



# Marlins e-Newsletter

PATRON : Russell Aubrey  
Mayor of City of Melville

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## MELVILLE AUSSI MASTERS SWIMMING CLUB

### COMING EVENTS

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 <sup>th</sup> Oct 2009	World Masters Games in Sydney <a href="http://www.2009worldmasters.com">www.2009worldmasters.com</a>

## Marlin of the Month

**November 2008 – James Debenham**  
**December 2008 – Pam Walker**

James has shown a significant improvement in his fitness and swimming and it's paying off with great results in his triathlon competitions. Well done James. Pam (the pocket rocket!!) has been working hard all year at training and I'm so pleased she has finally won a well deserved Marlin. Well done Pam. Congratulations to all the winners for 2008. The accumulative points for Marlin of the Year have been finalised and the winners will be announced at our trophy presentation lunch at Rockingham.

For anyone who would like to know the secret to winning a Marlin in 2009, I suggest generously bribing Evelina from now on, as she will be taking over the club recorder role in January. A big thank you to everyone who have supported me in the last few years that I have been the club recorder. I have really enjoyed the fun filled position. Anne

## Social News By Pam Walker

### **Fremantle Ports Swim Thru 08** **Saturday 13 December 2008**

Saturday 13<sup>th</sup> found Martin and me at South Beach swimming in this OWS event. The conditions were very good with sun shining and light breeze so swimming was pleasant. I am not sure how many swimmers took part but there were four waves. Neither of us featured in the nearest to nominated time prizes. However, during the presentation of the spot prizes the MC was getting a bit desperate as there were so many to hand out and when he asked for any bald men Martin launched himself to his feet and rushed over to claim a bottle of wine! Another man with **no** hair also got a bottle of wine. I caught up with Rita who is still competing although no longer a Melville AUSSI member. It was also nice to 'hang out' with friends from Mandurah.

**Hella River Swim**  
**Bicton Bay and Back**  
*Sunday 21 December 2008*

What fabulous weather was provided for this 5km and 1.6km swim. The sky was overcast but it was not cold, there was no wind so no waves and best of all no current! The water temperature was about 20°. The swim went off without a hitch thanks to the hard work put in by Ivan and Peter and helpers. Once again Jaki saw to our inner needs with a sausage sizzle. She coordinated a willing band of helpers. Other members took to the water to follow the swimmers on their skis and power boats and yet others did the timing. Who could envy Daniel who had the job of standing in the water to hand out the biscuits at the finish line? Some swimmers did not want to stop. It was a wonderful team effort from the Melville Club. Results for swim are available on website.

## Aerobics by Pam Walker

The year is almost over and the allocated Aerobic Sundays are finished. Most participants in the National Aerobic Trophy have finished their swims or only have 1 or 2 to go.

Thank you to the 39 members who have contributed to our points score even if it was only one swim or the maximum of 62 swims.

It has been a busy year with the World Masters Swimming Championships taking up a lot of energy in April and the BACC events in which Melville AUSSI has been involved.

The addition of the longer swims in the program on Thursday nights has encouraged some new members and even other members who are unable to get to the pool on Sundays to have a go.

Perhaps it might be a good idea to suspend Aerobic swims in January as the Open Water Swims are on every weekend.

## Social News

### **HELLA BBB SWIM**

Thanks to Ian, Gail & Sandy for doing an excellent job of cooking & serving the sausages for the swimmers, spectators and helpers at the BBB.

### **CHRISTMAS SUPPER**

We all enjoyed a Christmas supper for our last swim of 2008 and we were lucky to have Santa (Thanks Sean) call in on us.

### **NEW YEAR'S DAY BREAKFAST**

Swim & breakfast at Cottesloe - swim 8-9am, breakfast after. The club is providing bacon & eggs. BYO everything else. We are looking forward to a great swim at Cottesloe with the temperature forecast at 39 degrees.

**ROCKINGHAM MEMORIAL SWIM &  
TROPHY PRESENTATIONS SUNDAY 1<sup>st</sup> FEBRUARY 2009**  
19 Fourth Avenue Shoalwater

**This is our Annual Presentation Day.**

The Rockingham Memorial Swim will begin at 10.00 a.m. Please arrive earlier for the briefing at 9.45 a.m.  
The trophy presentations will be held after the Memorial Swim at Gordon & Noela's Holiday home in Shoalwater Bay.  
Please bring your own food, drinks and chairs. A BBQ will be available if you would like to cook a steak or sausage. Noela & Gordon will provide tea and coffee refreshments.

## News from the Coach

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

The President of Melville Masters has great difficulty performing the backstroke drill "beer bottle balance" (bbb). With the "bbb" drill, the swimmer balances a plastic bottle on their forehead as they swim backstroke. Our President (Maree) manages 3 (three, at most!!) strokes before the bottle tumbles off! The BEE team is able to do the "bbb" drill for almost 100 m!!! Steve Park and I watched the BEE's execute the "bbb" drill and we noted their slow, precise arm recovery and still head. It was a near perfect demonstration of 'bbb'. Maree, I hope in 2009 you will be able to double the number of strokes you take while performing the 'bbb'.

Alcohol and water do not mix.

I heard swimmers praising the BBB - our Open River Swim in December. The water temperature was fine. There were not many jellyfish. It was a good day for the swim. There were lots of prizes.

I also heard a number of Melville Masters (Mighty Marlins) swimmers saying they had not trained enough. Well, we can fix that!!!  
Come to **training!**

Wednesday 7:00 pm with the PM (Peter Maloney is away, I am the stand in).

Thursday 7:15 pm Club night – sprints, fun and once a month an aerobic swim.

Saturday 9:00 am with Gail – drills, skills and (there has to be something else that rhymes . . .)

1<sup>st</sup> and 3<sup>rd</sup> Sunday 9:00 am – aerobics. Distances of 400 m and more, of all the strokes. Pam Walker has the details.  
pwalker1@iinet.net.au

January is the month of **new resolutions**. What will your challenges be regarding swimming?

With a New Year, we can set "This Year's Personal Best" times.

In March/April we have our **Be Active Club Challenge** (BACC). What events will you swim? What times do you hope to achieve?  
My aim as coach is to have no swimmers Disqualified (DQ'd) at our BACC. To achieve this aim we will be practicing: Dives, pullouts, backstroke starts, turns and stroke accuracy. Remember – NO DQ's allowed.

There are plenty of Open Water Swims to choose from. The ocean is warm, relatively calm, and there are no stingers at Port!!!

Rottnest Channel Swim & The Big Splash preparation is going very well.

Alcohol and water do not mix.

Gail  
Coach

# 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**

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