



Melville Marlins Newsletter

May 2014

melvillemarlins.myclub.org.au

UPCOMING EVENTS

June 5	Hearty Meal night
June 14	OWS Club event coordinators workshop
June 22	Mandurah LiveLighter Club Challenge (Aqua Jetty)
June 28	Intro Coach Course
Sept 20	Club Captains Meeting
October 25	New Norcia social weekend away

EXTERNAL EVENTS

- Lake Argyle Swim
- Alice Springs Masters

Go to www.mswa.asn.au for further details.

MARLIN OF THE MONTH – MAY 2014

Congratulations to Anne Hitchen who achieved 15 pts for the month. Close were Rhonda, Peter, Martin and Rebecca.



MASTERS SWIMMING WA

State Record

Sarah Lacey, Aithne Dell, Claire Lacey and Rebecca Yip for a record time of:

- 2:45.15 seconds
- 4 x 50m Medley Relay
- 72-119 age group

swum on 6 April, 2014 at the Melville LiveLighter Club Challenge.



2013/14 Open Water Series – Age Group Winners

18-24 Aithne Dell
25-29 Rebecca Yip
50-54 Greg Hitchen

Congratulations!

EASTER LONG WEEKEND ADVENTURES – By Beck ☺

Good Friday morning, Sarah and I enjoyed a leisurely drive down to Denmark, mastering over-taking of the copious amount of caravans/trailers/Sunday drivers along the way. We made it to Sarah's aunt's house, overlooking a paddock with many 'roos and their joeys keeping the grass down. Aithne joined us for lunch, discussing several ways of how to get out of the dreaded, shark-infested swim that loomed. Aithne I must mention was a brave one, battling tonsillitis too!

That aside, we still continued to carbo-load with some good old pasta! Early to bed for an early start...

Quack quack quack, off went the alarm at 5:15am and as I often think to myself 'eurghhh why do I do this?!' I begrudgingly got out of my cozy sleeping bag and began the chore of getting geared up! Very fresh and foggy outside, the 3 of us still half asleep loaded up the car and headed to Albany. The harbour was very calm and the fog cleared so we could see the Entertainment Centre at the other end...albeit a VERY far 4kms away!? Here we found Peter Harvey, Julie and Brendan. Registration – Done. Bathers – On. Cap/Goggles – Check. Debrief – Errrm this is where it started to go a little pear-shaped...Patrick the head lifeguard stated that it was his 'duty of care' to inform us that the 5m shark who had been tagged a couple of days before had indeed made an appearance near the harbour in the last 1.5 hrs BUT not to be scared as it was all under control and Mr Sharky had gone off to play for a little while. There were a lot of murmurs, doubts and even tears amongst the crowd yet still we all entered the water and awaited that air horn!

Surprisingly, the water was nowhere near as cold as any of us thought so this was a bonus. The swim on my behalf was pretty good and smooth sailing; a tad choppy in a few patches but otherwise not a bad paddle. The only hard bit was looking for the 'blue archway' at the other end – It never seemed to get any closer!? Eventually I got there (with a massive 'PHEW! Thank god for that!'); Peter was next with Aithne and Sarah finishing together being each other's saving grace to start the race, let alone completing it so well done girls! This finish proved to be crucial - Aithne must have just got her big toe ahead of Sarah as she won their age group haha as did Peter and I. It was a chilly and misguided finish so maybe some improvements with hot showers, more bottled water and better buoy placements for next year! We then rewarded ourselves with a nice hot breakfast ☺

Day 2 was not such an early start but the weather wasn't so kind. Clouds loomed over and out came the rain! Arriving at Denmark for the Southern Ocean Classic Mile (1.6km) was a tad intimidating as you could hear the waves before you could see them. Surfers were in their element catching some big ones as the 3 of us looked at each other and said 'what the hell have we let ourselves in for?! Are we going to survive? I'm not sure we can do this...' Negative thoughts aside, we continued to get ready and before we knew it, we were diving into those waves and off we went. It took a dam good effort to get past the breaking waves to actually reach the course but once we were out of the wave action, it was a simple 2 laps around a rectangular course. Coming in to the finish

line was fun as I managed to catch a wave, however I believe Aithne was a tad unlucky and the wave caught her! I came in first with Sarah, Peter and Aithne not far behind followed by Brendan and Julie. All in all, a very challenging but very fun swim! No luck with first prizes this time round but a bacon and egg burger was a good enough consolation!

Overall, a great weekend of road tripping, swimming and relaxing! Here's to next year where hopefully a few more of us will tackle those waves! Who's in?





move forwards.

<https://www.youtube.com/watch?v=rytpcq4X3TA>

Below is the first link to a 5 part tumble turn progression.

See how the arms are NOT part of the turn. Arms stay by your side as you tumble. As you come out of the turn, your arms are above your head, fingers pointing the way you want to swim.

<https://www.youtube.com/watch?v=YFQpLjihI5M>



ENDURANCE 1000 by Pam Walker



The total points achieved to 18 May is **4223**.

It is nice to see a few regulars taking advantage of the Monday sessions.

So far there have been 34 members swimming one or more endurance swims. The numbers are down on last year so if you are thinking of doing an endurance swim give it a try.

Well done to Peter Maloney who is the first to complete 5 x 400m freestyle swims. Now for the 400m breaststroke swims.

Endurance 1000 Sessions:	
Sundays:	8.30am
Mondays:	12.30pm - Second and fourth week
Thursdays:	Before club swims and once a month on Club Nights and on any 5 th Thursday of the month

COACHING by Gail Bowden



This month's links cover stretching, breathing during the butterfly stroke and turning.

Firstly, stretching:

http://www.usmsswimmer.com/201001/swimmer_stretching.pdf

The following link is a video of 'Biondi' Drill sometimes called 'chin surfing'. This drill shows us where to breathe in BU - as our arms pass under our chest. It also helps us to keep our chin on the surface of the water as we breathe. With BU we want to keep flat on the surface of the water. This will help us

MEMBERSHIP STATS

As at 22 May there were 64 club members.



Happy Birthday to those who have May birthdays:

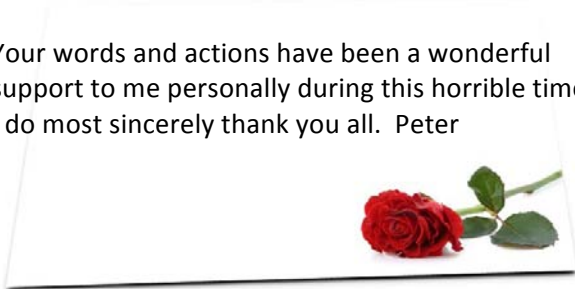
Kelly H, Haydn Mc, Eddie S

A SPECIAL NOTE FROM PETER HARVEY

Thank you all.

Angela, Peter & Ben Harvey want to thank all members for the flowers, cards, empathy and those that attended the funeral of our son and brother Zak.

Your words and actions have been a wonderful support to me personally during this horrible time and I do most sincerely thank you all. Peter



SOCIAL NEWS by Jaki Smith

During April and May we have enjoyed several celebrations.

We celebrated Easter with an Easter Quiz and Anne won an Easter basket for a total of 7/10 correct answers, we also enjoyed an Easter supper with hot cross buns and Easter Eggs.

We also had a special milestone birthday with Eddie celebrating her 70th birthday. Congratulations!



Sarah won the Mother's Day lucky door prize.


We still have several vacant seats for the New Norcia bus trip in October. I am sure it will prove to be a worthwhile visit and lots of fun as well. New Norcia is Australia's only monastic town so it will be a bit of a history exercise. Yes, there will be a quiz about the town on the bus trip!


Please email me before the end of May if you would like to join us on this trip.

PAPERLESS TRAVEL by Lynne Alguire

For the past few years I have been travelling with all arrangements electronically stored on my iPad and smart phone. However, I have had paper backup....just in case....but has never been needed.

In my recent travels I decided to throw caution to the wind and do without any paper documents. Not a single problem. You may be interested in giving it a try. I use:

 TripIt to construct a day by day itinerary – this program from Concur automatically imports flight and hotel details – basically anything with a reference number. Notes can be added manually. I use the free version. <https://www.tripit.com>

 Drop Box to store all reservations, downloads, important details. By marking the documents as 'Favourites' before they are needed a copy is available offline. I could use iCloud and may try it now that I am converting to Apple products.

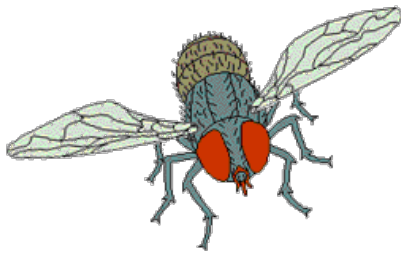
<https://www.dropbox.com>

I have both programs on the iPad and smartphone so I have two electronic copies in case of a flat battery. Before I travel I take snapshots of relevant maps and have these in the Photo section of the iPad. Email has become my backup as this is where I store all communication, attachments, bookings...just in case!

WHY SENIORS STILL NEED NEWSPAPERS
from Doug McLean



I was visiting my daughter last night when I asked if I could borrow a newspaper. "This is the 21st century" she said. "We don't waste money on newspapers. Here...use my iPad."



I can tell you this..... that dam fly never knew what hit him...

NEWSLETTER CONTRIBUTIONS

Please email newsletter articles to Lynne.alguire@gmail.com
The newsletter is distributed during the last week of the month. Swim news, details of upcoming events, training hints, jokes and articles of general interest are all welcome.

Thank you to all the contributors to this month's newsletter.

SUPPER ROSTER - Reminder

SHOPPING LIST

- Cheese:** 1 kg cut ready for serving
- Biscuits:** 3 packets
- Other: (By choice) any savouries
- Milk:** 1 x 600ml full cream and 1 x 600 ml low fat
- Other:** Please check supplies of Milo, tea, coffee, sugar, serviettes, detergent etc. and restock if necessary.
- Refund:** Give sales dockets to Treasurer.

HEARTY MEAL NIGHT (HMN) no cheese and biscuits
THE SUPPER ROSTER - January to June 2014

Felicity and Ivan	22 nd May and 29 th May
Rebecca and Aithne	5 th June HMN and 12 th June
Clare and Sarah	19 th June and 26 th June