



# Armadale Masters Swimming Club



## 18 July 2013 - Aerobics Report

### **The Usual Suspects**

The recent trend in declining aerobics interest continues with only six regulars fronting for aerobics points on Thursday night. Great for the coordinators and great for the swimmers as the session is more casual on-deck and more challenging in-pool.

Mary's challenge, however, wasn't in the pool; it was to get home by Allan's curfew so she drove all the way to Cannington for one 400m swim, talk about dedication! No record, or PB for Mary but I guess she didn't get much swimming done in the south of Spain. She'll be back.

It was good to see another aerobics regular, Chris, back in the long events. In his two regulation 400m events of breaststroke and freestyle, he was also a bit off the pace after four months abroad but there was no hiding his effort – and his race start was innovative.

Team Seville Grove once again swam together and this strategy seems to be paying off for Col 'Gibbo' Gibson and look out James Magnussen. He was only 2.5 seconds short of his best 400m freestyle time and he trimmed 0.8 seconds off his 400m backstroke best time and set another new record. He now hold most records in two age groups – is there no stopping this swimmer?

Gillian 'Gilly' Caruso has taken to breaststroke in her quest to keep the 'towel' challengers at bay. She established another record in the 400 breaststroke and took 10 seconds off her own 400m freestyle record. Tried 800 m of breaststroke Gilly?

And talking 800m, Ross thought that 800m backstroke on the third occasion must be easier than the first two attempts but slowly proved that theory wrong when he added a discreditable 15 seconds to his previous worst time. It must be a treat for the onlookers! And during that nightmare Graham Hicks would flash past on his way to within 6 seconds of his best 800 backstroke time. Following that, both swimmers fronted up for their 400m freestyle swims with the effects of the arm, body and soul destroying backstroke obviously at play with both recording times well short of their best. But they'll be back!

Good effort everyone – let's do it again on the 30<sup>th</sup>.

Ross.