

Birthday greetings for the month of August go to:

Allen Barnes

COMING EVENTS

- 19 August Committee Meeting
8pm 1 Kenton Way
- 31 August Council of clubs Meeting
10am Karrinyup
- 7 September AUSSI WA Long Distance Meet
Beatty Park 9am - 4pm
- 14 September AUSSI WA Long Distance Meet
Beatty Park 9am - 4pm
- 16 September Open Meeting for everyone
Last minute instruction on
Interclub Carnival
7.30pm 1 Kenton Way
- 22 September Rockingham (Host) Interclub
Carnival Mandurah 10am
- 30 September Closing Date for State Top Ten



The Dolphins Flyer

NEWSLETTER NO. 1

AUGUST 1985

Hi, Dolphins.

Welcome to the first edition of our newsletter "THE DOLPHINS FLYER". This is my first attempt (and hopefully not the last) to inform all members of our club of what is going on. Another reason of course is, to toy around with my latest acquisition, an IBM golf ball typewriter.

I know I'm not too good in putting things into words, and my spelling is also not the best, but apart from this - any constructive criticism is welcome. Any help on future issues with news and articles would be very much appreciated.

But enough with introduction and down to business.

Most of you are aware that on Sunday, 22nd September, we will be staging our first ever Interclub Carnival at the Mandurah pool. A big task for a small club like ours, considering that out of a total membership of 17 only about 10 show up, on a more or less regular basis.

A taste of things to come we got, when we held a 'Social Carnival' at Kwinana in January. Unfortunately only a small number of people attended (mainly due to late advertising of the event). To avoid this to happen again we started preparation fairly early, and it is

now up to the visiting clubs, to make this Carnival a big success. But we still need lots of help, especially with time keeping, and will have to relay a lot on our visitors. Although I hope that the non active members of our club come out of hiding, to give us a helping hand.
The following positions have so far been allocated:

- | | |
|---------------------|--------------------------|
| A) Referee | Tina Henriksen |
| B) Starter | John Pope (Melville) |
| C) Chief Timekeeper | Derek Harkup |
| D) Announcer | Fred Johnson (Melville) |
| E) Marshall | Ian Walker, Marlene Pugh |
| F) Recorder | Gary Hoff, Helen Smith |

We still need 2 False Start Stewards and Time keepers. Non swimmers, acting as officials will be admitted free, providing they sign in at the pool.

IMPROVERS TROPHY - STUBBY STAKES

Since the beginning of this season, we changed our normal 'social swim night' to include a 50m timed swim. The points accumulated during the year will count towards the Improvers Trophy. The same system, but on a monthly basis, has been used to replace last years 'Stubby Stake Relay'. We just didn't had enough swimmers to form the necessary teams. Thank's must go to A.C.I. for the donation of the Stubbies. Listed below are again the rules for both, Trophy and Competition:

Taking part without being disqualified	1 Pt
To equal your best time	2 Pts
Better your best time by up to 1 Sec	3 Pts
Better your best time by over 1 Sec	4 Pts

AEROBICS

For some of us, Aerobic swimms seemed to have increased in popularity. So far this year 8 Dolphins have completed 10 - 400m, 8 - 800m 2 - 1500m, 1 - 3000m, 1 - 1Hr, Total Points: 71. This is a big improvement on last years total of 26 Points and 21 Points for 1983.

Remember, we still have 3 month to go. How about having a go at the 1500m and the 1 Hour swim!

LONG DISTANCE SWIM MEET

There will be an inaugural long distance swim meet for AUSSI W.A. It is to be held on two successive Saturdays, 7th and 14th September from 9 - 4pm at Beatty Park. The events on the programme are:
7th - 400 Free, 200 Breast, 400 Back, 400 Fly
800 Free
14th - 1500 Free, 400 Breast, 200 Fly,
200 Back, 400 I. Medley
The cost will be \$4 per person, and the number of events you may enter is limited to six. Entries close Friday 9th August. For any queries see Gary Hoff.

SOCIAL NOTES

Last month we had a "Late Chinese New Years Banquet" at Helen's. A very successful night was attended by 17 people (not all off them AUSSI members). All appreciated the effort Helen put into it, and the food was really - yummy, but she'll think probably twice before staging another dinner night.