

# Up Hill & Down Vale

JUNE 2018 NEWSLETTER



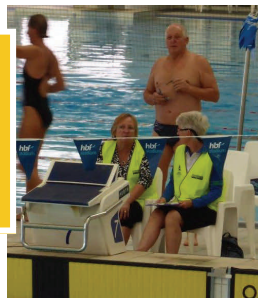
## PRESIDENT'S PROSE MAY

Following the excitement of April and the Nationals in Perth, May was a relatively quiet month on the swimming calendar. I was lucky enough to travel to Lake Argyle to look after my little granddaughter whilst Ceinwen competed in a team in the 20km Lake swim. It was a fabulous experience and a lot of fun. Ben Humphreys finished a 10km solo with Roz paddling. The celebratory sit down dinner for 600 people in a tiny outback campsite was spectacular and the hospitality of the locals was amazing. It was a great event but hard work in 32 degree fresh water.



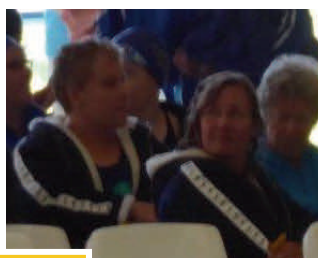
Back in beautiful mild Perth, a small group of swimmers competed at the Stadium Snappers LiveLighter carnival and, apart from Norma missing her heat due to a marshalling hiccup, everyone swam well and we finished seventh overall. Lynne officiated and Barbara was timekeeping.

Brian getting ready to swim



(is this why Norma missed her heat?)

Lesley and Claire waiting for their heat



Training nights have been well attended and the standout participant is Garry who is regularly clocking up around 2kms per session – even in the talking lane! Endurance afternoons at Darling Range pool continue to remain very small but enjoyable gatherings and coach Stuart has suggested we invite Swan Hills members to join us to boost attendance and an invitation will be sent out to them in that regard.

A “Volunteer Recognition and Swimming Awards Function” was held for officials and volunteers at the UWA Watersports Complex on the river in Nedlands. Attendance was good despite it being a very wet and windy night. Awards were presented to winning clubs for National and State points and individual Age group winners. Congratulations to Stuart Anderson who took out the 30-34 years award for his great nationals campaign and Glad McGough for the 84-89 age group award.

Presentations were made to officials and congratulations to Lynne Duncan who received an award for her work organising the Technical Committee.

The evening also recognised the Open Water Swim Series for 2017/2018 and congratulations to Stuart Anderson, Helen Jones, Lesley Hart, and Glad McGough for winning their age groups. Presentations were made by new Masters Patron Priya Cooper who began her swimming career at the Maida Vale pool.

An update of our missing club member Ian Stewart and I am pleased to share that he is getting better and hopes to be back in the pool very soon. He told me he underwent several blood and culture tests but I could have told them that he had no culture in him!!! (Unless he had been eating yoghurt). Claire Dunstan returned to the pool this month after a severe asthma attack at the Nationals and she is taking her recovery slowly.

Preparations are well under way for this year's lake swim on 11<sup>th</sup> November. Lynne and I attended a workshop highlighting the Masters series and the meeting was very productive and should implement some interesting concepts. We have decided to offer two extra distances this year and the course will be set as an 800 metre rectangle. Therefore we can run 800, 1600 and 3200 metres swims. The 400 metre event will still be the first swim. We intend to source sponsorship again to assist with running the event, as we will be using Blue Chip Timing. If anyone in the club has connections with companies or individuals who may be interested in sponsoring for either \$500 or \$250 please let me know.

Pizza night at The Village continues to attract a great number of diners – very few of whom attend training beforehand!

We still have some cabins available for the Alice Springs Masters 12<sup>th</sup>-21<sup>st</sup> October **but need to lock in numbers in the next two weeks**. We currently have 15 members attending but would love to have more. It will be a terrific week at a very special event.

The flyer is out for the Christmas in July and I would recommend new members joining the regular crew for a wonderful social evening.

See you all at the Winter Solstice Swim on 18<sup>th</sup> June!

**FROM THE HILL.....ANDREA**



Our pool will be warm for the Winter Solstice.....



## WINTER SOLSTICE CHALLENGE 2018 HERVEY BAY HUMPBACKS VS MAIDA VALE MASTERS



Event 1	50 M Freestyle
Event 2	25 M Kick (with board, in water start)
Event 3	50 M Backstroke
Event 4	25 M Polo (with ball—in water start)
Event 5	50 M Breaststroke
Event 6	25 Dog Paddle (head above water, in water start)
Event 7	50 M Butterfly
Event 8	25 M Feet first
Event 9	4 x 50 m Freestyle relay—women
Event 10	4 x 50 m Freestyle relay—men

Two male and two female swimmers over 55 and two male and two female swimmers under 55 in each event. Maximum three individual events per swimmer. Let Lesley and Stuart know which events you think you will be the fastest in!!

One team of over 55 swimmers one and one team of under 55 swimmers in each relay event

We are hoping that this year we will be the winners. Hope that everyone will get on board (or in the water) for this annual event! **AND THERE WILL BE FOOD AT THE CONCLUSION OF THE EVENTS!**

## CLUB RECORDS

This [link](#) will take you to the Results and Records on the Maida Vale Masters website where you can find all club records and results. Check the link to see what records you could break this year. After all the new records set at the nationals in April Lesley is having trouble keeping up! No—she has been doing school reports and will have all new records for May and June in next month's newsletter!)

## CLUB NIGHT PROGRAM FOR JUNE 2018

<b>4TH JUNE</b>	<b>PUBLIC HOLIDAY NO SWIMMING</b>		
<b>11TH JUNE</b>	<b>50 FREE</b>	<b>STUBBY STAKES</b>	<b>50 FLY</b>
<b>18TH JUNE</b>	<b>WINTER SOLSTICE CHALLENGE – MAIDA VALE DOLPHINS v HERVEY BAY HUMPBCKS</b>		
<b>25TH JUNE</b>	<b>200 BREAST</b>		<b>100 BACK</b>
<b>2ND JULY</b>	<b>50 BACK</b>	<b>STUBBY STAKES</b>	100Free

### CONGRATULATIONS TO STUART ANDERSON

Stuart swam closest to his nominated time for May Stubby Stakes. 50 Butterfly!

Come down on Monday 11th June and swim closest to your nominated time for the 50 Free stubby stakes event and win the bottle of wine selected for you by Russel Fowler. Remember to bring a plate of food to share.

Monday Stubby Stakes night is a night to catch up with everyone.



### HAPPY BIRTHDAY IN JUNE TO

**John 3rd (A Big O one); Sandie 5th June;  
Steve 9th; Kim 10th; Ceinwen 12th;  
Lynn 15th; Steve 27th**

Outgoing Great Listener  
The Most Irresistible  
Trustworthy Understanding  
Great Flirts  
Strong **Gemini** Loud  
Has a beautiful smile  
Always Happy Very Forgiving  
Love is one of a kind

Most Amazing Kisser  
Love is one of a kind Quiet  
Honest Very Romantic  
Freak **Cancer** Creative  
Most caring person you will ever meet  
Spontaneous Caring  
Pleasure to be around

If you want an extra swim, there will be Endurance Swimming at Darling Range on Saturday 16th June and Saturday 23rd June (don't be put off by Endurance swimming!! Just means you can get a time for your longer swims, and you can keep in shape for the open water swimming season if you feel so inclined when the weather warms up again). Come down and have a swim and then a cup of tea, cake and a socialise!



**After the Winter Solstice we have the  
Eastern Region Club Challenge  
Look forward to lots of club members considering this event**



**Swan Hills Swimming Club**  
invites your members to an  
**Eastern Region Club Challenge**  
Short Course

**Date:** Sunday 15th July 2018  
**Venue:** Swan Park Leisure Centre  
**Address:** Gray Drive, Midvale  
**Warm up:** Warm-up - 8.00am, Meet Start - 8.45am

**EVENTS:**

- |                           |                      |                                                                  |
|---------------------------|----------------------|------------------------------------------------------------------|
| 1. 100m Freestyle         | 7. 50m Backstroke    | 14. Mixed 4 x 50m Freestyle - Club Relay<br>- 4 fastest swimmers |
| 2. 100m Backstroke        | 8. 50m Breaststroke  |                                                                  |
| 3. 100m Breaststroke      | 9. 50m Butterfly     |                                                                  |
| 4. 100m Butterfly         | 10. 25m Freestyle    | 15. Mixed 4 x 25m Freestyle - Club Relay -<br>4 slowest swimmers |
| 5. 100m Individual Medley | 11. 25m Backstroke   |                                                                  |
| 6. 50m Freestyle          | 12. 25m Breaststroke |                                                                  |
|                           | 13. 25m Butterfly    |                                                                  |

The event is open to members of the following clubs, Swan Hills, Maida Vale, Armadale, Belmont and Superfins. Entries from individuals from other clubs may be accepted if numbers permit, entries MUST be sent via the relevant club captain/recorder and payment must be made prior to the event via Direct Debit.

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and in an appropriate Relays.
- All participating Clubs are to provide timekeepers.
- Pool entry of \$5-7 depending on concession, or price increase; and is payable on entry to complex.
- Cost of event entry is \$5 per swimmer. Payment is to be made by CLUBS prior to Friday 13th July, by bank transfer to Swan Hills Swimming Club BSB 633-000, Account no 146931712.

Please use your club code as a reference.

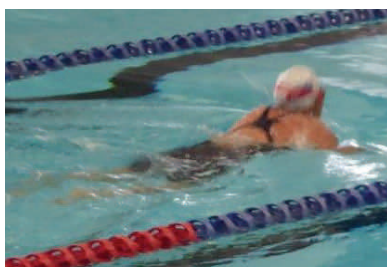
- Refreshments will be provided afterwards.

Please process entries via Team Manager and email to Sandra Mutch - [sandramutch57@gmail.com](mailto:sandramutch57@gmail.com) and ensure that all swimmer details are correct and participants are financial members of your Club prior to accepting their entry.

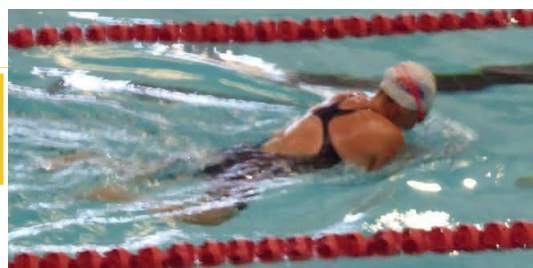
If any problems or queries, please contact [secretary@swanhillsswimmingclub.org](mailto:secretary@swanhillsswimmingclub.org).

Entries close Wednesday 11th of July

Please pick your events and put your name down on the sheet at the pool on club night or the training nights. If you can't make any of those nights before the event, or you miss the sheet—please let Brian Risbey know what you would like to do. [brianrisbey@iCloud.com](mailto:brianrisbey@iCloud.com)



Name the swimmers!



Hope you have all saved the date and are getting ready to party at our  
Christmas in July Dinner.

Remember to bring your partner and a small present for a male, female or unisex to  
the value of \$10.00 and there is no swapping of gifts at this dinner!



## MAIDA VALE MASTERS SWIMMING

### PRESENTS

### 2018 CHRISTMAS IN JULY

**WHEN:** Saturday 28<sup>th</sup> July 2018

**WHERE:** Gracies Cafe  
45 Berkshire Road, FORRESTFIELD

**TIME:** 6.30 pm till 11:00 pm  
Dinner served at 7:00 pm

**COST:** \$40.00/person

**DRINKS:** BYO

**THEME:** "HATS, HATS, HATS"  
Dress up your outfit with a hat, fascinator, etc



#### CHRISTMAS SET MENU SERVED DINNER:

SOUP with Garlic Bread

MAINS: Roast Meats, vegetables and accompaniments

DESSERT

TEA AND COFFEE



**BRING:** Present worth \$10.00 for Secret Santa  
(Please Note: No chocolates/sweets/biscuits)  
Labelled Male/Female/Unisex



**RSVP:** By Monday 23<sup>rd</sup> July (Final No's must be given Tuesday 24<sup>th</sup> July).

Book at the pool or email Brian Brady at [kathybrady@bigpond.com](mailto:kathybrady@bigpond.com)

**PAYMENT MUST BE MADE PRIOR TO THE NIGHT**



# ALICE SPRINGS Masters Games

13 - 20 October 2018  
*The Friendly Games*

## **BIG 4 MACDONNELL RANGE HOLIDAY PARK**

We have been talking about this event for over a year and the time to make some decisions has arrived. Check out the events [here](#)

I would suggest checking out Qantas for a flight that leaves Perth on Friday morning at 0600 and is non-stop to Alice. The flight home is Sunday morning at 11.25.

Registrations are open and you are encouraged to check out their website to select your events. You are permitted to compete in 6 individual events – plus the 800mtr freestyle. There will be relay events. The swimming programme runs from **Saturday 13<sup>th</sup> to Wednesday 17<sup>th</sup>** - which allows 3 days for sightseeing and then the closing ceremony and party before flying home on Sunday.

As a fun event you should also consider registering for the Masters Mile which is a stroll around the oval on Thursday evening. A very social event and only an extra \$5 and you can boast you competed in both swimming and athletics!

The accommodation that has been booked by the club consists of a bunkhouse with 16 rooms. There are 8 rooms at one end, the kitchen, eating and sitting area in the middle and another 8 rooms at the other end. Whilst each room has 2 sets of bunk beds, accommodating 4 people, it might be more comfortable to book one room per couple.

Each bunkroom will cost \$82 per night - \$732 for the 9 nights (total for 2 persons).

Whilst the Holiday Park is 10kms from the pool, there is a bus service on the corner and I have been told there will be a free Games Shuttle bus.

**It is now most important that you let me know if you intend travelling to Alice Springs as we either need to fill the bunkhouse with out club members and families or release some rooms to other clubs/competitors.**

Please contact me – [andreawilliams12@hotmail.com](mailto:andreawilliams12@hotmail.com) – as soon as possible. I will need to release any spare accommodation by the end of June at the very latest! *Andrea Williams.*

**The schedule of events is now on the Alice Springs Masters Games website and registrations are being take, Click [here](#) for a quick link to the webpage . Now you can start planning what events you want to enter!! (you can do more than swim if you are feeling energetic!)**





## MEMBERSHIP FEES FOR 2018

**DON'T  
FORGET**

Fees for 2018 are **\$104.00** and can only be paid through the Membership Port on the MSWA website. As existing members, ensure you click on the **RE-REGISTRATION** button and not the REGISTER button – clicking this button will assign you a new membership number and will cause problems for the Director of Recording who will have to merge your old number & your new number – and that will make her grumpy!!!!

**Remember** – if you are not a financial member, you cannot swim at any club events including training, aerobics, club nights etc. as you, the coaches and the club are not covered by insurance.

Lynne has sent out instruction on how to register in Dolphin dots if you have forgotten how to do this.

Visit our club's web page at <http://maidavalemastersswimming.com/>

For all the latest results of events our club members have entered and anything else members have been up to! Or you can visit our [Facebook](#) page. Just click on the links!

Masters Swimming WA Website—well worth a visit. Click [here](#)

### New Club bathers are available.

Ladies' Long Leg	\$82.00	Sizes 8 > 18	Ladies' Regular	\$72.00	Sizes 8 > 20
Men's Jammers (Long Leg)		\$52.00 –	Sizes 14 > 26		
Silicon Caps	\$10.00	Regular Caps		\$ 5.00	

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool. Then contact **NORMA** and she will arrange to bring them to the pool BUT you MUST pay for them first. For those members who have already taken a pair of the new bathers, can you please transfer the money into the club's bank account asap.

New Club Shirts and they are ready for collection.....just in time for the Nationals. The shirts will cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Get your shirt in time to wear at the Nationals – and that includes anyone who is attending but not necessarily swimming.

Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots



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