



# Marlins e-Newsletter

PATRON : Russell Aubrey  
Mayor of City of Melville

Sept 2008

Number 56

## MELVILLE AUSSI MASTERS SWIMMING CLUB

### COMING EVENTS

7 <sup>th</sup> September 2008	Melville Aquatic - Aerobic Swim
21 <sup>st</sup> September 2008	Melville Aquatic - Aerobic Swim
5 <sup>th</sup> October 2008	Melville Aquatic - Aerobic Swim
19 <sup>th</sup> October 2008	Melville Aquatic - Aerobic Swim
11-18 <sup>th</sup> Oct 2008	Alice Springs Masters Games
Sat 1 <sup>st</sup> Nov 2008	Heart Swim at Challenge Stadium
Sun 2 <sup>nd</sup> Nov 2008	Water Corporation OWS #1 Champion Lakes (1.25kn, 2.5km, 5km, 10km)
Sat 15 Nov 2008	Water Corporation OWS #2 Rockingham Foreshore (1.25kn, 2.5km, 5km) - Includes Carolyn Burke Memorial Fundraiser
Sun 16 Nov 2008	Somerset BACC at Aqualife Centre
14 Dec 2008	Water Corporation OWS #3 Mullaloo Beach (1.25kn, 2.5km, 5km)
Sun 21 <sup>st</sup> Dec 2008	BBB Swim
2009	Nationals to be held in Queensland
4 Jan 2009	Water Corporation OWS #4 Leighton Beach (1.25kn, 2.5km, 5km)
24 Jan 2009	Water Corporation OWS #5 Day 1 Sorrento Beach (1.25kn, 5km)
25 Jan 2009	Water Corporation OWS #5 Day 2 Sorrento Beach (2.25kn, 10km)
10-18 <sup>th</sup> Oct 2009	World Masters Games in Sydney <a href="http://www.2009worldmasters.com">www.2009worldmasters.com</a>

**MARLIN OF THE MONTH FOR JULY** was Greg Hitchen with 14 points! Well done Greg! Evelina Paraschivou second with 11 points. In equal third on 9 points was Felicity, Rhonda and Ivan.

#### **Progressive Dinner 18<sup>th</sup> October**

Thank you to Nancy, Ann, Natalie and Carlene for inviting us into their homes for the progressive dinner. I'm sure the supper they prepare will be "sumptuous". We have a full bus load of 28 passengers plus Alan our driver. Hope you are all putting your thinking caps on for your costumes for the Movie or TV star you will be portraying on the night. Pick ups and drop off points will be arranged and put in the next newsletter. If you have not booked on the bus but would like to attend the progressive dinner please let me know.

Please pay for your tickets \$25.00 before the 4<sup>th</sup> October.  
Cash or cheques will be fine.

Jaki Social Organiser

#### **Visit from the Shivering Shags**

Thanks to everyone for providing a great supper for the visit from the Shags. They always expect good food and they were not disappointed. Thanks to Ray for all the washing up. "Sudsy" is his new nickname.

Thanks Jaki

**Masters Swimming WA 2008  
Be Active State Swim  
Saturday 23<sup>rd</sup> and Sunday 24<sup>th</sup> August 2008**

This year the State Swim was competed as a 25m event, so this gave swimmers the opportunity to set records over this distance and plenty of National and State records were set. Melville was represented by Teresa, Alan, Ivan, Evelina and Pam on Saturday and Teresa, Ivan, Cheryl, Kym, Cas, Nina, Julie, Rhonda, Peter and Pam on Sunday. On Saturday we were only able to field one relay but on Sunday we had three relays. It was certainly different racing over 25m and over the longer distances the turns were important. The relays were great fun both as a competitor and as a spectator. Once again Kevin did his bit with timekeeping and Chad was there to cheer us on as he was at the Belmont BACC. It was great to see Nina competing with Melville again. Hope to see you again, Nina. It was announced at the closing function that 278 swimmers had entered to swim the event. I am writing this on the eve of my trip to Singapore so don't have any results to give you. I did write our placing on the back of my raffle ticket but seem to have lost it. However, the full results when available will be on [www.mastersswimmingwa.asn.au](http://www.mastersswimmingwa.asn.au).

Pam Walker

Teresa added that it was a fantastic event.

**AEROBICS**

Aerobics will be held on 7<sup>th</sup> and 21<sup>st</sup> September and 5<sup>th</sup> and 19<sup>th</sup> October. Some swimmers are completing their five swims but there is still plenty of time to swim the longer distances.

Pam Walker

**New Bathers**

**Please contact  
Pam Walker if  
you are interested  
in ordering new  
Bathers.**

**News from the Coach**

**Saturday 30 August was the last day of training for the winter months.** It is interesting to note how many from each of the three 'teams' turned up to training.

**AYE's** – One member: Felicity Smith. Thank you Felicity for making a {late} show for your team. Unfortunately, Felicity didn't want to swim the program – so she did her 'own thing'!

**BEE's** - Five members. Caz was unable to swim: she stayed to support her team.

**CEE's** – Two members. Twice as many as the AYE's!

Well done to all those dedicated swimmers.

Now, how many will turn up to training during the first week of Spring. . . .

**Olympics**

**Men's 1500 m swim.**

7 of the 8 swimmers finished under 15 minutes. Look at how close they were over 1500 m!!!

14:40:84  
14:41:53  
14:42:69  
14:43:21  
14:48:16  
14:52:11  
14:55:20  
15:05:12

**Spring Swim Training**

We will be "in training" for: -

**Alice Springs Masters Games 11 – 18 October**

**Be Active Club Challenge** – Sunday 16 November – Somerset – Long Course

200 IM or 200 FLY  
100 BRS 100 FS  
50 FLY 50 BRS  
100 BK 50 FS

4 x 50 Mens Medley Relay & 4 x 50 Womens Medley Relay

**Open Water Swims** – including our own BBB – 21 December 2008.

**Swimming is a precision sport. There is always room for improvement.**

Gail Bowden

**Notice** is hereby given that the  
**Annual General Meeting of Melville AUSSI Masters Swimming Club Inc**  
will be held on **Thursday 9<sup>th</sup> October 2008** at the Melville Aquatic Fitness Centre at 8pm  
(following the club night swim).

**Committee positions**

All committee positions will be declared vacant and nominations invited. A Nomination Form is attached and extra copies will be made available from me on Thursday nights.

**Agenda items**

Any member wishing to give notice of a motion should hand it in writing to the President or Secretary by Thursday 25<sup>th</sup> September 2008.

Sandy Mack  
Secretary  
Melville AUSSI Masters Swimming Club

Ph : 9331 6481  
[secretary@melvilleaussi.com](mailto:secretary@melvilleaussi.com)

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**Melville AUSSI Masters Swimming Club Inc**

**Nomination Form**

**I hereby nominate.....**

**For the position of.....**

**Nominated by .....**

**Nominee's signature.....**

**Positions:**

**President, Vice President, Secretary, Treasurer, Recorder,  
Coach, Publicity, Club Captain, Vice Captain, Safety Officer, Proxy  
Delegate, Membership, Social, Editor, Recorder, Committee Member.**

## 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 if necessary.**

**Keep all sales docket for refund from treasurer (Natalie)**

### **JULY – NOVEMBER**

Kelly & Nancy	4 (HMN -Asian Food) & 11 September
David & Sarah	18 & 25 September
Theresa & Kevin	2 (HMN) & 9 October
Pam & Julie	16 & 23 October
Carlene & Natalie	30 Oct, & 5 <sup>th</sup> November (HMN-German)
Lynne & Evelina	12 & 19 November

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, Social Organizer ([Jaki](#))

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For contributions to the newsletter please contact Michelle Lanigan, [lanigangjml@optusnet.com.au](mailto:lanigangjml@optusnet.com.au).  
Special thanks to Pam for her newsletter contribution.