



Marlins e-Newsletter

PATRON : Russell Aubrey
Mayor of City of Melville

MARCH 2009

Number 62

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

2009

8th March

1st and 15th March

12th and 19th April

Sun 5th April

3rd and 24th May

10-18th Oct 2009

Coogee Jetty to Jetty Swim

Aerobic Swim

Aerobic Swim

Melville AUSSI BACC

Aerobic Swim

World Masters Games in Sydney www.2009worldmasters.com

Aerobics by Pam Walker

During February 11 swimmers took part in the Aerobics. It is nice to see new members Tim and Megan doing some aerobic swims. Keep it up and finish the program to earn points.

Sunday Aerobic Dates for the next three months are:

March 1st, 15th

April 12th, 19th 5th being our Melville BACC

May 3rd, 24th 17th being MSWA BACC

OPEN WATER SWIMS

24th Annual Cottesloe to Swanbourne Ocean Classic 2.2km

Saturday 7 February

On this Saturday Julie and I swam in this event with 438 other swimmers. It was a bit chilly waiting to go in even though the sun was shining, but the water turned out to be quite warm and because of the off shore breeze the conditions were very good. Julie swam with me and as I could see she was lining up the buoys I just kept swimming on. We both recorded a time of 38 mins, with Julie a few seconds ahead. The last time I swam in this event in 2004 I did a time of 48 mins.

Swim Thru Leighton 1600m

Saturday 14 February

Julie having escaped to New Zealand left Tim and I to go in this swim. This was Tim's first OWS and he thoroughly enjoyed himself. While we were waiting for the 400m swim to finish the easterly breeze became very brisk but once again conditions were good and water temperature warm. Tim and I bobbed together at the start but once the race started he took off and I did not see him again until I was on the beach at the finish. Colin was also in the swim and his time was 24m56s to Tim's 31m19s and my 33m39s. There were 277 competitors in three waves.

Social News

Hi all,
 For those that weren't at club last Thursday, some exciting news about our new bathers. We now have the design and are taking orders.

The designs are below. They will be pool proof material, and sizes are the same as you would buy in a Speedo. If you would like to order, please let Rhonda know the size and quantity by return email, or add your name to the list that she will take to club and training.

Also attached is an example of the masters cut style for ladies. Ignore the design, it is only to show the style. If you prefer this style (lower leg, larger sizes, more back coverage), please let me know. We need to have a minimum of 10 or we would have to pay a surcharge.

Anyone wanting to order bathers should see Rhonda or Peter ASAP. We have about 30 orders so far.

TOGZ AUSTRALIA SWIMWEAR UNIFORMS
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QUOTE FOR MELVILLE AUSSIE MASTERS - 10.02.09

Design 2

R
 R3 - GIRLS - \$41.60
 R2 - LADIES - \$49.50
 UP TO LADIES 16

MP2
 MP25 - BOYS - \$23.70
 MP24 - MENS - \$26.35

TOGZ AUSTRALIA SWIMWEAR UNIFORMS
aquadiva "SPORTS SWIMWEAR" FASHIONS®

QUOTE FOR MELVILLE AUSSIE MASTERS - 01/09/08

PRICES INCLUDE ROLL PRINT
 (EXAMPLE PRINT ONLY)
MASTERS CUT

M2
 M2 - LADIES 12-18 - \$69.30
 20-24 - \$78.55

SPORT BACK

20% SURCHARGE FOR LESS THAN 20 GARMENTS PER ORDER
 50% SURCHARGE FOR LESS THAN 10 GARMENTS PER ORDER
 90% SURCHARGE FOR LESS THAN 5 DYE SUB PRINTED GARMENTS
 MINIMUMS APPLY TO GARMENT STYLES PER ORDER
PRICES INCLUDE ALL PRINTING AND GST

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Our annual club carnival will be held on Sunday 5 April and we would like all members to come along on the day, preferably to swim. The entry forms will be available at club night, or see our captains Anne or Greg. We look forward to having a successful meet again this year. Please make yourself available to swim as there is fierce competition for the trophy this year. We also ask all members to participate in the running of the event on the day.



MELVILLE AUSSI
Invites your Members
to the
2009 Be Active Club Challenge Series



Melville Aquatic Fitness Centre
Marmion St, Booragoon
Sunday 5th April 2009
Warm up at 8.10am for 8.45am Start
Pool is 50 metre indoor

Marshalling for Event 1 will commence at 8.30

EVENTS

1. 200m Backstroke , or
2. 200m Breaststroke
3. 50m Butterfly
4. 100m Freestyle
5. 50m Breaststroke
6. 50m Backstroke
7. 4 x 50m Women's Medley Relay
8. 4 x 50m Men's Medley Relay

**Swimmers may participate in three (3) events and the relay
Swimmers may swim event 1 or 2, but not both**

The following clubs have been invited to participate:

Armadale	Belmont	Bold Park	Cockburn	Fremantle
Gosnells	Inglewood	Leeming	Mandurah	Riverton
Somerset	Swan Hills			

Presentation and light lunch will be held at the pool after the event

Cost of pool entry is \$4.60 Adult: \$4.15 Concession; \$1.30 Spectator payable at the pool.
A nomination fee of \$3.00 per swimmer will be charged.

Entries to be provided via Meet Manager to secretary@melvilleaussi.com
Nomination fees should be paid by a club representative on the day (no individual payments please)

**Entries close Friday 27th March 2009
Entrants must be registered AUSSI Members as at Friday 27th March**

All participating clubs are requested to provide timekeepers, stop watches and relay cards

GOLF DAY

The 2009 Melville AUSSI annual golf day will be on

Sunday 29th March at Fremantle Public Golf Course

Montreal Street, Fremantle

Time : **2.30pm** arrival for **3pm start**.

Cost : **\$20.00 per player** (Must have their own set of clubs)

Format: **9 holes Ambrose competition played in teams of 4 players**

This is a fun afternoon for "wannabee" golfers. Each team has a captain who knows and plays the game. Everyone gets to have a hit, then the best shot is selected and played from where the ball lands, so you don't have to be a good golfer. Come and have a hit and giggle. The entry fee includes green fees and money towards great prizes for the winning team, and novelty prizes such as nearest the pin, longest drive, & longest putt. Not forgetting there is a winners and a NAGA trophy to strive to get your name on!!!!

Prizes will be awarded straight after play in the undercover area near the pro-shop.
Please bring a plate of finger food / nibbles for everyone to enjoy and your own drinks.

Past members are most welcome.

Contact Anne Hitchen on 93541191 or ahitchen@westnet.com.au ASAP as numbers will be restricted.

PS : Some of us golfers have spare sets of clubs. Please let me know if you need a set. Also let Anne know whether you would like to captain a team.

Anne

HEARTY MEAL NIGHT INFORMATION SESSION - THURS 2 APRIL 2009

James Debenham has kindly agreed to give a short presentation on ***preventing shoulder injuries*** at the next hearty meal night on Thursday 2 April 2009 to Melville Masters swimmers. James is a physiotherapist and will take about 15 minutes to present his information.

This will be just in time for our BACC carnival which is scheduled for Sunday 5 April.

REMINDER

If you use swim equipment at training can you please put away at the end of training session.

MARLIN OF THE MONTH

January 2009: James DEBENHAM

February 2009: Gary JEEVES

It's good to see some of the new/er members winning this award!!

Melville AUSSI

Masters Swimming Club

*****New*****

Daytime Swimming Group

Wednesday

10 – 11 am

**CONTACT GAIL (Coach) FOR FURTHER DETAILS
At least 8-10 swimmers required.**

ROCKINGHAM MEMORIAL SWIM

On Sunday the 1st February many club members gathered together with past members on the beach at Rockingham for our annual memorial swim. It was a lovely warm summer morning and after our swim with some fun doing “bombies” off the floating platform we retreated to Gordon & Noela’s home for 1 minutes silence in memory of our “deceased” members.

The trophy presentation was held after lunch and many members were surprised and happy on receiving their trophy. It is always a very relaxing day and our thanks go to the Metcalf’s for their kind hospitality in organizing this event.

News Article

The following has been copied from the National Seniors Connect Issue 112 which Doug McLean has kindly forwarded for your information

Swimming good for men

Swimming cuts men's risk of dying by about 50 per cent compared with running, walking and not exercising, according to a study by the University of South Carolina. Dr Steven Blair said the research was good news for those who swim for exercise. "This is the first report that has examined mortality rates among swimmers in comparison with other types of physical activity and sedentary lifestyle. We conclude that men who swim for exercise have better survival rates than their sedentary peers." The study took into account age, body mass index, smoking, alcohol intake, hypertension, other medical factors and family history. The study's participants were white men aged 20 to 90 but, Blair said the benefits of swimming may be similar for women or for other groups of men. He found that regular swimmers had higher cardio-respiratory fitness than walkers and sedentary people. "Swimming may be a good alternative exercise for individuals who cannot participate in running or other forms of physical activity."

TRACKSUIT FOR SALE

Rita Blom is selling her Melville Masters Tracksuit, medium size for \$15. Anyone interested can contact Gail for further information.

PROPOSED ALTERATIONS TO THE MELVILLE AQUATIC CENTRE

Members may have noticed opposite the reception area a display requesting feedback from consumers of the aquatic centre in relation to proposed alterations to the current building plans. It does NOT appear that there is the facility for any swimming club to have a “meeting room” with all the required kitchen facilities etc. The proposed meeting rooms are smaller and this will have a significant impact on the club having facilities to cater for interclub challenges and club nights where we have visitors etc. The committee is prepared to submit a response on behalf of its members but if each member also has input there is more power in numbers. We would appreciate if you could either fill in a feedback form directly at the pool or by going onto the website www.melvillecity.com.au to provide feedback. I have checked the website and I have no idea where to go to see the proposed plans or feedback options so I have emailed them requesting the details so when I have further info I will forward it on to you all via email so we can all submit further comments.

Carlene

JOKES

Mexican words of the day!

1. *Cheese*

The teacher told Pepito to use the word cheese in a sentence. Pepito replies: Maria likes me, but cheese fat.

2. *Mushroom*

When all my family get in the car, there's not mushroom.

3. *Shoulder*

My fren wanted 2 become a citizen but she didn't know how to read so I shoulder.

4. * Texas *

My fren always Texas me when I'm not home wondering where I'm at!

5. *Herpes*

Me and my fren ordered pizza. I got mine piece and she got herpes.

6. *July*

Ju told me ju were going to tha store and July to me! Julyer!

7. *Rectum*

I had 2 cars but my wife rectum!

8. *Chicken*

I was going to go to the store with my wife but chicken go herself.

9. *Wheelchair*

We only have one enchilada left, but don't worry wheelchair.

10. *Chicken* *wing*

My wife plays the lottery so chicken wing.

11. *Harassment*

My wife caught me in bed with another women and I told her honey, Harassment nothing to me.

12. *Bishop*

My wife fell down the stair so I had to pick the bishop.

13. *Body wash*

I want to go to the club but no body wash my kids.

14. *Budweiser*

That women over there has a nice body, budweiser face so ugly?

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 necessary.

Keep all sales docket for refund from treasurer (Natalie)

MAR - JULY 09

Ann & Greg	5 Mar (HMN) & 12 Mar
Jaki & Martin	19 Mar & 26 Mar
Maree & Evelina	2 nd April (HMN) & 9 th April
Lorna & Margaret	16 th April & 23 rd April
Natalie & Carlene	30 th April & 7 th May (HMN)
Theresa & Kevin	14 th May & 21 st May
James & Sean	28 th May & 4 th June (HMN)
Pam & Julie	11 th June & 18 th June
Doug & Ray	25 th June & 2 nd July (HMN)
Kristina & Lynne	9 th July & 16 th July

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