



Marlins e-Newsletter

PATRON : Russell Aubrey
Mayor of City of Melville

July 2008

Number 54

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

Sun 20 July 2008	Belmont/Maida Vale BACC at Belmont Oasis
Thurs 21 st Aug	Shivering Shags Visit - Club Night please bring a plate to share
23-24 th Aug 2008	State Swim – short course event at Challenge Stadium
11-18 th Oct 2008	Alice Springs Masters Games
Sat 1 st Nov 2008	Heart Swim at Challenge Stadium
Sun 16 Nov 2008	Somerset BACC at Aqualife Centre
2009	Nationals to be held in Queensland
10-18 th Oct 2009	World Masters Games in Sydney www.2009worldmasters.com (Sorrento Supa Swim has been cancelled for 2008)

MARLIN OF THE MONTH FOR MAY was Alan Potter with 10 points! Well done Alan! Finishing second with equal points was Ray Mottram (Marlin of the Month – February). Equal third was Evelina and Amanda.

New Members

*Please welcome new members James Debenham,
David Green, Sam Hoong and Kym Low.*

minute to swim our heats and then get back to work again afterwards. Rhonda 'volunteered' to help out with the recording and, as always, was in the background helping whenever needed. Everyone else was kept busy with timekeeping in between their swims - thanks a million. Our swimmers were Lorna, Sam, Pam, Dean, Greg, Anne, Julie, Maree, Rhonda, Peter Maloney, Teresa, Evelina, Peter Harvey, Alan, Natalie, Ray and Cath.

Mandurah BACC – 15 June

17 of our swimmers braved the wet and wild weather to attend this swim. Once inside the complex we had a wonderful morning, followed by the usual delicious hot pumpkin soup and marvellous spread. Thanks again to Kevin for timekeeping for us all morning. We had Evelina's husband as our cheer squad. Leeming and Somerset decided to do the right thing and travel to Mandurah by train - WRONG DECISION! The bus didn't deliver them to the pool and Mandurah club had to send out a rescue team in their cars to pick them up. All's well that ends well and it didn't put Somerset off their swimming - they thrashed the rest of us! We managed to come 4th. It was great to have new member Sam Hoong swimming for us and also Peter Harvey, a relevantly new member. Dean McCarthy, who we haven't seen much of lately, swam as well - when not in the water, Dean had his nose stuck in a book studying for an exam - that's dedication! We were very short of officials and Peter M., Pam and I had to quickly jump in the pool at the last

AEROBICS

There was a turnout of six swimmers for the last Aerobic session of June. It was good to see some of the newer members having a go at the longer distances. Just a reminder to those thinking of starting some Aerobic swims that time is running out to complete the 5 swims required for the 400m and 800m distances. To those who have started there is still time to complete your swims to gain points for the National Aerobic Trophy.

Dates for Aerobic swims:
July 6th and 27th (Normal date 20th is BACC at Belmont)
August 3rd and 17th
See you there.
Pam Walker

Hearty Meal Night

At our June Hearty Meal night, presentations of a 'Thank You' medal and a Swim cap were made to all of those members who did volunteer work at the World Swim. Our two coaches, Peter Maloney and Gail Bowden, were also sent special 'Coaches shirts', compliments of AUSSI WA. Thanks to Anne Hitchen who organised the swim program, and to Ivan Martinovich who did the announcements on that evening in our captain's absence.

It is great to have Ossie back on deck after his operation. We all missed him whilst he was away...Cath

Don't forget Italian Food Night 3 July



"SWIM" Number Plates AUSSI Masters Swimming

As advertised in the edition of Different Strokes our days of having our number plates maybe numbered if our members don't purchase 10 or more plates annually. Deadline is 31 August and so far since August 2007 we have sold only 4 sets of plates. Please contact AUSSI Masters if you are interested as we will lose this promotional strategy if criteria is not met this year.



AGM NOTICE

**Thursday, 9th October, 2008
Melville Aquatic Meeting Room**

AGM will be held after club meet.

CHEESE AND BIKKI 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.

(Cheese & biscuits are not required on Hearty Meal nights.)

The urn needs to be turned on before 7.30 pm - Setting 3-4.

Clean up is part of the roster including taking the tea towels home for washing and returning the following week.

Please check: Milo, tea, coffee and serviette supplies and restock if necessary.

Keep all the sales docket/tax invoices to claim money back from the Treasurer (Natalie).

Key is to be handed to the next roster person/s at the completion of clean up and lock up at the end of your roster.

Mar - July 2008

Ivan & Debbie	29 May & 5 June
Marie & Evelina	12 & 19 June
Amanda & Felicity	26 & 3 July (Italian Food Night)
Sean & Ray	10 & 17 July
Michelle & Sandy	24 & 31 July

If you are unable to do the roster on the date shown, please change with another club member and mark up this roster accordingly.

Many thanks,
Social Organizer (Jaki)

CLUB SHIRTS AND VESTS

Thanks go to Ivan for organising Club Shirts and Amanda for organising the new vests for our club. They look really smart don't they?

Bunnings Sausage Sizzle

It has been discussed at the committee meeting that a sausage sizzle is a good fundraiser and a great way to promote the club. If members are interested in this idea please see Ray Mottram.

News from the Coach

Missing in Action: (not seen at training for some time)

David Green, Dan Machin, Steve Park, Sarah & David Philpot. Newsletter Editor! I could go on and on!

We would love to see members in the pool swimming as a team.

We train:

Wednesday @ 7:00 pm with the PM (Peter Maloney) and

Saturday's @ 9:00 am with Gail.

Thursday's is Club night. Come along and see what happens!

Let us get to training 7 minutes early. We can do shoulder stability exercises. These exercises will help protect our "swimmers" shoulders. With BACC (Be Active Club Challenge) and Open Water Swims coming up, we need to look after our shoulders and these exercises will help.

Sunday 20 July Belmont/Maida Vale. (Long Course)

Please give your name to Rhonda Maloney to be in this BACC.

You can choose to swim 1 – 3 of these swims:

You have the choice of: 200 Individual Medley **or** 200 Freestyle.

100 Breaststroke 100 Butterfly

50 Backstroke 50 Freestyle

4 x 50 Mixed Medley Relay

4 x 50 Mixed Freestyle Relay

For those of us wanting to get a time for our 1500 m swims:-

Sunday 10 August Somerset Aqualife (Long Course)

1500 m

Remember: if you want to improve your swimming, you have to swim.

Gail Bowden



When this cat gets out, someone's gonna die

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