

**MELVILLE AUSSI MASTERS SWIMMING CLUB**  
**MARLINS NEWS SHEET**      February 2004

**Thursday January 8th– 1<sup>st</sup> Club Night for 2004**

We had a good turn out and **MAXINE FITZPATRICK STARTED HER TRAINING SESSIONS** which were very popular. If possible, she would like you to arrive early enough to do your stretching and warm up before 7pm so that she can begin her session at 7pm sharp.

**WELCOME BACK** -Jan & Bob are back from their travels AND back at work.

It was good to have OSSIE back, looking fit and well again.

**NEW MEMBER** – John Cole is back and has decided to become a member of our club. Happy swimming John.

**VISITOR** -We also welcomed Sandy Mack and we look forward to getting to know her better.

**MARLIN OF THE MONTH for DECEMBER** was Alison Knibbs. Congrats!

**Know how the Marlin of the month is won? All is revealed by Rhonda Maloney**

Times are recorded, and club points allocated, from the first swim of each club night. These points are used to determine the “Marlin of the Month” and annual club points trophies, including the Marlin of the Year Perpetual Trophy. The first swim of the night rotates through 50m Freestyle, 50m Breastroke, 50m Backstroke, 100m Freestyle, 100m Breastroke and 100m Backstroke.

Points are allocated according to the following points scale:

1 point for completing the first event (>2 seconds slower than best time)

2 points for being within 0 and 2 seconds slower than best time

3 points for being faster than best time by up to 1 second

4 points for being faster than best time by more than 1 second

Swimmers who do not have a time from the previous year will get one point for the swim, and the time swum then becomes the best time.

In the case of a tie for Marlin of the Month, a count back is performed to determine the swimmer who improved by the greatest number of seconds over the month.

**ROTTO CHANNEL SWIM** – Ray Mottram is in training to do a Solo swim in Feb.

**RITA** – Our extremely capable and ever obliging ‘Unofficial’ caterer for the past 20 years has decided to hand the position over to someone else. We will miss your expertise terribly Rita and really appreciate what you have done for us and the club over all those years. A roster system is being organised and each person is being asked to organise the catering for 2 weeks at a time. There will need to be willing helpers, especially on hearty meal nights, to assist the person on duty.

**Triathlon** – Anne Hitchen competed in a triathlon at Nedlands on 11<sup>th</sup> Jan and bettered her time from last year by a whopping 4 mins! Well done Anne. She would like to thank Amanda, Carlene, Renee and Natalie for their support on the day.

### **Scarborough Sunset Swim 3<sup>rd</sup> Jan** (by Dave Reynolds)

This year saw 5 Marlins make the trip to the Jellyfish Capital of Perth – Marie, Nina, Andy, Ray and myself. The bad weather and abundance of jellies last year made this a daunting event, but much to our relief the weather was fantastic and the jellies pretty well behaved this time. Over 180 swimmers in total entered the race and most agreed it was the best conditions for a few years. Andy had a top twenty finish and Nina was the next Marlin home, followed by Marie. Ray and I crossed the line 5 mins later. All of us were very happy with our times and effort.

**Sorrento Swim** – Maxine Fitzpatrick, Nina Dyke, Carlene Davidson and Steve Park who participated in this swim all did very good times – maybe the course was a bit short?? Maxine was sporting a very nasty stinger mark after the event.

### **Claremont AUSSI 85<sup>th</sup> Swim Thru Perth 24<sup>th</sup> Jan** (by Dave Reynolds)

227 swimmers entered and the conditions were absolutely fantastic. After a bus ride from Matilda Bay to the start at Barrack St. the nervous chit chat gave way to the serious business of a 4.5km river swim. After the mad dash to the Narrows Bridge the field spread out for the long haul down to Matilda Bay. With the calm conditions and only a small number of jellies, this was a terrific swim. Nina was the first Melville swimmer past the finish post in a blistering 69 mins, closely followed by the in-form Marie, then Amanda with Renee not far behind her. Ray, Steve and I finished not too far behind the girls. We were all pretty happy with our times. The hard training must be finally paying off

### **Memorial Swim 25<sup>th</sup> Jan**

28 people attended – 19 swam. Noela and Gordon arrived 1 ½ hours early to have everything organised for us all. The sea breeze came in and made the water a little choppy but everyone completed the swim strongly. Young Mitchell was the official paddler and kept a good eye on all the swimmers. After games on the beach we all headed back to Medcalfs' home where once again everything was laid out ready for us. Noela had baked a delicious 21<sup>st</sup> birthday cake to celebrate 21 years of the memorial swim. The results were very close this year. 5 swimmers came within 10secs of their nominated time with John Ward in 3<sup>rd</sup> place with 7secs, Bob Dunstan 2<sup>nd</sup> with 2 secs and the winner was Dave Reynolds who swam only 1 second slower than his nominated time. A one minute silence was observed to remember those of our members who have passed away. Bob thanked our hosts, on behalf of us all, for their hospitality. Everyone relaxed and chatted and Renee Dallimore hopped on her push bike and rode home again – this girl is SERIOUS about her training!

### **Alice Springs Masters Games Oct 2004**

The Medcalfs have been going to this event regularly since it started in 1986, and quite a few other Melville people have joined them from time to time. If anyone else is thinking of going this year, now is the time for booking accommodation and travel. Noela and Gordon will be happy to give assistance and advice if required.

**CPR COURSE** – Gordon is organising a CPR course, usually held on a Saturday. A list is on the notice board on which to write your name if you are interested in becoming qualified and maybe being able to save a life one day. If you already have a CPR certificate, remember it needs to be renewed every 2 years. When there are enough names to make it worth while, Gordon will organise a day and time.

## **PRESENTATION NIGHT AT HEATHCOTE – FRI 30<sup>TH</sup> JAN**

Perfect balmy weather, a magnificent view, yummy food and a good turn out of members made this a very pleasant evening. Peter Maloney made the following presentations. Congratulations to all the winners.

### **CLUB POINTS – FEMALE**

1<sup>ST</sup> 100 POINTS JAKI SMITH  
2<sup>ND</sup> 90 POINTS TERESA PHILLIPS  
3<sup>RD</sup> 88 POINTS RHONDA MALONEY

### **CLUB POINTS – MALE**

1<sup>ST</sup> 86 POINTS DENNIS TAPLEY  
2<sup>ND</sup> 70 POINTS IVAN MARTINOVICH  
EQUAL 3<sup>RD</sup> 67 POINTS DOUG McLEAN & RAY MOTTRAM

### **MARLIN OF THE YEAR**

JAKI SMITH

### **AEROBICS – FEMALE**

1<sup>ST</sup> 281 POINTS NANCY DAVIES  
2<sup>ND</sup> 240 POINTS RHONDA MALONEY  
3<sup>RD</sup> 178 POINTS TERESA PHILLIPS

### **AEROBICS – MALE**

1<sup>ST</sup> 208 POINTS STEVE PARK  
2<sup>ND</sup> 105 POINTS GORDON MEDCALF  
3<sup>RD</sup> 65 POINTS JOHN WARD

### **JOHN DEVEREAUX NEW MEMBER ENCOURAGEMENT AWARD**

MARTIN SMITH

**NANCY DAVIES TROPHY**(Closest to nominated time at Swim-thru Rottnest)

KARL ROSS

**PRESIDENT'S TROPHY**(Closest to nominated time at Coogee Jetty to Jetty)

Beth Trainer

### **MARLIN OF MEDIOCRITY**

RENEE DALLIMORE

### **20 YEAR BADGE**

CATH DEVEREAUX

Ivan Martinovich made **TWO SPECIAL PRESENTATIONS FOR**

**EXCEPTIONAL SERVICES RENDERED TO THE CLUB OVER MANY YEARS** to

RITA BLOM and OSSIE YEOMAN

**LEVEL 1 COACHING COURSE** – We urgently need more qualified coaches in our club. A course is being organised in a couple of months time and so see Gordon or Maxine and/or keep your eyes and ears open on club nights for further details.

### **AUSSI Club Challenge Calendar**

**Our own Club Challenge** will be held **Sunday 4<sup>th</sup> April**. If you haven't already been approached to help with a specific duty on the day, don't worry. **There is a job for EVERYONE** – be it helping with catering, timekeeping, raffle ticket selling, handing out drinks, marshalling – the list goes on. **It is most important that EVERY member participates on this day – both by swimming in the events and also by helping out in whatever way they can.** More details next month.

**RAFFLE PRIZES** – If you have any business connections could you please see if you can obtain a donation for our club raffle which we have on that day. A donation of goods, vouchers or cash would be most welcome. Rita always makes up a beautifully presented basket of goodies and she will be asking for donations for this from club members later. Proceeds of our raffle are a welcome boost to our funds.

Other Club Challenges our club will be participating in:

Sunday 21 <sup>st</sup> March	– Claremont AUSSI
Sunday 1 <sup>st</sup> August	– Maida Vale AUSSI
Sunday 22 <sup>nd</sup> August	– Perth City AUSSI
Sunday 10 <sup>th</sup> Oct.	- Fremantle AUSSI

### **THOUGHTS FROM YOUR FITNESS DIRECTOR( GORDON MEDCALF)**

AUSSI swimmers are generally seeking a total fitness lifestyle, not just swimming proficiency. It is interesting to note that most people who enter nursing homes today do so not because they are sick, but because they are losing muscle power, and have difficulty with everyday tasks like getting into or out of a car, chair, bath or negotiating steps. This condition is called sarcopenia, and it is sad to see because it is preventable. **Our peak muscle power is around 25 – 35yrs of age, and after that, muscles gradually lose both size and power if they are not used.** Unfortunately today's environment does not include weight bearing activities, as it did 50 years ago. We use escalators instead of stairs, trolleys instead of lifting and carrying, cars instead of walking, and so on. Because of this, most people really should include moderate resistance exercise in their lifestyle to prevent sarcopenia, and the good news is that **other conditions such as osteoporosis, obesity, some cancers and type 2 diabetes can also be reduced by participation in resistance exercise programs.**

What about AUSSI swimmers? Swimmers are advised to supplement their pool work with moderate resistance exercise. (RE) This is especially important as we get older. Swimming is great for heart and lungs, and it will strengthen our swimming muscles if we swim hard enough and often enough, but **we cannot rely on swimming alone to prevent gradual sarcopenia and loss of bone density.** It is not weight bearing exercise.

What is resistance exercise? RE is repetitive movements against resistance, so that you are able to do only 12 repetitions or less. You don't have to join a gym or buy expensive equipment: research shows that free weights are more effective than machines for strengthening the major muscle groups.

What weight should I use? The starting point is of course different for different people. You start with a weight that you can lift only 12 times before you have to put it down. For a beginner it might be only ½ a kilo in each hand, (or less). Definitely don't try to lift any heavy weights in the first year, you have to start easy and progress from there. **But please don't start off by yourself. See me first. We don't want any injuries.** If you are already doing something in a gym, that's fine but make sure you're getting proper advice. Remember RE is 8-12 repeats. If you are doing 20 or 30 repeats, that's not RE. The purpose of RE is to improve the overall structure and function of the body and hopefully manage chronic illness. **Above all, if you haven't done it before, don't start off by yourself. See me first and I'll get you started.**

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