

Claremont Relay Carnival

11 Melville swimmers attended the inaugural Claremont Golden Gropers Relay Carnival. Unfortunately we had a couple of withdrawals due to illness / injury. It was a short course event and we had fun swimming 25m sprint relays as well as some 50m and even a 4 x 100m relay. Melville came 9th out of the 11 clubs competing gaining a massive 32 points and winning an encouragement award (or booby prize some might say). Claremont won the day with 230 points. Certificates were also awarded to the highest scoring club in each age group.

Only one of our teams gained a first place in an event with Gordon, Noela, John and Pam winning the mixed 4 x 25m freestyle relay in the 280—319 age group. Others competing and giving their best were Evelina, Maxine, Rhonda, Kelly S, Teresa, Peter M and Peter Hau.

A huge lunch of pizza and cake awaited us after the swim. Claremont should be congratulated for hosting such an event. Funding for the event was made available from the World Swim legacy fund, so thanks also to Masters Swimming WA.

It's definitely one to put in the calendar for next year and hopefully we can get more swimmers to attend.



Shivering Shags Visit

It was lovely to see some of the family members of the Shivering Shags joining in with us on our club night on Thursday 6th August. After some "serious" and "fun" racing we were able to enjoy a delicious supper.

Aerobics by Pam

Most of the members taking part in Aerobic swims are finishing off their 5 X 400m or 800m swims and completing some of the longer swims. For those who have done only 1 or 2 400m/800m there is still time to do your five on Club nights. On the following dates 400m will be swum: 17th Sept, 22 Oct, 19th Nov and 17th Dec.

Get instant points by coming to an Aerobic session on a Sunday and doing one of the longer swims. See you there!!

Sunday Aerobic dates for the next three months are September 6th and 20th, October 4th and 18th, and November 1st and 15th.

News from the Coach by Gail

I often suggest bi-lateral breathing (breathe every third stroke). Below is a good explanation of why bi-lateral breathing is useful to you. Taken from: "Fitness Swimming" by Joseph E. McEvoy

The ability to breathe to both sides in freestyle (bi-lateral) provides the swimmer with several benefits:

1. It tends to make the hand and arm strokes equal on both sides. Usually, the arm on the regular breathing side tends to be stronger and more propulsive. This is balanced with bi-lateral breathing.
2. There is often considerable tension in the shoulder of the arm on the non-breathing side, especially during recovery (the return of the arm over the surface), because it usually rides a little lower in the water than the other shoulder. This tension can be reduced and relieved by breathing to opposite sides alternatively, making the shoulder less susceptible to pain and injury.
3. Bi-lateral breathing is an expression of breath control ability and comfort. Swimmers who can do this will be "in charge" of their own breathing patterns rather than always feeling as if they are controlled by their desperate need for air. They will be able to sustain distance swims and repeat swims with the full, continual air exchange that is essential for attaining aerobic exercise benefits.

You could try out point 1 by performing "one arm freestyle drill" (arm out the front, the other arm strokes, freestyle kick. Repeat with other arm leading) and see if one arm is stronger than the other. Is the stronger arm your breathing arm?

Club Night Program July and August

3 Sept 50 Free, 50 Back
10 Sept 100 Back, 100 Free, 50 Fly
17 Sept 50 Breast, 50 Back, 400 Aerobic
24 Sept 100IM, 100 Breast, 50 Free
1 Oct 100 Free, 25 Fly
8 Oct Fun Relay, AGM
15 Oct 50 Back, 50 Free, 100 IM
22 Oct 100 Breast, 25 Free, 400 Aerobic
29 Oct 50 Fly, 50 Breast, 100 Back
5 Nov 50 Free, 50 Back
12 Nov 100 Back, 200 IM, 25 Breast
19 Nov 50 Breast, 50 Fly, 400 Aerobic
26 Nov 100 IM, 200 Free, 25 Back
3 Dec 100 Free, 50 Breast
10 Dec 50 Back, 50 Free, 200 Breast
17 Dec 100 Breast, 50 Free, 400 Aerobic

Cheese and Biscuit Roster

3 Sep (HMN) & 10 Sep Maxine & Amanda
17 Sep & 24 Sep Peter & Rhonda
1 Oct (HMN) & 8 Oct Nancy & Kelly
15 Oct & 22 Oct Anne & Greg
29 Oct & 5 Nov (HMN) Teresa & Kevin
12 Nov & 19 Nov Natalie & Carlene
26 Nov & 3 Dec (HMN) Amanda & Felicity
10 Dec & 17 Dec Jaki & Martin
24 Dec & 31 Dec Christmas Break
7 Jan (HMN) & 14 Jan Pam & Evelina
21 Jan & 28 Jan Doug & Ray

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 docket 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

Club Gear For Sale

Bathers

New style with Melville Masters Print

Men's

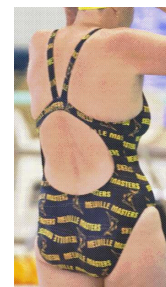
Sizes small to XXlarge \$27

Women's

Sizes 12, 14 and 16 \$50

Women's zip back

Sizes 10 to 16 \$60



Specials

Older style with Melville print on back

Men's

Sizes 20 and 22 \$15

Women's

Size 18 medallist, Size 22 contour clipback \$25



Shirts

\$30

Medium—only 1 left

Larger sizes available



Caps

Silicon \$10

