



Marlins e-Newsletter

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

May 2008

Number 52

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

| | |
|------------------------------|--|
| 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 FEBRUARY was Anne Hitchen with 16 points! Well done Anne! Finishing second with 15 points was Greg Hitchen with 15 points and third was Teresa Phillips with 13 points.

Geraldton Swim 15th March

Teresa and Kevin Philips had a great time at the Geraldton swim carnival. Teresa and Barry Stubbs competed and Kevin helped with the time-keeping. Teresa was very happy with her swim breaking her nominated time. Teresa said the Geraldton Club put on a great show and they all had a wonderful time and highly recommends this event to all members as an enjoyable week-end. She recommends we put this event on our calendar and attend next year and support this small club for a great week-end out. Thanks Teresa

Melville AUSSI BACC

What a fantastic club meet. Many of our Marlin swimmers participated in the Club Challenge which is reflected in the result of Melville AUSSI taking home the Champions Cup.

Rhonda Maloney was recognised by the club for her outstanding contribution to the club. Rhonda has held the following positions at the club, is custodian of club photo albums, compiles and publishes our club history books, organises Club challenges and has hosted many a memorable social events:

| | |
|-----------|---------------------------------|
| 1988 | Coach |
| 1989/1990 | Coach/Fitness Director/Recorder |
| 1992 | Fitness Director |
| 1993 | Secretary |
| 1994 | Secretary/Recorder |

| | |
|------------|--------------|
| 1998/1999 | Secretary |
| 2002/03/04 | Recorder |
| 2007 | Captain |
| 2008 | Vice Captain |

Thank-you Rhonda (and thank-you Peter).

Interclub Lunch

Thanks to our octagenarians Lorna & Margaret who sat patiently for 4 hrs selling raffle tickets, with Lorna having a break to swim in the competition. Thanks to Sarah and David for helping them out in between swimming their events. Special thanks to Debbie “Queen of the kitchen” who worked hard preparing our lovely lunch. Thanks also to everyone who provided the wonderful food and put together a great lunch. The tables were full of food but it all disappeared pretty quickly, which shows it must have tasted good! We were lucky to have lots of prizes donated for the raffle, thanks everyone who donated and especially Ann who made up 3 wonderful hampers. Winning the trophy just topped the day for us all. Jaki

I have repeated Cath's thank-you for those members who may not have received the email.

I just wanted to thank every one of you who came to our Be Active Club Challenge to swim, work, support, or all three. We had a terrific turn out which showed by us winning our own trophy by quite a reasonable number of points. This doesn't always happen, so it's always nice when the swimming has finished and we can sigh a sigh of relief when we find out that we have won. Well done to those newer members who were swimming in their first carnival.

Special thanks to those non swimming members and/or family and friends who came along to help in so many ways. Your help is really appreciated. Congratulations to Peter (and also Gordon who always keeps us on our toes) on such a well run meet. Rhonda, Sue, Julie and their helpers at the recording table had a few (BIG) hiccups to cope with, but they managed it all so smoothly that no one else noticed.

Jaki (ably supported by her family) once more showed us what a multi skilled lady she is - she and her team had our lovely lunch ready right on time. Ray and his helpers were godsend, supplying the timekeepers and officials with drinks. Lorna, Margaret, Kelly and Sarah sold all of our raffle tickets, Kristina has found herself a permanent job of announcer in future - we could actually HEAR what she was saying! - Noela, Gordon, Alan, Maree, Lynne, Ivan, Doug and all of those who worked at marshalling and ushering were kept running all morning and I can't thank all of you enough for jumping in to help timekeep whenever I yelled for help. And wasn't it great that we had our BRAND NEW TEESHIRTS to wear thanks to Ivan. They look terrific don't they? If I haven't named you personally it doesn't mean I didn't notice and appreciate all of your help - there are just too many of you to name - so please accept this as a personal thank you to YOU from me. Cath

World Masters Swim

What an exciting and nerve wracking week. Each day there were crowds of people around each of the pools or moving between them. The weather was interesting, going from warm sunshine to a thunderstorm which closed the outdoor pool on the first day of competition. The eight lane outdoor pool used for training/warm up and cool down was like a washing machine with swimmers churning up and down continuously. I was only one of many Melville members who gave their time acting as volunteers, time-keepers and officials. It was nice when swimming to have a familiar face on the pool deck. I spent quite a few hours acting as Inspector of Turns and only had to DQ one swimmer, although I had three people who did not finish their race in various events. I swam in 5 individual events, 3 relays and the 3km Open Water Swim. The relays were all swam on the one day in the indoor pool and it was the only time when all the Melville swimmers sat together. Rhonda did so well to make up 14 relay teams and even though none were in the medals everyone swam their hardest. I was happy with my swim times in the individual events. The Open Water Swim in the Swan River was challenging

especially as I had not really done any long distance training. However, I was determined to finish and in the end was 12th of 18 swimmers in my age group. It was a time of catching up with local swimming friends and meeting new people. My brother even came to watch me swim in the 400m freestyle!

Pam Walker
Swimmer No. 2710

Congratulations Amanda Smith who received a medal in the 200m breaststroke and congratulation to all swimmers who competed at the Masters.

New from the Coach

Congratulations to all our swimmers in the Worlds. Well done for entering the World Championships. I have heard reports of PB's, medals and lots of fun.

Those who entered swims could you please send me your :
stroke e.g. freestyle, backstroke, breaststroke, fly
distance: e.g. 50 m, 100 m, 200 m, 400 m, 800 m
time: e.g. 28.42 seconds

When I give drills, especially kicking drills, I notice the rolling of eyes and expressions of disgust. Not to mention many verbal complaints! Below, you will find an explanation of some of the reasons I give you these fun and exciting drills!

Kicking: Rx for faster swimming

[Swimming Technique, Apr-Jun 2001](#) by [Jordan, Shaun](#)

Are you ready for a challenge that is sure to lead to faster swimming? If so, you should devote more of your workout time to kicking.

Kicking is the backbone of any good freestyle. A good kick raises the body in the water, drives the hips and shoulders, and allows for full extension at the top of the freestyle stroke. Kicking puts that pretty glide into those strokes we all envy. Today's world-class swimmers must have a great kick regardless of whether the race is 50 meters or 1500 meters. As we begin our kicking journey, there are some important things to remember:

Be patient and understand that learning to kick is largely a function of repetition. After a few million kicks, you should be able to master the skill!

Flexible ankles are important in kicking. In fact, super-flexible ankles are a common trait among fast kickers. Your ankles will become more flexible the more you kick.

1. Body Position

Let's start with a body position check. Find some deep water and move off of the wall a meter or so. Kick with your feet beneath your body and your hands at your side, head out of the water. Don't sit in the water. Stay straight with the hips forward and directly beneath your chest. The legs should generate quick kicks with the feet slightly pigeon-toed or turned in. This usually gives a swimmer the chance to feel thick, resistant water.

2. Ankle Flexibility

One of the ways to improve your ankle flexibility is with stretches. My favourite ankle stretch is done by sitting on my heels and working the stretch on top of my ankles by leaning back on my toes. The more flexible your ankles and feet, the more they can work like flippers. Begin your kick slowly and increase the yard-age and intensity gradually.

3. Like A Boat

I like to talk about kicking in terms of a boat, its motor, the drive shaft and the propeller. In freestyle, the kick's motor lies in the hips and is supported by the abdominal muscles. The torso drives the entire stroke-both the kick and roll of the stroke. The power travels down the leg like a drive shaft and is transferred to the feet, which acts like a propeller. The knees bend slightly, enough for the top of the foot to push against the water. Flexible, relaxed and fast should be the kicker's mindset. But remember: big kicks create drag .

4. Side Kick Drill

With this mindset, we can now focus on the real thing. There are many ways to increase your kicking yardage in workout. The most often overlooked kicking set is the stroke drill set. All stroke drills double as kick drills. The easiest drill is the side kick drill. This is the base drill for all freestyle stroke drills. Side kicking is the most productive way to do your freestyle kicking. When kicking on your side, your hips will be perpendicular to the bottom of the pool. When you kick on your left side, you will have your left arm out in front with your right arm resting on your right hip thigh (We want the arm straight, relaxed and resting on your side, hand on the thigh). You must remember that the lead hand must be palm down in the water. This position creates lift in the freestyle stroke. Beginners will kick with their ear on the lead shoulder, while more advanced swimmers will kick with their chin on their lead shoulder. This contact with the shoulder is critical in keeping your hips high in the water. If you lift that ear or chin off the shoulder, your hips will sink quickly. (Please note " If you lift that ear or chin off the shoulder, your hips will sink" This will cause drag). If you feel like you are sinking, rather than simply kicking harder, stretch your arm as far out in front of yourself as you can. This stretches out the body, causing your hips to rise in the water, reducing drag. Remember, this is not a power game; rather, it is a finesse, streamline game. The side kick will not only teach you how to kick, but it will also help you learn the balance necessary to have a long, smooth freestyle. Please note: "stretch your arm as far out in front of yourself as you can" However, don't over extend.

5. More Drills

The other drills I enjoy doing are all variations of side kicking. The 10/3/10 drill is done by kicking 10 times on your left side, taking three long freestyle strokes, then 10 kicks on your right side. Repeat this for the distance of your choice. Under-water streamline kicking is another great drill. You will learn how to reduce body drag-with a great streamline-while simultaneously learning to generate power with your feet. Start slowly, and before you know it, you will be going the whole 25 yards underwater without a breath.

6. Kicking with the Kickboard

When using the kickboard, I recommend that everyone begin with slow kicking with the feet completely underwater. The water will boil, but the feet should not break the surface. This

will help you get a feel for the water with your feet. Fast, smaller kicks, with the feet under the surface searching for thick water, will create the most propulsion (as shown above no, it is not shown above.). Most people equate using the kickboard with "social time." Slow, easy kicking is important and should be part of every workout. However, we must put emphasis on high-intensity kicking as well. The kick set should have the same thought put into it as the other parts of the workout.

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Rotto channel swim - proof that Anne Hitchen saved Amanada Smith from a salt water crocodile.....it's head is on the back of the ski with Renee Goodall paddling.

Hearty Meal Nights

French Food Night

On April 3RD we had a great French Food Hearty Meal Night. Everyone seemed to enjoy the many various French dishes which were provided, e.g. French Stick Sandwiches, Pate', Cointreau Crepe Suzettes, Profiteroles, Aubergine and many other French dishes. Rhonda, Peter & Cath got into the French Life and wore their berets. Thanks everyone for providing a great spread. Vive La France! Looking forward to the Italian Hearty Meal night in July.

Thanks to Jaki for her great idea for themed Hearty Meal night. We enjoyed a delicious spread of French cuisine. Our next Hearty Meal Night is on 1st May. Remember all members are welcome this night even if you do not want to swim the club races before - come and join in at 8:00 in the club room.

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 dockets/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

| | |
|-------------------|----------------------------------|
| 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)

JOKES

Old Age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less grey hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio.

I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon?

I will dance with myself to those wonderful tunes of the 60&70's, and if I, at the same time, wish to weep over a lost love will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day. (If I feel like it)

MAY OUR FRIENDSHIP NEVER
COME APART ESPECIALLY WHEN IT'S STRAIGHT
FROM THE HEART!

MAY YOU ALWAYS HAVE A RAINBOW OF SMILES
ON YOUR FACE AND IN YOUR HEART FOREVER
AND EVER!

FRIENDS FOREVER!

A Mother Son Poem

My son came home from school one day,
With a smirk upon his face.
He decided he was smart enough,
To put me in my place.

'Guess what I learned in Civics Two,
that's taught by Mr. Wright?
It's all about the laws today,
The 'Children's Bill of Rights.'

It says I need not clean my room,
Don't have to cut my hair
No one can tell me what to think,
Or speak, or what to wear.

I have freedom from religion,
And regardless what you say,
I don't have to bow my head,
And I sure don't have to pray.

I can wear earrings if I want,
And pierce my tongue & nose.
I can read & watch just what I like,
Get tattoos from head to toe.

And if you ever spank me,
I'll charge you with a crime.
I'll back up all my charges,
With the marks on my behind.

Don't you ever touch me,
My body's only for my use,
Not for your hugs and kisses,
that's just more child abuse.

Don't preach about your morals,
Like your Mum did to you.
That's nothing more than mind control,
And it's illegal too!

Mum, I have these children's rights,
So you can't influence me,
Or I'll call Children's Services Division,
Better known
As 'C.S.D.'

Mum's Reply and Thoughts

Of course my first instinct was
To toss him out the door.
But the chance to teach him a lesson
Made me think a little more.

I mulled it over carefully,
I couldn't let this go.
A smile crept upon my face,
he's messing with a pro.

Next day I took him shopping
At the local Goodwill Store..
I told him, 'Pick out all you want,

there's shirts & pants galore.

I've called and checked with C.S.D .
Who said they didn't care
If I bought you K-Mart shoes
Instead of Nike Airs.

I've canceled that appointment
To take your driver's test.
The C.S.D. Is unconcerned
So I'll decide what's best.'

I said 'No time to stop and eat,
Or pick up stuff to munch.
And tomorrow you can start to learn
To make your own 'efen' lunch.

Just save the raging appetite,
And wait till dinner time.
We're having liver and onions,
A favorite dish of mine.'

He asked 'Can I please rent a movie,
To watch on my VCR?'
'Sorry, but I sold your TV,
For new tires on my car.
I also rented out your room,
You'll take the couch instead.
The C.S.D. Requires
Just a roof over your head.

Your clothing won't be trendy now,
I'll choose what we eat.
That allowance that you used to get,
Will buy me something neat.

I'm selling off your jet ski,
Dirt-bike & roller blades.
Check out the 'Parents Bill of Rights',
It's in effect today!

Hey hot shot, are you crying,
Why are you on your knees?
Are you asking God to help you out,
Instead of C.S.D..?'



From Martin

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