



Melville Marlins

Newsletter

May - June 2016

melvillemarlins.myclub.org.au



IMPORTANT DATES

July 4-approx July 15 – pool closure for maintenance

July 7	Hearty Meal Night at the home of Eddie and Les
Aug 4	Hearty Meal Night
Sept 8	Hearty Meal Night
Sept 26	Possible Bunnings Sausage Sizzle fundraiser
October 15-16	MSWA All Club Challenge
October 30	Fremantle Club Challenge

MARLIN FOR THE MONTHS OF MAY

17 points - John Musty

12 points - Pam Walker

11 points - Eddie Smith, Martin Smith and Doug McLean



Congratulations John!

VORGE ENDURANCE 1000 by Pam Walker

The Endurance point score is moving ahead and is now **4001**. Please keep on swimming.

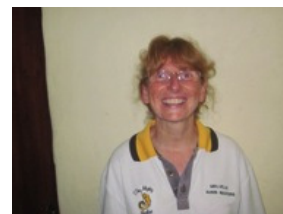
Monday Sessions: I have had only one person interested in doing endurance swims on a Monday so it hasn't got started yet.

Endurance Sessions at Melville LeisureFit:

Sunday: Every Sunday at 8.30am.

Thursday: Before the Marlin swim, the third Thursday of the month and every 5th Thursday.

COACHING by Gail Bowden



Hello Swimmers,

Would you like to perform your BR breakout better? Yes :-). Good.:-)

Have a look at the you tube. It is only 3 minutes long. It is interesting watching how little changes make this swimmer's BR breakout more efficient. As a result she travels further off the wall.

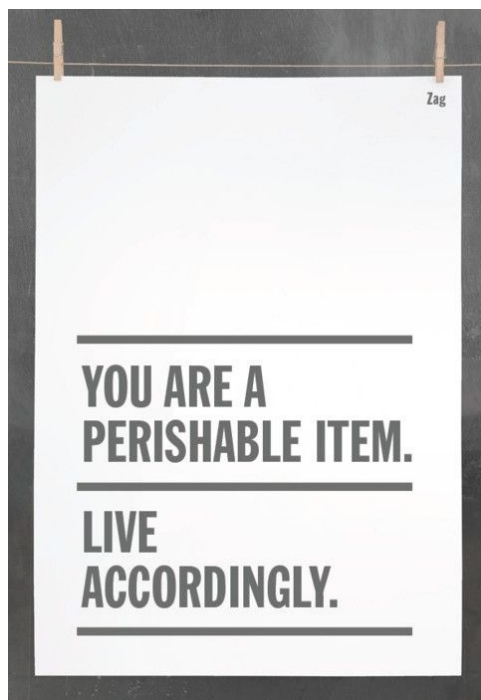
I challenge you to perform better Breakouts each time you perform one.

<https://www.youtube.com/watch?v=E4XN3KdVVlk&bc=ANyPxKrmrRCsjytqu9IshZpKmRwnu9Uw27FadyK1iDIN3qDVRpjSHDUdhmsZVVxytpEODJWpHkaYq50j4o7f>

[Xt2Hul83JzOUfw](https://www.youtube.com/watch?v=uSKt6S4jLLA)

Remember, remember, your **push off the wall**. Eric Shanteau demonstrates a quick backstroke to breaststroke crossover transition turn.

<https://www.youtube.com/watch?v=uSKt6S4jLLA>



Coaching sessions at Melville LeisureFit:

Tuesdays: 9-10 am
Wednesdays: 7-8.15 pm
Saturdays: 9-10 am

BICTON POOL

Please note that Tuesday training is being held at the Bicton pool during Melville Leisurefit maintenance.

RESIGNATION OF CLUB CAPTAIN

Sarah has resigned from the position of Club Captain due to work commitments. We wish her every success in establishing her career. Sarah plans to continue to be active in the club as much as possible. The Club thanks Sarah for undertaking the role over the past few years and has appreciated all that she has done.

HUMOUR

A few more snippets from Sarah from her time working in retail – true stories!

Getting Your Priorities Right

I was having a leisurely day in garden when an elderly gentleman came to the counter with a trolley full of plants. He must have felt like chatting because he stopped to talk to us before he left. Really he felt like complaining about his children. It turns out that he has just been in hospital for three months and his children were called to his bedside twice in that time period because the doctors said he wouldn't make it. Obviously he did. Though to this man it wasn't and if, he was never going anywhere and he had told his children as much. However, they still didn't listen and they let his entire garden die while he was "away". This gentleman continued on a ten-minute rant, "how dare they not water the plants." All we could do was listen....

Snakes

I was looking for something to do when a woman comes up to me and her 5 year old son asks for assistance. His mother was unable to speak English and the poor boy was left in the position of translator. He asks me where we sell the snake bait. "Excuse me? The snake bait?" Yes, the boy tells me, snake bait. The boy then goes on to tell me of a huge story of how they had found a snake in their house and fearing for his baby brother, his mother would like to kill all the snakes. Needless to say, I sent them to the shovel aisle...

????



SUPPER ROSTER

Eddie and Doug	23 rd June and 30 th June
Beck and Peter C	7 th July (HMN) and 14 th July
Pam W and Eithne	21 st July and 28 th July
Sean and Charles	4 th August (HMN) and 11 th August
Cheryl and Graham	18 th August and 25 th August
Sara and Andrew	1 st Sept (HMN) and 8 th Sept
Gordon and Nola	15 th Sept and 22 nd Sept

SHOPPING LIST

Cheese: 1 kg cut ready for serving

Biscuits: 3 packets

Milk: 1 x 600ml low fat

Please check supplies of Milo, Tea, Coffee, Sugar, Serviettes, and Detergent etc. and re-stock if necessary.

Please take tea towels home for washing.

Keep all sales dockets for refund from Treasurer

HEARTY MEAL NIGHT (HMN) no cheese and biscuits

Duties

Set up tables and chairs. Fetch Cutlery, tea/coffee, kettle and wash basin from storeroom and set up on table. Fill kettle with water and have a spare jug of water on hand.

If you are unable to assist on the allocated date please organise a swap with another person and inform Pam McHugh.

NEWSLETTER CONTRIBUTIONS

Apologies for the lateness of this newsletter – a few technical issues with the aging computer I keep here in Canada. I am enjoying warmish weather and even dipped my toe in the lake water yesterday.

Thank you for the articles – have I missed something? It has been a bit hard keeping track of mail as I try to find wifi hotspots. If so, let me know before the end of the month so that I can get out a timely July newsletter.

Please email newsletter articles to

Lynne.alguire@gmail.com