

Melville Aussi Newsletter – January 2012

First of all **Happy New year!!** Also to one and all for the missing December edition. The editor was too busy skiing, tobogganing and generally having a good time to get one out.



Also I no longer have access to Publisher, so formatting will be different. Hopefully eventually I will also have a computer with access to the Internet so that future newsletters will be more colourful.

Aerobics from Pam

Thankyou everyone who took part in the National Aerobic Trophy program in 2011.

It was a very successful year in that the points scored were increased by 581 points. In 2010 points scored 2068 while in 2011 the total was **2649!** Of this total, the 9 members who took part in the MS swim in September achieved 212 points. Well done to them!

However, 30 swimmers participated in aerobic swimming in 2011, compared to 37 in 2010. In the main, those who took part in aerobic swims in 2011 increased their total from the previous year. If you would like a printout of your individual swim times and points earned during 2011, please let me know and I will email it to you. (I have only just worked out how to extract these details from the Aerobic program.)

[Attached is the spreadsheet with the final points earned.](#)

Marlin for December

Congrats to

Laurie Hunt

(sorry, no photo available)

Marlin for January

?
TBA

Aerobics(contd)

Several swimmers started their Aerobic swims and for many reasons did not go on to finish the 5 required to earn points. However, this is about to change.

After some years in the pipeline, this new Aerobic scheme is to be launched in 2012 so those swimmers who only manage some aerobic swims 400 and 800 m distances will still earn some points.

This is the main change.

(Aerobics)

Another change is that the points are to be condensed. [Please read the attached information sheet.](#)

Good luck for this year and I hope to see more of you at Sunday Aerobic sessions.

Aerobic sessions can also be swum on Thursday club nights.

Sunday the 8th of January was the first official Sunday session for 2012.

However, Rhonda got the first Aerobic swim of the year with 800 metres freestyle on club night. The attendance on the 8th was great with 8 members swimming 14,400m. It was decided to try to get some of the longer distances out of the way at the beginning of the year instead of trying to fit them in at the end.

Fremantle Port Swim-thru – 10th December 2011.-

With about 220 other swimmers Rowena and I enjoyed the great weather conditions on the day. We were both age group winners- at least Rowena had 5 other swimmers in her group, while I was the only one in my group.

By Pam Walker.

Leighton Swim

This year saw 5 Melville Marlins start the New Year by taking part in the Leighton Swim on Monday January 2nd.

Pam McHugh and new member Ben Simpson competed in the 1.25km swim. Anne Hitchen and Peter Clarke in the 2.5 km, and Greg Hitchen in the 5km. The morning was perfect, with very light winds, no swell and no stingers. As this was a swimming WA event and not a Masters event, there was a veritable army of young teenagers swimming. Most of these were 100s of metres ahead of us all after the first few 100 metres!

However, we all just swam our own races and thoroughly enjoyed the ocean swim. Well done to Pam who came 3rd in her age group and to Ben on his 1st ocean swim (after his 1st open water swim at the BBB).

Anne and Peter had a ding dong battle around the course (2 x 1.25km loops) and arrived at the beach around the same time, at which stage Anne ran 30m up the sand to the timing gate., leaving Peter behind. How rude!?

(This was repeated at the Rockingham Memorial Swim – BTW, Peter has vowed revenge at the Busselton Jetty Swim)

Greg managed to finish his longest and 1st ever 5k swim (although he was overtaken halfway through the 2nd of 4 laps by the 1.25k and 2.5k swimmers who started 10 mins after the 5k swimmers) and wasn't even last. He also enjoyed a nana nap that afternoon.

A very well run event at a beautiful beach with beautiful weather – who could ask for more?

By Greg Hitchen

And now from Greg Hitchen:

You know you're a swimmer when.....

Nearly your entire wardrobe consists of swimming shirts, sweatshirts, shorts and pants.

You always have red circles around your eyes.

You sweat chlorine.

Your hair is always wet, and ladies, your hair is always in a messy bun.

When a non-swimmer asks you about your swimming, you get annoyed because you are pretty sure they know absolutely nothing about the sport and that it will require a lot of explaining.

Y

You share a love/hate relationship with your coach.

You pretty much know how many tiles there are from one end of the pool to the other.

Christmas break? What Christmas break? Holidays are just another excuse for extra training.

Your skin is always dry!

Whenever you see a swimming related shirt at the store you just have to have it.

You get very excited about Speedo's latest catalogue.

You barely recognize fellow swimmers when they have dry hair and normal clothes on.

When you go to the pool with friends, you can't help but break out a few strokes and or flip turns.

You don't even have to think twice about peeing in the pool and it really doesn't gross you out.

There is nothing worse than a warm pool.

Your hairdresser never fails to tell you how slimy your hair is.

two weeks – you will pay for it just the same.

You have almost gotten into a fight with the lane line during that backstroke set.

Your conversations take place at 15 second intervals.

You collect, or have collected swim caps.

You have a permanent bather's tan.

You can swim longer distances than you can ever run.

So if any of the above ring true for you, I think you will have to face up to it.....you are a swimmer!

And now a funny from John Musty:

STUDENT WHO GOT 0% ON AN EXAM

I would have given him 100%!

Q. In which battle did Lord Nelson die?

A. His last battle.

Q. Where was the Declaration of Independence signed?

A. at the bottom of the page.

Q. The River Ravi flows in which state?

A. Liquid.

Q. What is the main reason for divorce?

A. Marriage.

Q. What is the main reason for failure?

A. Exams.

Q. What can you never eat for breakfast?

A. Lunch and dinner.

Q. What looks like half an apple?

A. The other half.

Q. If you throw a red stone into the blue sea what will it become?

A. Wet.

Q. How can a man fo eight days without sleeping?

A. No problem- He sleeps at night.

Q. How can you lift an elephant with

Two days of practice may as well be

one hand?

A. You will never find an elephant that has one hand.

Q. If you had 3 apples and 4 oranges in one hand and four apples and three apples in the other hand, what would you have?

A. Big hands.

Q. If it took 8 men 10 hours to build a wall, how long would it take 4 men to build it?

A.No time at all, the wall is already built.

Q. How can you drop a raw egg onto a concrete floor without cracking it?

A. Any way you want – concrete floors are very hard to crack.

What a smart%@~! Kid! There's one in every class!



As for birthdays....Sorry I don't have access to that information at the moment, so.....

Here's hoping everyone who had a birthday in January and all those having birthdays in February have had or have as much fun as the guy in the picture!

That's all folks! The ed.