



Marlins e-Newsletter

**PATRON : Russell Aubrey
Mayor of City of Melville**

March 2008

Number 50

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

Sat 29 th March 2008	Dale Alcock State OWS to be held at COOGEE
5-13 th April 2008	Port Pirie State Masters Games www.portpiriemastersgames.com
Easter 2008	Nationals to be held in Melbourne
Sun 6 April 2008	Melville Aussi BACC
17-25 th April 2008	World Masters Swim in Perth www.2008finamasters.org or phone 9441 8361 for more details
Sun 15 June 2008	Mandurah BACC at Mandurah Aquatic Centre
Sun 20 July 2008	Belmont/Maida Vale BACC at Belmont Oasis
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 JANUARY was Martin Smith with 18 points! Well done Martin! Finishing second on equal points was Greg Hitchen. Third was Laurie Hunt on 15 points.

XII FINA World Masters Championship 2008

As all of you would hopefully be aware, the above Championships are now less than 8 weeks away. Many people are very busy behind the scenes on various committees to ensure these Championships are one of the best that has been held. To ensure this we need a huge number of volunteers to assist us in various roles.

We are desperately seeking volunteers to be runners, basket carriers, Inspector of Turns and timekeepers, qualifications for these roles are not necessary other than for Inspector of turns. The committee is hoping to get a big numbers of volunteers from all clubs which can include your family and friends.

At this stage we do not want to have to do a rostering system from each club but it is likely depending on your support. Members, family and friends can register as a volunteer on the website www.2008finamasters.org and follow the links, volunteer/official, then swimming, then

individual. If members do not have a computer they can still register on an expression of interest form which they can get from myself and I will register them as a volunteer.

I would also ask when members have registered as a volunteer could they please send me through an email advising me what club they are from and the jobs they have volunteered for.

I will need to know who has volunteered from each club by Monday 10 March.

I thank all clubs in advance for your cooperation and support in ensuring that these Championships run smoothly and successfully.

Kim Klug
Non Technical Volunteer Coordinator
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**MELVILLE AUSSI's 30TH BIRTHDAY
CELEBRATION 10th February**

**Awards for 2007
Club Points Trophy**

	Male	Points	Female	Points
1 st	Peter Maloney	107	Rhonda Maloney	104
2 nd	Martin Smith	84	Felicity Smith	92
3 rd	Doug McLean	67	Jaki Smith	85



Marlin of the Year

This perpetual trophy was donated by the City of Melville and is presented to the overall club points winner. (Also Marlin of the Year badge).

1 st	Peter Maloney
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Aerobics Award

	Male	Points	Female	Points
1 st	Peter Hau	277	Julie O'Connor	330
2 nd	Colin Jefferson	195	Nancy Davies	310
3 rd	Steve Park	80	Rhonda Maloney	300



President's Trophy

Awarded to the swimmer who swims closest to their nominated time at Coogee Jetty to Jetty Swim.

1 st	Noela Medcalf	10 seconds
2 nd	Anne Hitchen	17 seconds
3 rd	Greg Hitchen	22 seconds



John Devereaux New Member Encouragement Award

Awarded to a member who has joined in the last year or so, and has become a valued club member. It is hoped that this will encourage the member to continue their involvement with the club.

Evelina Paraschivoiu



Nancy Davies Trophy

Awarded to the swimmer who swims closest to nominated time at Swim-thru Rottnest.

1 st	Carlene Davidson	4 seconds
2 nd	Jaki Smith	11 seconds
3 rd	Martin Smith	14 seconds



Marlin of Mediocrity

This award was donated by Peter Maloney to recognize those swimmers who have not reached the pinnacle of success over the past year, but have done enough to be more successful than at least half the club. It is calculated from club points and aerobic points. So if you don't swim aerobics, or don't race on club night you are ineligible for this award.

Laurie Hunt

20 Year Badge

Anne Hitchen joins the elite 20 year club this year.



Rockingham Memorial Swim Trophy

Awarded to swimmer who swims closest to nominated time at Rockingham Memorial Swim.

Maree Hoban



30th Birthday Thanks from Cath

What a wonderfully enjoyable evening we had at the Swan Yacht Club on Sunday 10th Feb. It was great to see so many of our past members, including Fred Johnson, our first President, who started Melville AUSSI 30 years ago. I was also pleased to see a number of our newer members present. Senator Harvey Everett joined us, representing the City of Melville.

Congratulations to all of the trophy winners- well done to you all. There are so many people to thank for helping make the evening happen. Lynne Alguire started it all off by searching for a suitable venue with a reasonable price and good menu. This took up quite a lot of Lynne's time but I'm sure you will all agree her choice was First Class. Thank you Lynne. Thanks also to Rhonda Maloney for not only organising the trophies again this year but for producing 'The Next Ten Years' – our 3rd history book. She has quietly gone about keeping records of everything that has happened in the club and you can read about it by purchasing a book for \$10, looking it up on our website or organising to have it on a CD. Rhonda's other half, Peter, no doubt had a hand in compiling and printing the book and as always was kept busy all evening taking photos. Thank you Peter. Ivan Martinovich, MC extraordinaire, did a sterling job as always and we really appreciate it. Sincere thanks to Ray Mottram who carried out his duties so charmingly. We all thoroughly enjoyed the entertainment, firstly the trip down memory lane with the slide show, courtesy of the Smith family and then the very clever and fun skit performed by the Mighty Marlin Trio, Anne Hitchen, Carlene Davidson and Maree Hoban. To Jaki Smith, who made it all come together, with the help of family and club members, a great big Thank You. It must have been very pleasing (and a relief) to see everything running so smoothly – well NEARLY everything – and to see how much everyone was enjoying themselves. To everyone who helped either to set up and/or clear away, or in any other way – Thank you. Many hands make light work.

P.S. Thank-you Cath for the lovely flower decorations.



Natalie presenting a new trolley to Ozzie. Thanks Ozzie for all your help.



Thanks to Carlene, Anne, Maree, Jaki and Cath for the entertaining skit – the words as follows....

There was Jaki, Jaki, feeling very happy in the pool – in the pool
There was Rhonda, Rhonda, faster than a Honda in the Melville Swimming Pool
There was Ray, Ray, who always says ‘Good day’ in the pool – in the pool
There was Peter, Peter, “They forgot to turn on the heater” in the Melville Swimming Pool

My eyes are dim I cannot see
I did not bring my goggles with me
I did not bring my goggles with me

There was Carlene, Carlene, drinking wine all the time in the pool – in the pool
There was Lynne, Lynne, looking very trim in the Melville Swimming Pool.
There was Alan, Alan our enthusiastic captain in the pool, in the pool
There was Cath, Cath, a watch in hand she hath in the Melville Swimming Pool

My eyes are dim I cannot see
The water has poor clarity
The water has poor clarity

There was Ozzie, Ozzie, never seen him in a cozzie in the pool, in the pool.
There was Ivan, Ivan makes a splash when diving in the Melville Swimming Pool
There is Flick, Flick, swimming really quick, in the pool, in the pool
There is Martin, Martin always winning Marlin in the Melville Swimming Pool.

My eyes are dim I cannot see
It must be Maree (or Nat) in front of me
It must be Maree (or Nat) in front of me

There was Anne, Anne looking very tanned in the pool, in the pool
There was Greg, Greg, leaving us for dead in the Melville Swimming Pool
There was Lorna, Lorna, whistling for some order in the pool, in the pool
There was Marg, Marg, filling in our cards in the Melville Swimming Pool.

Our eyes are dim we cannot see
but Melville Marlins still are we.
We keep fit and healthy happily.

NEWS FROM THE COACH

Wednesday with the PM

PM (Peter Maloney) gave us a great program for practicing **tumble turns**:

50 m freestyle on 1 minute 15 seconds - build to speed e.g. Gradually get faster till you are sprinting to the wall. Tumble turn. Push off the wall. Do 4 very quick freestyle strokes, then, take your first breath. Swim back to the wall (the one you just tumble turned off). Repeat. You maybe able to work them on 1:00 minute. Peter gave us 8 x 50.

This may be a little tricky to perform in a public lane. So you could adapt it:

50 m freestyle - build to speed. (Very fast to the wall) Tumble turn. Push off the wall. Take 4 very quick freestyle strokes. Take a breath after the fourth stroke. Then freestyle slowly (recovery) to the 25 m mark. Do a 25 m sprint to the wall. Tumble turn. Push off the wall. Take 4 very quick freestyle strokes and then take your first breath. Slow (recovery) freestyle to the 25m mark. Repeat.

I don't do tumble turns:

That is fine. Remember, fast to the wall, fast off the wall. Take four quick freestyle strokes, then take your first breath. You can gain a lot of speed from the wall.

Saturday's with Gail

Saturday's swim is a recovery from "Wednesday's with the PM"!!! No, Peter's programs are great fun. I am working at making mine just as enjoyable!!!

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

Nancy & Kelly	28 February & 6 March
Theresa & Kevin	13 & 27 March
Rhonda & Peter	3 (French Food Night) & 10 April
Anne & Greg	17 & 24 April
Natalie & Carlene	1 & 8 May
Doug & Barry	15 & 22 May
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)

BUSSELTON JETTY SWIM

3RD FEBRUARY 2008

Amanda, Martin, Maree, Greg and Anne all completed solos swims this year. Declan and Noel swam as a team of two. The weather was good with sunny skies, warm conditions and gentle winds – although a bit rough. The event was really well organized and is a good day out. Natalie was there too but reluctantly sat on the beach with her broken rib. Congratulations to Martin and Greg for completing their first solo event.

MELVILLE AUSSI PRESENTATION OF WHEELCHAIR



Larissa Hoskins (in wheelchair, Bob Dunstan and Noela Medcalf present wheelchair to Christine Young, City of Melville Community Development Manager.

As mentioned in the January newsletter, the club recently presented a \$1500 wheelchair, which features a water-proof stainless steel design, solid tyres and adjustable height and footrests, to City of Melville Community. The Melville AUSSI Masters Swim Club raised the funds to buy the wheelchair from its annual BBB (Bicton to Bridges and Back) river swim sponsored by Resolve Financial Solutions. Thank-you to our event sponsor Resolve Financial Solutions Pty Ltd for their support.

The Dave Reynolds All Stars

(An original name ingeniously thought up by Dave Reynolds!!!)

Dave Reynolds & Frank Ripper (Melville AUSSI) plus Brett Mullen and Marcus Tang all had a delightful day swimming across to Rotto.

Dave cruised across compared to his solo effort last year.

Frank, due to a mild bout of sea-sickness, kept his eyes firmly on the horizon.

The team & crew enjoyed themselves all the way to Rotto.

The SMITH Girls Go Solo

This year Felicity decided that she wanted some number plates for her car, not satisfied with “Dockers” plates, Rotto solo was the other way to get them.

As a good sister I volunteered to swim beside her part of the way! Then the idea of “oh, well, you might as well enter” came up – I was fit but hadn’t been swimming much. So I entered, with the thought in the back of my mind that I could always withdraw and get my money back if the 10km rehearsal swim was really bad! (And with Ray Mottram paddling for me in the 10km that was never going to happen – thanks Ray!)

We had a boat each – Felicity had mum and dad on her boat with Hilary paddling. I had a boat arranged by Natalie Kirby. My support crew was amazing - the skipper and first mate were arranged by Natalie with Renee Goodall and Rick (a friend from work) paddling for me, and Anne Hitchen swimming beside me when I looked like slowing down! Renee also jumped in for a swim. Thanks to both crews!

Felicity and I were in the first wave, leaving at 6.45am. We turned up at the beach, registered, saw a few familiar faces, then started to “grease up”. My paddler was late, so we had a bit of panic, but he eventually arrived. We got the start line with 3 minutes to spare! Thanks to Michelle (and family) for taking all our clothes home from the beach and lending a hand to get ready.

So, off we went, the plan was to stick together for 10km then do our own thing – yeh sure! Well, Felicity and I parted ways at the 2km mark – she left me in her wake...and I stayed there all the way to Rotto. (After all, I am 10 years older!!!)

The weather conditions were average (a bit choppy and some current), overcast most of the day and not as nice as we had hoped and prayed for – but they weren’t as bad as previous years. And, as per usual, the Saturday before and after the event were perfect conditions! The stingers though, were out in force, and I had quite a few big burning stings by the time I reached the 1500m mark. And every few km along the way I seemed to get another one, which took my mind off everything else, because they burned for so long.

Well, my crew was just the best – cheering at each marker, throwing food and drink at me and even protecting me from a salt water crocodile! There was no question of not getting to Rotto with a support crew like them.

My team thought they might provide some entertainment for me, so, at about the 16km mark when I was day dreaming and just waiting for the finish line, a salt water crocodile approach from off the side of the boat and came up underneath me (well, just a plastic head with Anne holding it). Well, you can imagine my shock (I think I jumped out of the water and screamed), then I turned to the boat to see the whole crew in fits of laughter!

We both finished, very tired, but happy to have made it. Felicity finished in 8hr 3 min and I came in 8hr 24min. Pretty good considering the 4 weeks of crammed swim training!

After some nachos and a chat we were homeward bound. Tired, sore and sun burnt, but happy! We both had the most attractive raccoon eyes and cap line across our foreheads for over a week – it got us a few laughs!

I never thought I would even attempt to swim to Rotto, and now when I look out from Freo and see how far it is, I still can’t believe I was silly enough to even attempt it – but I have number plates to prove it now!

Next adventure still to be found but I’m sure I’ll come up with something.....
Amanda

MELVILLE AUSSI BOOK #3 LAUNCH

The Next 10 Years 1998 -2007

Copies \$10 or download from website.

Thanks Rhonda and Peter.



JOKES

Measuring Height

Two Irishmen were standing at the base of a flagpole, looking up, a blonde walks by and asks what they are doing?

Paddy: "We're supposed to find the height of this flagpole, but we don't have a ladder."

The blonde took a spanner from her purse, loosened a few bolts and laid the flagpole down. She pulled a tape measure from her pocket, took a few measurements and announced that it was eighteen feet and six inches. She then walked off.

Mick: "Ain't that just like a blonde! We need the height and she gives us the fookin length."

Keep Smiling



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