. A big thank you also to the members who did the timekeeping. Your

efforts are appreciated. Five of our swimmers completed the entire program - a great effort. We can now all look forward to 2015 and a whole new swimming program to start all over again.

Have a great Christmas and New Year and I look forward to seeing you all again in 2015.

Endurance 1000 Sessions:

Sundays: 8.30am – every week
Mondays: 12.30pm – every 2nd Monday
Thursdays: Before Marlin Swim
Once a month on a Club night
Fifth Thursday night of the month

MEMBERSHIP

Members are reminded to renew their membership before 31st December. If participating in HBF 2014/15 OWS Series members must be registered by the next event day eg. 18th January for 2015 Minara Resources Swim Thru Perth. Otherwise participants will not get the relevant points awarded.

To pay fees, go to the Melville Masters website, click on membership. Click on Join/Register or Re-register (Masters Swimming WA)

Click on re-registration. Log in.

Follow the prompts. As there is only one type of membership posted the amount to pay only comes up at the end; the fee is \$150.

Any problems contact Peter Clark at

pmclark22@bigpond.com

MASTERS OWS ROUND 3 – SOUTH BEACH by Bec

Well it was a sunny yet windy morning for the 1.6km swim down at South Beach. Aithne, Beck, Kate and Sarah L had a run out representing Melville amongst a field of 200+ swimmers.

Well with a very strong southerly kicking in, it made for an interesting swim. The first 750m proved to be a nice cruisey paddle admiring the nice clear waters below. However tables were turned at the North-end buoys where our work was cut out for the stretch back to the finish line. Sarah sporting her new racing bathers, copped a sneaky stinger in her bathers which put a bit of a delay on her race. Aithne and Beck were lucky enough to escape too much 'hugging/stroking'

from the buggers! The last turning buoy home was a massive relief. Beck was first home, with Aithne in next closely followed by Sarah and Kate. A good swim had by all! Well done to the Freo Fins for a very well ran event.

A special mention to Rowena who was on refereeing duties and did a great job waving the red flag at the start!



Aithne just beating Sarah in.



Aithne (sticking tongues out at the hard swim!), Sarah and Bec.



Rowena on referee duties.



Kate crossing the line

Next round – 18th January 2015, Swim Thru Perth, Matilda Bay, Swan River – 4km or 1.6km. Hope to see you there in the New Year! Have a safe and happy Christmas Marlin!

CHRISTMAS SOCIAL NEWS by Jaki

We started our Christmas celebrations early this year with a delicious Christmas Buffet at Quinlan's Restaurant on the 2nd Dec. The food was prepared by Hospitality students and was excellently presented. It was a delight to see everyone dressed in their fineries rather than their usual appearance in bathers, swim cap and goggles. The night was enjoyed by all.

On the 11th we had our club function and Santa (Pete) arrived in his summer suit, shorts and jacket! Thanks to Eddie, Pam Mc., Beck and Noela who helped in preparing a delicious Christmas supper.



Santa at Club Night



Sarah sharing her birthday with Christmas festivities!



One of Santa's helpers!

NEW YEAR'S SWIM



Start the new year with a refreshing swim at Coogee Beach!

Meet on the beach shore at the Café end at 8 am.

After the swim stay for a BBQ breakfast – BYO everything e.g. chair, breakfast goodies, eating utensils, refreshments. There is shade and BBQ's on the lawn area. The Café may be open for take away coffee.



Santa's summer suit

I would like to thank all those that helped at all the many various functions held throughout 2014 and enjoyed by all who attended. I wish you all a very Merry Christmas and Prosperous New Year for 2015.

JOKES from Charles

Father John's Christmas Steal



It was the Sunday after Christmas at St Peter and St Paul's Church. Father John was looking at the nativity scene prior to packing away the figures when he noticed the baby Jesus was missing from the scene.

Immediately, Father John turned towards the vicarage in order to call the police. But as he was about to do so, he saw little Harry with a red wagon, and in the wagon was the figure of the little infant, Jesus.

Father John walked up to Harry and said, 'Well, Harry, where did you get that baby, Jesus?'

Harry replied honestly, 'I took him from the church, Father John.'

'And why did you take him?' sternly continued Father John.

With a sheepish smile. Harry said, 'Well, a week before Christmas I prayed to Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it.'

Where is Jesus Now?



It occurred to the Sunday School teacher, that with all the emphasis on the Nativity over Christmas that some children may get the impression that the birth of Jesus Christ

was a more recent event. She wanted to be sure they understood that Jesus grew up and did many things. So she decided that the topic of the lesson would be 'Where I Jesus Now?'

So she put this question to the class and immediately many hands shot into the air as many of the children were keen to state their opinion.

'What do you think Johnny?'

'He's in the church, Miss.' Johnny replied.

'Okay. What about you Rosie?'

'I believe he's in Heaven, Miss.'

'That's good. What about you Billy?'

Billy was a little hesitant, then blurted out 'I think Jesus is in our bathroom, Miss.'

The classroom erupted with uproarious laughter; but eventually the teacher managed to quell the noise.

The teacher. 'What makes you think that Billy?'

'Well Miss, some mornings my Dad knocks on the bathroom door and says 'Jesus! Are you still in there?'

NEWSLETTER CONTRIBUTIONS

Golden Nugget Pool, Las Vegas



Many thanks for all the articles, reports, jokes and photos sent to me during 2014. Please keep sending such great newsy articles in 2015. The next newsletter will be out mid February.

Please email newsletter articles to Lynne.alguire@gmail.com

SUPPER ROSTER

Martin and Jaki	18 th Dec and 8 th Jan 2015 (hmn)
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GOAL SETTING FOR 2015 from Gail

S	Specific	<p>What you want to accomplish with as much detail as possible:</p> <p>When, where, how far, how fast, what stroke, dive, turn, finish.</p>	✓
M	Measurable	<p>Written in terms that can be clearly evaluated. Applies to both the end result & the milestones along the way to attaining your goal. How many training sessions will I attend? How many sprints will I swim in a month? What time will I do them in?</p>	✓
A	Action/Attainable	<p>Is it within your control to achieve it? Believe you can manage the goal. "I can swim 25m of BU in the pool in 30sec."</p>	✓
R	Realistic	<p>Reflects your abilities, yet offers a challenge. Is it important to what you want to achieve ultimately? You want to be able to achieve your goal in the short term & the long term.</p>	✓
T	Time	<p>Clearly specifies target completion date: February 21 2015</p> <p>A goal is a dream with a time-frame.</p>	✓