Armadale Masters Swimming Club

NEWSLETTER

FEBRUARY 2014

CLUB CONTACTS

President: (Not available)  
Coach Coordinator: Heather Croft  9 390 9177  
AMSC.CoachingCoordinator@hotmail.com

Secretary: Lexie Rankin  9 398 6857  
AMSC.Secretary@hotmail.com  
Club Captain: Jeff Sanders  
AMSC.Captain@hotmail.com

DON'T FORGET

***ANNUAL GENERAL MEETING – 15 MARCH 2014***

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Coaching Report

The Virtual Rottnest Swim has come and gone again for another year. There were 34 entries. Three of those were non-members and three were unable to swim. As we only had three and a half lanes and ten teams (including two from Belmont), I had a lucky dip for which teams were sharing which lanes. We had three teams each in three lanes and one team shared a lane with the Armadale Kelmscott Swimming Club. Everyone seemed happy with the process for allocation of lanes and we swam as we do in training – keeping to the left at all times. Sportsmanship and cooperation were in abundance and I had lots of positive feedback with members already looking to next year. A big thank you to Lexie and Peter for keeping the novelty team running smoothly and for the timing and record keeping,
The Coogee training swim on 2 February 2014 was well attended with 13 swimmers. Some family members also came for the delicious breakfast. It was another beautiful day at the beach. We all survived Busselton Jetty. Thanks to Greg for his report on this great swim. There were 12 of us from the club, along with Sean who partnered Bill in a team of 2. Well done to all Armadale swimmers, especially to those first timers.

Aerobics sessions have been enthusiastically attended with some great times recorded. I feel that the aerobics only sessions have been successful as swimmers who would normally train now have aerobics times recorded. I’m not sure if this will continue into the winter months.

I hope that when we come back to Armadale Pool in October, we will continue the 8.30am to 10.00am training on Saturdays. The extra training is more of a challenge and helps with fitness.

Heather Croft
Head Coach/Coaching Coordinator

CONGRATULATIONS
Sincere congratulations to Heather Adams for her 10 hears of Service to Masters Swimming WA which was presented to her at the Council of Clubs on 18 February.

Congratulations Heather from all of us at AMSC

EQUIPMENT BINS

The Club has two equipment bins which were used during winter training and are no longer needed. They are being offered to any interested club members at below half cost price of $30 each. It must be noted that they have holes in the bottom of the bins but would be useful for collecting green waste. This offer is on a first come first served basis. Please contact Greg at the pool, 9459 3845, or mrgregfrey@iinet.net.au.

CLUB SHIRTS ETC

Just a reminder to see Jenny if you are interested in purchasing any club t.shirts, shorts, jackets etc. She is taking orders now so please place your order with her ASAP as the cut off time is approaching.

HAPPY BIRTHDAY to

Jannettte Edwards - 11 January and Yvonne Hunt - 23 February
1 March - Sue Osborn
3 March - Graham Hicks
4th March - Colin Gibson
13th March - Bill Stevens
14th March -Linda Cragg
21 March - Charles Croft
SWIM NEWS  – Here are informative and entertaining reports, including some wise words, from Greg of recent OWS repeated here in the newsletter in case you have missed them.

MANDURAH ALCOA OCEAN SWIM

RAMOS RAMOS You may well ask - what is RAMOS? well 'Regular Armadale Masters Ocean Swimmers' is the answer.

Ramos was well supported at the Mandurah Alcoa Ocean Swim at the beach just behind the Silver Sands Hotel in Mandurah,

RAMOS team members, Heather and Charles Croft, Gillian, Ross Graham Hicks, Nigel, Jeff and Greg attended the beach for a late registration before 8.30, a beautiful day had dawned and the ocean was flat and perfect for swimming.

The event was set for two distances a 1500 and a 3000 mtr course, A couple of elder statesmen of the club Graham and Heather with Nigel (a bit short of pool time) did the 1500 course.

That left the die hards for the 3 km swim - a deep water start had the 3 km swimmers take off to do two laps of the 1.5 k course, with 4 minutes later the 1.5 k swimmers join in.

To say the club has some superstars is a touch understated as we had three members come in first for the age categories: Coach superstar Heather - NO 1 in 36.02 min. Her husband (funny how you get families full of super athletes) Charles for the 3 km NO 1 in 56.16 min, and Graham in a slick NO 1 in 29.37

For the rest of us we were all happy to get finished. Jeff particularly was very special and had a kyack escort (reserved for the very important).

Gilly - 55.58 mins, Ross - 1hr.05.53 mins, Jeff - 1 hr 11.53 mins, Greg - 55.29 mins and Nigel - 34.00 mins flat(1500)

Greg has again requested testing of Charles for performance enhancing drugs but would now also like to add Gill to the list, as both are drastically shortening the gap between them and him.

As I have mentioned before that RAMOS are a very non competitive lot, however it was hard to get the smile off Gill's dial after again retaining the mantle to beat Charles to the beach.

Next big swim is the Virtual Rotto next weekend, stay tuned

PS - RAMOS membership is open to all those members who wish to get salty, best part is it is free.

AND REMEMBER;;

"The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move."

Alexander Popov

Greg

Cont'd
VIRTUAL ROTTNEST

Hi all, - phew what a day, well a bit of background first.

The Virtual Rotto swim replicates the ocean swim in distance - well we swim in the pool 20 kms - yes 400 LAPS, and the actual beach to beach distance of the Rotto swim is 19.7k, however as with the moving ocean it is often a lot longer than that.

Armadale Masters exceeded themselves with a great turn out with most of the club swimming, added to with a few extra teams from Belmont headed up by our Nicole.

10 teams slotted beautifully into 3.5 lanes, No hassles or problems and superbly organized by our head coach (well done Heb), In fact a big THANK YOU to Heather for all the organizing of the event on the day.

Well to details:

We had several teams and all finished the full distances. It was great to see at the end a combined effort to get all teams over the line, with many swimmers jumping between teams to give assistance.

We had two duo teams with Ross and Greg (To the Deep end and Back) finishing in the quickest overall time of 6hrs 25min and 46 sec - an average of 57.87sec/50 meters

Zeta and Jeff ZeetnJeff) also finished as a duo in a great time of 8 hrs 1min and 16 secs. It is a long way 200 laps each.

A team of three battled valiantly with Heather Adams, Jannette and Chris up to the 16 km mark then had a bit of help with some volunteers for the last few K’s.

That’s Us, an awesome foursome Nigel, Liz, Heather Jeps and Shaun pulled in at 7 hrs 22 minutes and 23 secs - also very impressive.

Stingers, full of expertise and experience Charles, Michelle, Billy and Derek zoomed home in 7 hrs 17 minutes flat.

A new members’ team - Rowey, Laurey, Kathy and Xavier (tried but does really work) had a red hot go and finished in 6 hrs 31 min 31 secs.

Pelicans Rock - A mix of speed, good looks and style, Jenny, Catriona, Colin and Graham Cragg had an impressive 7 hrs 15 min and 7 sec

Last but by no means least, the combined team Mary’s Marauders - a mix of vitality, strength, endurance, experience, and beauty (bit much maybe!) Anyway - Jacqui, Mary, Claire, Julie, Hans, Heather C, Graham H and Raphael all combined fantastically to romp home in 7hrs and 1 min- great job

Many thanks to Lexie, Pete, Yvonne and all other members, partners, friends and other helpers who endured the heat and gave a hand to make it a fantastic day.

As a club event it was a roaring success, well done to all.

Food for thought:

H2O - Two parts heart- one part obsession
Chlorine - the breakfast of champions
My element is water, my weapon is my body, my world is swimming
Swimmers spend 50% of their lives 70% naked
And my all time favorite

WE SWIM BECAUSE WE ARE TOO SEXY FOR A SPORT THAT REQUIRES CLOTHES

See you in the drink

Greg
BUSSELTON JETTY SWIM

Those who may not be aware, the premium ocean open water swim event in WA is the Busselton Jetty swim, this year attracting 1750 competitors: 1250 solos and 500 in teams. It was held on Sunday morning 9 February 2014.

It is a long 3.6 k swim that is simple to follow. Start one side of the jetty swim to the end and come back the other side. Conditions unlike the pool can vary greatly with the weather. It is always an anxious wait in the morning to see what King Neptune has decided to deliver for us.

Conditions on the day from the beach at least seemed not too bad, however as we waited, the wind was increasing and ultimately by the time we hit the water conditions had deteriorated to slightly choppy and wavey seas, certainly not the worst conditions but also not the best. This is truly a test for determination and faith in your fitness and training as you battle your own demons along the way. However the elation of completing this swim is fantastic as you finish in rock star like fashion up a race way filled with cheering fans, (well lots of people anyway).

Armadale masters presented a strong field of 13 swimmers with Jeff, Gillian, Heather Croft, Liz, Heather Jeps, Charles, Ross, Derek and Greg all doing a solo and Jannette and Heather Adams along with Bill and Sean making up two duo teams. For several members this was the first attempt at this epic swim and I can report all went fantastically well as everyone finished the course with broad smiles for a job well done. A great breakfast was enjoyed with members and families at a local beach side restaurant, and although frowned upon by his wife Greg also enjoyed a nice cool beer with his big breakfast.

Many thanks to all the family and supporters that follow the race out on the jetty and give constant encouragement, even though Jannette's husband Mike thought Jannette should have been doing more swimming and less waving while swimming.

Sir William had some identification issues with Sean which resulted in a bit longer in the water before the tag start than he wished. Greg almost missed his start as casually chatting on the beach when Gill gently reminded him that his wave was already on the start line (thanks Gill). Jannette had a close call before the swim, while sitting was caught hook line and sinker, some careless fisherman had left his rigging on the seat, all was OK - no serious wounding and Jannette was released able to go back into the water unharmed.

For the regulars the times recorded were pleasing with all reducing their times, for some (Charles and Jeff) dramatically - well done.

The ocean water regular swimmers often joke that we are a very non competitive mob, however everyone is supposed to know their place. Well it seems that some members have different ideas. Charles, who has always been chasing Gillian over the line, has emerged lately as a real threat over the longer distances - in fact pipped Gill by 0.31 of a second to record 1 hr 10.05 while Gilly - 1 hr 10.36. Gill was the best of the girls with Heather Jeps at 1hr 24.30 a great swim with a limited preparation, Head coach Heather C also known as Rocky after the swim with a badly swollen eye (time for some new goggles Heb) - 1hr 31.19 and Lizzy - 1hr 33.16 just behind.

For the fella’s Greg snuck over the line at 1hr 08.17 with Dynamic dark horse Derek nipping at his heals with a fantastic 1st swim time of 1hr 09.28 (obviously a long distance champion) who, it should be mentioned, looked resplendent in a stunning 1 piece blue slinky. Ross also reveling in the tough conditions and getting in as much water time as possible preparing for his duo Rottnest swim in a few weeks then a duo 10 k swim in lake Argyle in April did a credible 1hr 19.46.

Jeff brought the team home, making sure all were safe and landed before he hit the shore with a great time of 1hr 22.49.

Our teams of B & S (Bill and Sean) came home in 1hr 34.27 with our Graceful Pelicans, Heather Adams and the waving Jannette came home in 1hr 48.08.
Well done to all a magnificent effort in challenging conditions

“It's a beautiful thing, diving into cool crisp water and then just sort of being able to pull your body through the water and the water open up for you”

Dawn Fraser

Greg

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Alexander Popov

Greg
**THE SECOND LAST WORDS**

**Virtual Rottnest Swim**

To set the record straight, the 'time keepers' must apologise for an error occurred on the day. Apparently, amongst all the excitement there was a mishap with the adding up of laps done and a shortfall of 1,000 was recorded. Apologies to Mary's Marauders' swimmers who did a fantastic job, particularly the early morning swimmers who held the fort until the "sleepers" arrived, who themselves made up for their "sleepiness" with an enormous effort for the team.

And

**THE LAST WORD**

A big **THANK YOU** to Judy Hicks for bringing along lovely food on the day of the Virtual Rottnest swim – thanks Judy from all of us who enjoyed your fare once again.

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Hon Ed.