



# Melville Marlins

## Newsletter

February 2016

[melvillemarlins.myclub.org.au](http://melvillemarlins.myclub.org.au)



### IMPORTANT DATES



March 12	Movie at Burswood Outdoor Cinemas
March 13	Jetty to Jetty Swim Coogee
April 2	2016 LiveLighter State OWS
April 3	Possible sausage sizzle fundraiser
April 17	Melville LiveLighter Club Challenge

### VORGEE ENDURANCE 1000 by Pam Walker



Up to 18  
February 2016  
the total of  
points accrued

is **1183**. So far 14 swimmers have participated in  
Endurance swims.

#### Endurance Sessions at Melville LeisureFit:

Sunday: Every Sunday at 8.30am.

Thursday: Before the Marlin swim, the third Thursday  
of the month and every 5<sup>th</sup> Thursday.

### COACHING by Gail Bowden



Two new drills from the  
coaching workshop I  
attended in February.

We will be putting these  
into practice :-)

Enjoy.

#### Dead-start

Activates core when starting stroke and engages legs  
on take off.

Repeat sets of 25m – but not many, as this is a tiring  
drill.

- Start from supine position, feet off the bottom,  
body streamlined, sculling to stay in one spot &  
breathe.
- Begin with 5 strong flutter kicks (staying still) to  
overcome inertia & swim to 25m.

#### BEPB

Speed variation drill.

BEPB – can be done using fins for a more intense  
workout.

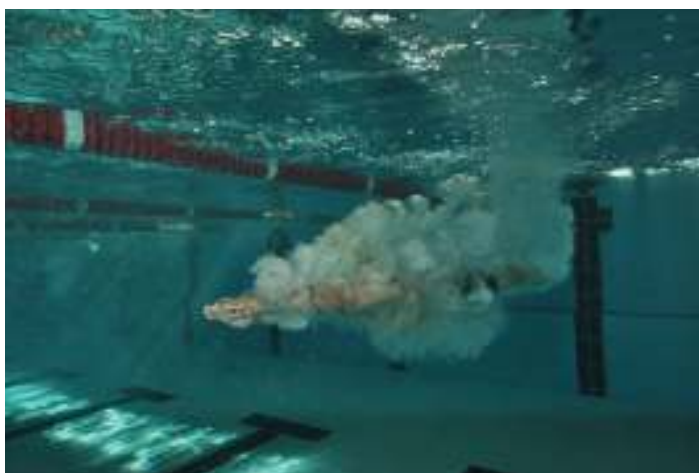
**Build** – build speed over lap

**Explode** – maximum pace for first 20 strokes

**Pace** – maintain 80% pace over lap

**Easy** – descending easy lap (my favourite!)

## DIVING



Have a look at the hands. They are together - one hand on top of the other. Look at the feet. They are pointed. A nice picture of a dive.

### Coaching sessions at Melville LeisureFit:

Tuesdays: postponed until Autumn 2016  
Wednesdays: 7-8.15 pm  
Saturdays: 9-10 am

## MOVIE AT BURSWOOD OUTDOOR CINEMAS

- SATURDAY 12 MARCH by Cheryl McGay

Date	Saturday 12 <sup>th</sup> March 2016
Time	Movies starts 7.45pm, gates open 6.30pm
Movie	Zoolander 2 – Comedy – M Rated
Entry for Adults	\$13.00 – concession e.g. seniors \$9.00
Bean bags	\$6.00
Picnic rugs	\$15.00
Food to purchase	Varies in price from \$5.00 to pizzas \$21.00

- You can take your own chairs, what they do is put all the chairs on one side and bean bags on the other.
- You can also take your own food if you wish but no BYO alcohol is allowed. See website for menu and alcohol options.
- The link to purchase your tickets is [www.communitycinemas.com.au](http://www.communitycinemas.com.au) -
- The number to contact for enquiries is 0403 560 684.

If you are interested in going I would suggest

purchasing your tickets on line as soon as you can and please advise me by email [cherylmac48@gmail.com](mailto:cherylmac48@gmail.com) if you are intending to go.

## FUTURE SOCIAL FUNCTIONS

If you have an idea about a social function or would like to organize an event please see Cheryl. The position of Social Organizer is vacant but Cheryl is continuing as a Committee Member and would like others to be involved in providing social events for members.

## BUSSELTON JETTY SWIM 2016

February 14

Q: What would a Marlin do on Valentines Day?

A: Swim 3.6 km in the Busselton Jetty event!!



Competitors: Melville Marlins past and present



## NEWMAN CHURCHLAND LIVELIGHTER CHALLENGE by Sarah Lacey and Pam Walker

On Sunday the 21<sup>st</sup> February, an impressive group of fourteen Melville swimmers participated in the Newman Churchlands Swim Carnival - Noela, Gordon, Sarah, Aithne, Cheryl, Lynne, Eddie, Doug, Jean, Michael, Teresa, Pam, Alan and Charles. Noela, Gordon and Doug doubled up with official duties.

Overall, Melville placed 4<sup>th</sup> and Maida Vale Masters placed 1<sup>st</sup>. The event was held at Newman College, in a 50m outdoor pool with plenty of shade for spectators, which made for a very pleasant morning. After a smoothly run carnival, Newman-Churchland Masters hosted a delicious lunch of hot dogs, cake and fruit. A huge thankyou for everyone who came along and I hope you enjoyed the meet as much as I did. Next up, our carnival!

Well done to Sarah in encouraging our members to compete and she had a difficult job selecting the relay teams as there were some who had to miss out.





## MELVILLE LiveLighter CLUB CHALLENGE RAFFLE

This interclub is an important event in the Marlin's calendar. It is attended by a large number of swimmers and Melville has a good reputation for conducting a well-organized swim meet. A raffle is conducted to help cover costs. If you would like to donate cash, goods, unwanted Christmas gifts, wine etc they will be gratefully received and used to make up into attractive prize packs. Please pass on items to Eddie Smith, Pam McHugh or Lynne Alguire at training or on club nights. Lynne can be contacted at [lynne.alguire@gmail.com](mailto:lynne.alguire@gmail.com)

## NATIONAL CHAMPIONSHIPS 2016

Being hosted in **Melbourne** from **21st-24th April**. Click on

<http://www.mastersswimming.org.au/Events/2016-msa-national-championships> for further information and a copy of the event program. If Marlins are keen to travel/stay together, please let Beck know ASAP as she has started looking into accommodation options.

## HUMOUR



This wave is slightly bigger than those we see at Coogee!

## Anagrams for crossword gurus!

**PRESBYTERIAN** : When you rearrange the letters:  
**BEST IN PRAYER**

**ASTRONOMER**: When you rearrange the letters:  
**MOON STARER**



Thanks to our Captain, Sarah, for everything she did to ensure swimmers were entered into their nominated events and for arranging the relays. Also thanks to swimmers who also undertook timekeeping duties.

**DESPERATION:** When you rearrange the letters:  
**A ROPE ENDS IT**

**THE EYES:** When you rearrange the letters:  
**THEY SEE**

**THE MORSE CODE :** When you rearrange the letters:  
**HERE COME DOTS**

**DORMITORY:** When you rearrange the letters:  
**DIRTY ROOM**

**SLOT MACHINES:** When you rearrange the letters:  
**CASH LOST IN ME**

**ANIMOSITY:** When you rearrange the letters:  
**IS NO AMITY**

**ELECTION RESULTS:** When you rearrange the letters:  
**LIES - LET'S RECOUNT**

**SNOOZE ALARMS:** When you rearrange the letters:  
**ALAS! NO MORE Z 'S**

**A DECIMAL POINT:** When you rearrange the letters:  
**I'M A DOT IN PLACE**

**THE EARTHQUAKES:** When you rearrange the letters:  
**THAT QUEER SHAKE**

**ELEVEN PLUS TWO:** When you rearrange the letters:  
**TWELVE PLUS ONE**

## SUPPER ROSTER



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

Beck and Peter C	3 <sup>rd</sup> March, (HMN) 10 <sup>th</sup> March
Pam and Allan	17 <sup>th</sup> March and 24 <sup>th</sup> March (Easter)
Pam W and Eithne	31 <sup>st</sup> March and 7 <sup>th</sup> April (HMN)
Sean and Charles	14 <sup>th</sup> April and 21 <sup>st</sup> April
Peter M and Rhonda	28 <sup>th</sup> April and 5 <sup>th</sup> May (HMN)
Sarah and Andrew	12 <sup>th</sup> May and 19 <sup>th</sup> May

## 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.**

Marlins: Please wash and dry your own cup and place in drawer.

## NEWSLETTER CONTRIBUTIONS



With so many swimmers in events, training or ocean swimming please consider writing a short article and/or forwarding photos taken on the day. All articles are gratefully received. Wish this backyard and pool were mine!

Please email newsletter articles to [Lynne.alguire@gmail.com](mailto:Lynne.alguire@gmail.com)