

# ROCKINGHAM MASTERS SWIMMING CLUB

## **M**eetings:

The next Rockingham Masters Swimming Club meeting will be held on 17<sup>th</sup> July 2011 at Aqua Jetty Café after swimming.

## **S**ocial Stuff:

Upcoming get togethers, Saturday 14<sup>th</sup> May, 7pm at PK Tavern. Please let Paul know if you are attending and how many people you will be bringing.

## **B**irthdays:

Happy Birthday Jan on Feb 20, Vanessa on March 1<sup>st</sup>, Gunter's 40<sup>th</sup> on April 26<sup>th</sup> and Sharon on 29<sup>th</sup> May .



## **R**ecent Events

### **Busy Bee at Derek's**

On April 10<sup>th</sup> we had a very successful Busy bee at Derek's, attended by friends and family of Rockingham Masters swimmers. We all had good fun and managed to reclaim most of Derek's garden beds back. Paul and Greg very efficiently clearing the back garden of the overgrown couch & kikuya, and Vanessa proved that we might be able to make a gardener out of her yet. She still needs to be able to identify the different tools by their correct names though....not "the pointy stabby thing" Renuka & her partner Paul did a terrific job clearing the garden that leads into the back yard, although Derek wasn't too convinced about that. Elly attacked the grapevine with Greg's help, and Paul W followed them with the blower vac maybe a little too prematurely, as fast as Paul sucked them up Elly kept dropping more vines and leaves. Perhaps Paul was trying to tell her something!!! Cherie and Paul disappeared for sometime when they took all the rubbish the tip. Did they detour via the pub is the question. (only joking guys, you did a great job) Cherie put the same effort into the garden as she does with her swimming. What a tireless little worker she is - and at the end of the day we had to force her to

stop as she just wanted to keep going. Thanks to Cherie for organising the van & trailer.

We had such a good time that we're all looking forward to going back again sometime even if there's no gardening to do. It was a great team building experience.

### **Thai by the Sea**

Another successful dinner.

Very nice venue, delicious food, and by the end of the night we had the whole restaurant to ourselves. But will they ever allow us to come back???? Renuka kept us entertained from one side of the table, - (am I allowed to mention the ice bucket????? No harm was done, and it was very funny,) and Paul Wilkinson entertained us from the other side. Rebekah made a dramatic entrance after her dancing exam in her stunning outfit. When the diners from the other tables started staring at her she shut them up by loudly saying said she was told to dress formal!!!!

### **Busselton Jetty Swim (By Jan)**

On the weekend of 5/6 February was the Busselton Jetty swim, which was also the opening of the jetty since it had been restored. It was a very festive weekend with lots going on. The group consisted of Paul, Vanessa, Bek, Ian, Cherie, Lisa, Steve Elly, Russ & Jan.

We all met up at the motels which fortunately were next door to each other and then headed off to see the sights. We visited the Driftwood Winery and also the Margaret River Chocolate Factory, and other places not still in my memory sorry....I have slept several times since then. We also went to a Margaret River hotel for lunch which was terrific.

We then picked up the swim bags and leg tags and went back to the motels. We joined up again for dinner at the local eatery. It was a lovely day all round .

Sunday was an early start, the water was lovely but lumpy, making it an interesting swim. We went off in waves and everyone swam really well with the highlight being Vanessa beating Paul resulting in Paul losing the bet and the two are now a duo for 2012 Rotto. That should be an awesome duo!!!!!!





We had lunch after the swim at the local Dome restaurant, took us some time to locate it. Then the long journey home which I probably slept through, and all in all a wonderful weekend was had by all.



**Alcoa Cambria Island Swim:** Was a hard swim this year, with a strong tide that came in during the latter part of the swim. Everybody did much slower times compared to previous years, but at least we were consistent. Apparently Jan managed to swim on the same spot for 15 minutes, but I heard she was really playing with the dolphins.

**2011 Rottnest Channel Swim: Sat 26<sup>th</sup> Feb.**



**Sweetwater Gals** had a most enjoyable day, as well as the days leading up to and after the swim. The conditions were perfect, as were the all the people involved. It was so pleasing to hear from our supporters offering words of encouragement as they made their way across on the ferry. I'm still not sure how our biggest supporter and paddler – Steve Hussey managed to find Lisa, then the boat without losing his phone to the Indian Ocean. Oh and the Sweetwater girls were pretty special too. Some pretty strong friendships were forged during this time.



**After Rotto Debriefing with Skipper & Paddler**

**Coogee Jetty to Jetty Swim. Sunday 13<sup>th</sup> March**

On this sunny morning while sharks shirked and stingrays strayed away from Coogee, Rockingham Masters studied the washed up star fish as they walked while contemplating the 1.5km swim that lay ahead. Our star competitors Vanessa Trinder ( never known to linger ) came second in the female category 35-44 pipped Paul Wilkinson ( the gentleman ) 3<sup>rd</sup> in the mens 45-54 category just 2 seconds behind. In the 750m swim Gunter Steyl an outstanding male showed the way with a 3<sup>rd</sup> place in his category. Not to be outshone in the womens ' 45-54 category Renuka Ranasinghe (8<sup>th</sup> ) and Elly Bourne (21<sup>st</sup> ) came home with Sharon Brown( 53<sup>rd</sup> ) arms churning like wheels close on their heels. Elbows high, Cherie Clements powered the tide to be 27<sup>th</sup> in her 35-45 Category and was greeted by admirers and cheers far and wide. Not to be outdone our star of the swim Jan Boddy came in calm and steady at 29<sup>th</sup> in the female 55-64 category . Alex Brown and Tessa Steyl were closeby making sure the Rockingham Masters day went through and ended on a high.

**Coogee Beach State Open Water Swim: Sunday 27<sup>th</sup> March** The question on everybody's lips is - WAS IT REALLY 2KM???



**Cockburn Crawl: Sat April 2<sup>nd</sup>** Catching up with old members. Cockburn crawl was good fun with lots of old friends amongst the crowd. Of course our old coach June was swam and it was terrific to also catch up with ex member Liz Marland for the Cockburn Crawl. Liz & Paul came over from QLD, after surviving the ravages of cyclone Yasi and swam with us for a couple of weeks. Lovely to see you again Liz, have a safe trip back to FNQ.

**Melville Masters: Melville BACC Sunday April 3<sup>rd</sup>**

We ended up going along with team of 6, five of whom were competing for their first time. Welcome to the club Gunter Steyl, Ian Russell-Brown, Sharon Brown, Renuka Ranasinghe, & Cherie Clements.

Gunter & Ian brought along their lovely ladies Tess & Kathy who were promptly put to work, Kathy with a stop watch, and Tess helping to marshal our team, and making sure we didn't miss our races. She had such a good time, she is thinking about joining the club as well.

Unfortunately Michelle had injured her shoulder trying too hard to train for this event, but came along to time keep, taking the pressure off the swimmers, and allowing them to concentrate on their swims. Sharon also brought along her cheer squad in the shape of son Alex, who kept us on our toes with encouraging words.

You would never have been able to tell that most of our swimmers had never been in a competition before, as they all performed fantastically, and even more important they all had a great time. Although some had a better time than others – Ian was seen on several occasions kissing and hugging women other than Kathy!!!! The medley relay was great fun, and the girls did well, considering they didn't get a say about entering it!!!!

As usual lunch was a delicious affair, plenty of yummy food to go around, and I think I'm safe in saying a great time was had by all.

**Rockingham Masters Swimmers celebrate Australia Day**



We showed our patriotism when we swam on Australia Day.

**U** pcoming Events:  
**Mandurah Masters:**

Short Course. **Sunday 19<sup>th</sup> June** to be held at Mandurah Aquatic Centre. Events will be 100 FS, 100 BK, 100 BRS, 50 FS, 50 BRS, 100 IM, 4 x 50 Mixed FS and Mixed Medley Relays.



**Fremantle Masters:** Long Course. **Sunday 23<sup>th</sup> October** to be held at Fremantle Leisure Centre. Events will be 200 FS, BK or BRS, 50 Fly, 50 FS, 50 BRS, 50 BK, 4 x 50 Mixed FS & Mixed Medley Relays.

**Augusta Anaconda: Sunday 6<sup>th</sup> Nov.** Get a team/duo together and register for it or do it solo! 14.4km Coastal run, Ocean Swim 1.9km, Ocean Paddle 13km, Mountain Bike 32km and a team run along the beach of 2.5km.  
<http://www.rapidascent.com.au>.

## **T** raining Times:

**Tuesday** 6am to 7am Aqua Jetty with Brian \$5.00 fee for coach

**Thursday** 6am to 7am Aqua Jetty with Brian \$5.00 fee for coach

**Saturday** Meet @ 7.45 am for swim 8am to 9am Rockingham Beach in front of Gazebo. Breakfast afterwards at Palm Beach Cafe ☺.

**Sunday** 8.30am to 9.30am Aqua Jetty – Followed by our usual get together for a coffee and a chat..

## **N** ew Members:

We are always looking for new members. Do you know of anyone who would be interested in joining? It would be great to see Rockingham Masters grow bigger and stronger! Call Lisa for information: 0434 461 951. We will start putting our Masters Swim club sign up at the beach on Saturday mornings, together with Lisa & Elly's contact details, to see if we can generate any more interest.

## **L** inks and Other Info

If anyone has any information for the next newsletter please email to Lisa – [stephenhussey@bigpond.com](mailto:stephenhussey@bigpond.com) . Great swim site for downloading your own swim training plans [www.swimplan.com](http://www.swimplan.com)

**S**ome things to think about while you are swimming. There is nothing special about our swim practice sessions, other than what you bring to them. You control how hard or fast you swim and what swim strokes you want to use while swimming the workouts. Normally the amount of rest per swim will limit your top-end speed on a workout, but that does not mean go as fast as you can all of the time. A few guidelines:

- The more rest you get, the faster the swim.
- Think about swimming at different speeds at different times of your workout. Pace yourself and you will get through most workouts.
- The early parts of a workout should always be easy to moderate and very deliberate. Use your best swimming technique.
- Stop the workout if you are too tired; go for it again at another time.
- You get to be a better swimmer by recovering from the workouts you do, not by doing more and more swimming without resting and recovering from that swimming.
- Use swimming to recover from other strenuous work-outs such as bike riding or running, use the old adage upper body workout one day lower body the next.
- Have fun with the workouts. Change the strokes you are doing from time to time, try new things, and don't get caught in a rut.
- Finally swim because you want to.

See you in the pool or maybe the ocean...