

Armadale Masters Swimming Club



NEWSLETTER

July 2020

CLUB CONTACTS

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Note from the editor

Hi everyone! Welcome back to the pool, to training, and to the newsletter!

Thank you, Fettes, for your role in creating many previous newsletters. Your time and efforts toward this role, are greatly appreciated. There is now a new editor – it's me, Alex! I have the gift of the gab once I get typing, so it seemed right that I'd take my turn with this job. Maybe people will get sick of my thoughts. I cannot promise I will care if anyone doesn't like my Notes from the Editor! On a serious note though, I do hope you like my personal touches to future newsletters.

I hope everyone is enjoying being back at training, and that you are being patient with yourselves as you regain your skills, strength, and fitness after significant time away. We all have our own goals and lives, and we all have been impacted by time away from training - and from each other. I wish you all well in the water with whatever your personal goals may be! See you at the pool soon.

Alex.

Captain's Report

Hi swimmers,

Morning tea will be the first Saturday of every month. Make sure you bring a plate and your appetite!

A reminder that the deadline for orders for the club book "*What we did during Covid*" is approaching. The cost of the book is \$10 each. Please email or text our Secretary Liz on 0414 939 794 with your order. You can pay Hans or Natalie in cash, or transfer \$10 into the club bank account.

Club Championships Round 3 results are now available on the Club Website, and you can read Jeff's report there too.

The Claremont Masters 2020 LiveLighter Just 100's entries through MySwimResults is ready to go. I have emailed the link out to everyone – once you get to the entry webpage, click on "Entries Wizard" to get started.

As always, let me know if you have any questions,

Cap'n Col.

Head Coach's Report

Endurance Swims and Club Championships have now resumed. Check the Calendar for dates and more information. The Calendar is emailed to members, is on the Club's Facebook page, and is on the Club website in the "Training" section.

Swim School has resumed also, so there will now be more of a crowd in the indoor pool. We have been asked to stay in our designated reserved lanes, and not swim in other lanes at training time.

Our coaches will be undertaking a CPR course shortly. The date is to be confirmed. Thank you to all the club coaches for their time dedicated to the coaching role.

Heather Croft.

Summary of notable Committee Business

* Hans has stepped down as Club Treasurer. He has been replaced by Natalie. Thank you so much Hans for all your time and effort to the club and its members, during your time as Treasurer. Congratulations and thank you to Natalie for being the next to take on this important role.

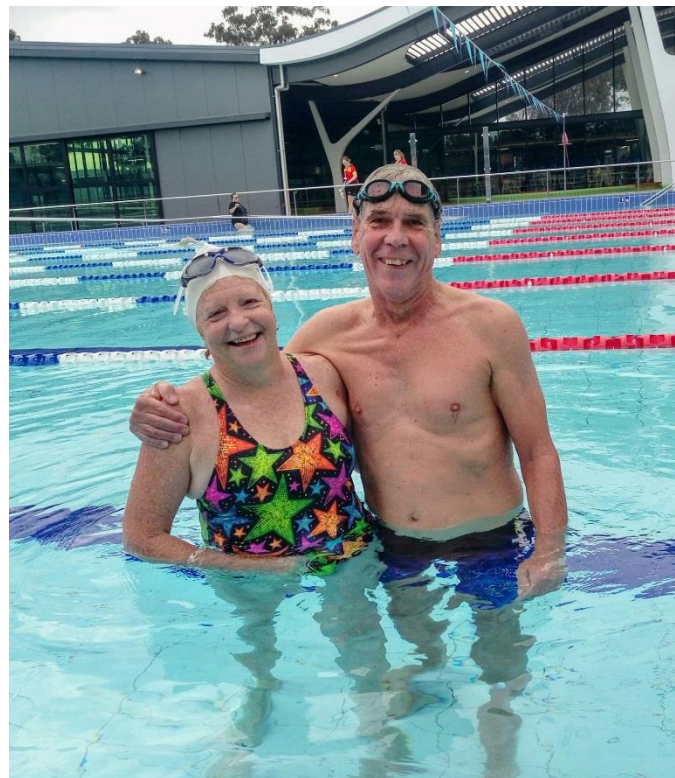
* Hans remains on the Committee at this time. Thank you, Hans!

* Jennifer and Alex were welcomed as new Committee Members. Thank you to both ladies for contributing to the running of the club in this manner.

Now, here are some photos of our swimmers, capturing some of the happiness of being back in the pool and back at training.



Yvonne L. looking glad to be back in the water! On pool re-opening day, 6th June.



Liz and Hans on pool re-opening day!



Alex, Maree, and Janine - together at training again.



At monthly morning tea after Round 4 Club Championships! Morning Tea is the first Saturday of each month, in the club room which is at the deep end of the 50m pool. (Photo by Colin).

Finally, here are some quotes from athletes to support you all over the next month.

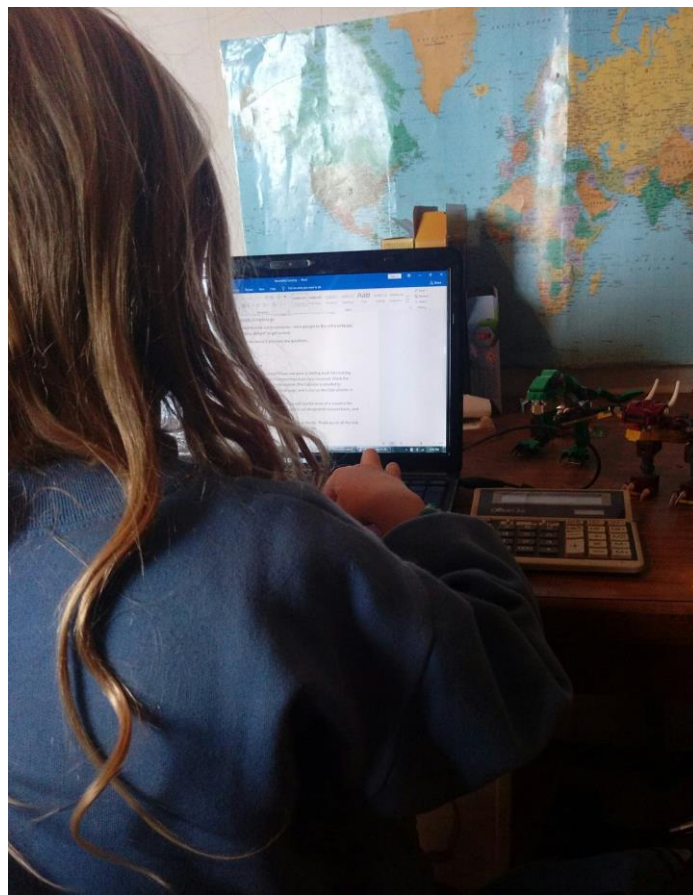
"Stubbornness usually is considered a negative, but I think that trait has been positive for me." Baseball player Cal Ripken Jr.

"The doctors told me my hearing would get worse if I continued swimming but I loved the water so much, I just couldn't stop." Gertrude Ederle.

"Run when you can, walk if you have to, crawl if you must; just never give up." Dean Karnazes, ultramarathon runner.

"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." Alexandr Popov.

"Oh, I eat whatever I want, whenever I want it." Gertrude Ederle.



This last picture is my son Ender, doing a final look-over of everything in the newsletter.