



### **Mandurah Carnival**

18 swimmers attended the Mandurah BACC on 14 June for a morning of friendly competition. Once again, every swimmer who entered turned up on the day which makes the Captain's job organising the relays much easier.

Melville finished in 4th place out of 11 clubs with 138 points, behind Somerset (260), Stadium Snappers (220) and Mandurah (201). Thanks to Kevin and Jane (Pam's daughter) for timekeeping. After a full morning of swimming we enjoyed a lovely lunch of soup, sandwiches, cake and fruit.

Full results are available on the Masters Swimming WA website at <http://www.mastersswimmingwa.asn.au/events-pool.htm>

The plans for a train / bike adventure had to be abandoned by most due to the train stoppage. Only Amanda brought her bike and rode part of the way home.



### **Club Night Program July and August**

2 July 50 Free, 50 Back

9 July 100 Back, 200 IM, 25 Breast

16 July 50 Breast, 50 Fly, 400 Aerobic

23 July 100 IM, 200 Free, 25 Back

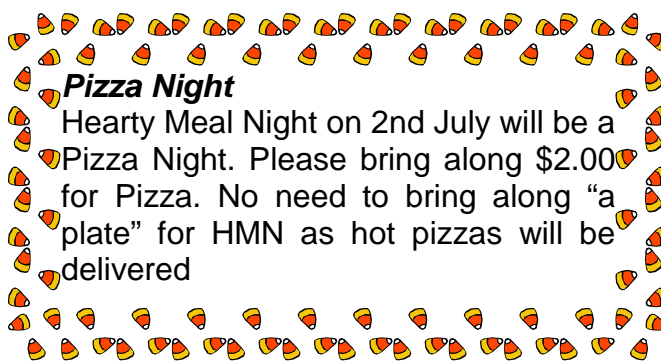
30 July 1/2 hour aerobic swim (or another aerobic swim of your choice)

6 August 100 Free, 50 Breast

13 August 50 Back, 50 Free, 200 Breast

20 August 100 Breast, 50 Free, 400 Aerobic

27 August 50 Fly, 50 Breast, 200 Back



### **Pizza Night**

Hearty Meal Night on 2nd July will be a Pizza Night. Please bring along \$2.00 for Pizza. No need to bring along "a plate" for HMN as hot pizzas will be delivered

### **Training Reminder**

Just a few reminders for all of us that attend training sessions to help things run smoothly. All just common sense and courtesy really.

1. Please remember to thank the coaches at the end of each session AND help to put away the equipment that you have used.
2. Please ask the coaches if you feel you need help with your stroke. They are only too happy to offer tips and advice.
3. If you arrive early, please do not start the session early. Warmup if you like but do not get ahead of the schedule before start time. This puts everyone else out of sequence.
4. If you arrive late, please join in with the schedule where the group is up to. If you want to warmup please don't get in the way of what the current set is (perhaps warmup in a public lane?).
5. Please follow the coaches sets. If you need to miss a set to recover or change stroke (e.g. dodgy knees for breaststroke) make sure you don't affect the others in your lane.
6. Finally, remember to have fun! We're all there (including the coaches) because we all enjoy our swimming. See you Wed's and Sat's.

### **Thursday Night Reminder**

Please make sure to wash and dry your own cups and glasses. This is not the job of the people on roster. Help with putting the chairs and tables away and clearing the floor of crumbs is also appreciated so that we can all get away by 9pm



### **Cheese and Biscuit Roster**

28 May & 4 June (HMN) James & Sean  
11 June & 18 June Pam & Julie  
25 June & 2 July (Pizza Night) Doug & Ray  
9 July & 16 July Kristina & John  
23 July & 30 July Garry & Ivan  
6 Aug (Shags) & 13 Aug Charles & Tony  
20 Aug & 27 Aug Peter & Carl  
3 Sept (HMN) & 10 Sept Maxine & Megan

### **Instructions**

- \* Cheese: 1 kg cut ready for serving
  - \* Biscuits: 3 packets  
(No cheese & biscuits on Hearty Meal nights)
  - \* Milk: 1 x 600 ml full cream & 1 x 600 ml low fat.
  - \* 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 necessary.
  - \* Keep all sales docket for refund from treasurer (Natalie)
  - \* 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

### **Martin's Funnies**

One day God was looking down at Earth and saw all of the rascally behaviour that was going on. So he called one of His angels and sent the angel to Earth for a time.

When he returned, he told God, 'Yes, it is bad on Earth; 95% are misbehaving and only 5% are not.'

God thought for a moment and said, 'Maybe I had better send down a second angel to get another opinion.'

So God called another angel and sent him to Earth for a time.

When the angel returned he went to God and said, 'Yes, it's true. The Earth is in decline; 95% are misbehaving, but 5% are being good.'

God was not pleased. So He decided to e - mail the 5% that were good, because he wanted to encourage them, and give them a little something to help them keep going.

Do you know what the e - mail said?

Okay, I was just wondering, because I didn't get one either.

### **Club Gear For Sale**

#### **Bathers**

#### New style with Melville Masters Print

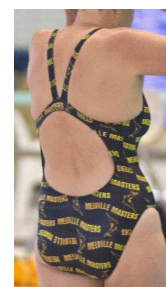
Men's

Sizes small (16) and xsmall (14) \$27

Women's

Sizes 12, 14 and 16 \$50

An order is being placed for other sizes



#### **Specials**

#### Older style with Melville print on back

Men's

Sizes 20 and 22 \$15

Women's

Size 18 medallist, Size 22 contour clipback \$25



#### **Shirts**

\$30

Medium—only 1 left

Larger sizes available



#### **Caps**

Silicon \$10

