

Open Water Swim Reports

By Pam Walker

Coogee Jetty to Jetty Sunday 8th March – 750m and 1500m

This event is one of the Open Water Swims for which Melville swimmers compete for a Nearest to Nominated Time Trophy. It was such a lovely day with good weather, ideal water conditions and a great breakfast after the swim. As the swim is well attended it is a good chance to catch up with friends from other Clubs. In the 750m event Melville was represented by Peter Maloney and Doug McLean with Doug getting 1st place in his age group. Second year in a row! Rhonda, Natalie, Maree, Gail, Pam, Greg and Tim entered for the 1500m. Even though there were no winners three of us were in second place (Jaye, Rhonda and Pam). Sadly though there were no awards for second. With the favourable winds some good times were swum. Results can be found on the website www.cockburnmasters.org.au. Photos of the event are at www.thesnaphooter.net. Put this swim into your diary for next year.

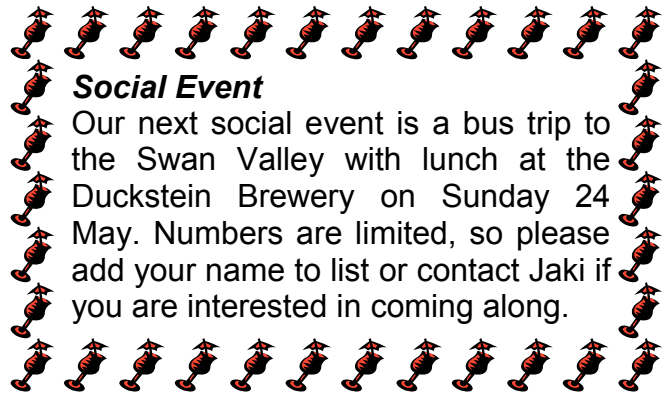
MSWA State Open Water Swim 28th March – 1000m and 2000m

Peter Harvey was the star Melville swimmer winning his age group in the 2000m event. Well done Peter. Swimming this distance also, were Rhonda, Greg and Pam. In the 1000m event Kym Low was first over the line and Pamela Coates only a minute behind. Overall there were 143 competitors. Peter Maloney once again was one of the officials. With the southwest breeze it looked as if the conditions could be a bit rough on the first leg but it was not too hard and on the way back the breeze was with us. After a hearty breakfast the results were announced and another successful open water swim was over. Results can be found at www.mastersswimmingwa.asn.au

This is the last of the metropolitan swims for the season with Cocos Island, Albany and Denmark events left.



Swimmers at Coogee Jetty to Jetty Swim



Social Event

Our next social event is a bus trip to the Swan Valley with lunch at the Duckstein Brewery on Sunday 24 May. Numbers are limited, so please add your name to list or contact Jaki if you are interested in coming along.

Aerobics Update

by Pam Walker

Sunday Aerobic Dates for the next two months are:

May 3rd, 24th
June 7th, 21st

The time is from 9am. What better way to start your Sunday than with a challenging swim!

The Aerobic swims are well and truly under way with 21 swimmers taking part.

Attached to this Newsletter is a list of the Aerobic Swimmers up to 22 March.

Note: To new members: information regarding the awarding of the points for the aerobic swims is in a booklet setting out how the points are allocated for the various distances and times in the different age groups.

The 2009 **WA Disabled Sports Association** State Swimming Championships will be held on 1/2 August. WADSA is calling for volunteer officials again. Anyone interested should contact WADSA's General Manager Pat Maslen on 9470 1442 or via pat@wadsa.org.au.

News from the Coach

By Gail, Level 1M Coach

Well done to all our swimmers for participating in our Be Active Club Challenge (BACC). Some of the races were so close! It was very exciting!

A reminder from the rule book: msa-081106 Swimming Rules October 2008 Ver1.6.doc

SW 4.4M Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers who started before the starting signal shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be stood up and be started again.

Clarification: If a swimmer starts before the starting signal has been given, and the Starter incorrectly signals a technical false start, that swimmer shall be disqualified, however other swimmers will be recalled and allowed to start again.

Clarification: Starting before the starting signal must be an actual forward starting motion. This is to allow for the unsteadiness of some swimmers.

James Debenham gave Melville Masters a useful & interesting talk on preventing shoulder injuries. I hope to put some information from the talk on our web page. James gave us a number of exercises to do. There was one exercise he wanted us to practice diligently. If I haven't shown it to you, please remind me to give you a demonstration.

We are almost half way through the year. Are you maintaining your **goals for 2009**? Remember there appears to be a correlation between swimmers and goal setting. If a swimmer has a goal they are motivated to keep swimming. What is your goal regarding your swimming?

A **Masters Level 1 Coaching Course** will (tentatively) be held mid-year. Perhaps you have an interest in becoming a Masters Coach? What a goal for 2009!

Cheese and Biscuit Roster

30 April & 7 May (HMN)	Carlene & Natalie
14 May & 21 May	Teresa & Kevin
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 dockets 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

Swimsuit Rules

There has been a great deal of controversy in the media in recent months about which swimsuits are, or should be, permissible in swimming competition. Both FINA and Swimming Australia have introduced new rules governing elite and age group competition. These rules do NOT currently apply to Masters swimming competition in Australia, Swimmers may compete in any swimsuit.

As an aside—the Byron Bay Classic Swim is allowing only 'conventional swimwear' to be worn- no arms, legs or 'high tech' material.



Masters Swimming WA

2009 **BE ACTIVE** State Swim

Saturday/Sunday 16/17 May 2009
Challenge Stadium - Mt Claremont

The 31st State Championships is Masters Swimming WA's premier event. Clubs and members are encouraged to share in the competition and fun - including **Spot prizes and Have-a-go News Mixed Clubs Relay.**

NEW INITIATIVE

Prizes for top points for male and female in each 5-year age group

Saturday Competition starts @ 10.30 am

9.30 am to 10.15 am – Supervised Warm-up - Please obey Lane Signage
(8.00 am to 9.30 am – Unsupervised Warm-up - Please be courteous to other swimmers)

Event	1	200m	Freestyle
Event	2	200m	Backstroke
Event	3	200m	Butterfly
Event	4	100m	Breaststroke
Event	5	100m	Backstroke
Event	6	4 x 50m	Medley Relay - Women
Event	7	4 x 50m	Medley Relay - Men
Event	8	4 x 50m	Freestyle Relay - Mixed
Event	9	50m	Backstroke
Event	10	50m	Breaststroke
Event	11	4 x 50m	Have-a-go News Relay FINAL (no points)

Volunteers' Function (for invited guests) at end of Event 11 as part of National Volunteer Week celebrations (venue to be advised)

Sunday Competition starts @ 9.00 am

8.00 am – 8.45 am – Supervised Warm-up - Please obey Lane Signage

Event	12	100m	Freestyle
Event	13	200m	Individual Medley
Event	14	200m	Breaststroke
Event	15	100m	Butterfly
Event	16	4 x 50m	Freestyle Relay – Women
Event	17	4 x 50m	Freestyle Relay - Men
Event	18	4 x 50m	Medley Relay – Mixed
Event	19	50m	Butterfly
Event	20	50m	Freestyle

Presentation Function (pre-paid) in Champions Club after Event 20



Department of Sport and Recreation



A 54 year old woman had a heart attack and was taken to the hospital. While on the operating table she had a near death experience. Seeing God she asked "Is my time up?"
God said, "No, you have another 43 years, 2 months and 8 days to live."
Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair colour and brighten her teeth! Since she had so much more time to live, she figured she might as well make the most of it.
After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance.
Arriving in front of God, she demanded, "I thought you said I had another 43 years? Why didn't you pull me from out of the path of the ambulance?"
God replied: "I didn't bloody recognize you."