

# Aussi Rockingham Newsletter

## February 2003

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### Issue 02/03

Hi swimmers, welcome to the first issue that Debbie has produced. This will be a working progress and will hopefully improve as time goes on. If anyone has any information that they would like to place in the newsletter, or see any other topics covered, please let me know at training or on the following email address: [Debbie.leech@team.telstra.com](mailto:Debbie.leech@team.telstra.com) and I will try to ensure that it appears.

### UPCOMING EVENTS

#### The Rottnest Channel

swim will be swum on the **22nd February**, good luck to Paul, Vicky, Darcy and Sandra. We will be thinking of you all.

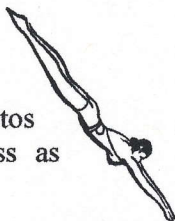


**23<sup>rd</sup> – 27<sup>th</sup> April** will see the **Be Active Aussi National** take place at Challenge Stadium, Stephenson Avenue, Mt Claremont. If any swimmers are interested in entering this event, or offering their services as volunteers (hospitality, presentations, warm-up supervision, equipment officers etc), please let me know and I will get an application form to you. Is anyone interested in making up a team for the Relays, Men's, Women's and Mixed? Details are also available on Aussi WA Web page [www.aussiwa.com.au](http://www.aussiwa.com.au).

Our next Interclub will take place on **Saturday 13<sup>th</sup> April** hosted by **Inglewood**. As yet no information has been received regarding events and times. Look out for this in the next newsletter.

### PAST EVENTS

The **Swim thru Perth** has photos available on a web site address as



follows: [www.prkphoto.iinet.net.au](http://www.prkphoto.iinet.net.au) for anyone interested in having a look or placing an order.

### MELVILLE INTER-CLUB SWIM

On Sunday 16<sup>th</sup> February we attended the inter-club swim at Melville Aquatic Fitness Centre. All swimmers had a good time and posted some great times. A light lunch was provided at the end of the Lisa and June won small prizes in the raffle.

### BIRTHDAYS

Happy Birthday to Kerry Bandiera on the 26<sup>th</sup> February, Bob Shoosmith on the 20<sup>th</sup> February.



### COACHES CORNER

#### Health & Safety

- ❖ SLIP SLOP SLAP
- ❖ Stretch before during & after exercise
- ❖ Be proactive, report potential hazards to a committee member, so we can keep everyone safe.

### PROGRESSIVE LUNCH

In an effort to boost our membership it has been decided to have a membership drive. Handouts will be printed and distributed during a progressive lunch. If you are interested in hosting a 'course' or helping with the letter drop contact Sandra. See minutes of last meeting.

It is on a rather sad note that I end this newsletter, as on Monday 10<sup>th</sup> February, one of our members, Joe Thomson, passed away. He will be sadly missed; our thoughts are with his family and friends.

**TRAINING TIMES: Sun 8.30am – 10.00am, Weds 7.00am – 8.00am, Thurs 6.30pm – 7.30pm**