

Aussi Rockingham Newsletter

January 2007

Coaches – Jan Boddy, Eleanor Bourne



Secretary – Eleanor Bourne
Tel: 9527 5478

Welcome to the 2007 March quarter Rockingham Aussie Masters Swimming Clubs' Newsletter. A warm welcome to Len and Cecily Kezic, even though they have been swimming with us for some time now and are already considered local faces.

UPCOMING EVENTS

The Melville Aussie Masters Club Challenge is to be held on 1st April. Please let Eleanor know which events you wish to swim in. The events are:

1. 200m Freestyle , or
2. 200m Breaststroke
3. 50m Butterfly
4. 50m Freestyle
5. 50m Breaststroke
6. 50m Backstroke
7. 4 x 50m Mixed Medley Relay
8. 4 x 50m Mixed Freestyle Relay

GENERAL NEWS

2006 was a busy year with Eleanor and Jan completing the theoretical component of the coaching course – just the practical hours to clock up now. There has been some very positive feedback about their coaching input on Sunday's so keep coming along for the practical help and friendly advice.

Christmas breaky at Pengo's on the 17th December was a success, with exceptionally calm conditions for the swim/walk/paddle to Penguin Island beforehand. The buffet was very yummy and hopefully all had their fill (some of us

made up for those with lighter appetites!). It was great to have past President Liz Marland and hubby Paul (visiting from FNQ) come to the breaky and Liz join us on a couple of Jetty swims at Palm Beach.



REMINDER...

Speaking of breakfast ...after training on the second Sunday of each month we have the club BBQ breakfast. This may be disrupted a little in the lead up to Rottneest as several open water swims are to be held on Sunday's, but we shall endeavour to keep you up to date with this.

PAST EVENTS

Congratulations again to Eleanor and Jan for completing the coaching course.

Late in the year Kareena Preston from Fremantle conducted the **coaching clinic** on free and backstroke, and hopes to follow up in the New Year with fly and breaststroke!!!!!!!!!! Cost was \$20 per person, and was attended by Mark, Jan, Bek, Des, Derek, Noreen, and

Eleanor.....I think that was it. The under water camera was conspicuous by its absence.....well it came, but it didn't work, and we were pretty disappointed – Eleanor was only advised of that at 3.30pm the day before.

Eleanor, Jan and Rebekah swam some very respectable times in the **Lake Leschenaultia** swim in November - but perhaps it was more about the pretty shirts!



The Iluka **Busselton Jetty** swim took place on Sunday 4th February, with Adam, Eleanor, Rebekah, Jan and Ruth making the trip. The seasoned veteran Adam (he swam last year) had another good swim this year and amazingly all of the others (first timers) swam personal best times!!!

BON VOYAGE

A belated farewell to Susan Macleod who moved to Darwin earlier in the year. We have heard that Sue is swimming regularly with the Darwin Aussie Masters and she and Charlie are playing music and loving NT life.

BIRTHDAYS

21 (again) for both Jan and Ruth in February – the 20th and the 10th respectively

SWIMMER PROFILE:

Jan the 'body' Boddy

Also known as...err...Jan, has been swimming for 6 years, including 3 with Rockingham Aussie. Jan lists her proudest

moments as training for the Rotto Swim this year and having 4 great kids and 4 grand-kids. Favourite colour.....blue (no surprises there), star sign Pisces and favourite holiday destination is the Whitsunday's. Jan lists her weaknesses as chocolate and her strength as 'staying power' (that one's pretty obvious to all too!) – and the thing Jan loves most about Aussie masters is the friendships!

Thanks Jan for doing the first profile questionnaire for 2007!

THANKS...

A special thanks to Club secretary Eleanor for her super efforts in keeping the club going this past year. Co-ordinating swim meets, training sessions, ordering new club bathers, passing on news and event details etc etc on top of training for the Rotto swim – (and holidaying in Europe) – all with a cheerful smile....our genuine appreciation goes to Eleanor for her work in keeping it all together and of course to all who have kept coming along.

Thanks also to our club president Rebekah Ashby, and treasurer Adam James for their efforts through out the year.

ROTTNEST CHANNEL SWIM

No doubt you are all aware that the swim was called off due to poor (diabolical) conditions. We were on the boats at the Mangles Fishing Club Jetty ready to pull away and the radio announcement came through. What a huge disappointment for all but of course it was the only decision to be made. Thanks to all the support crew: Russell, Woolie, Cameron, Ryan, Rosanne, Tyrone, Joan 'Bones', Vanessa and Dawn for being there and willing to support us all the way. Some of course took off to Rotto anyway and swam through the finish line for all of us. Well done and at least all that training sets a good base for next year!



(A few beers at Botta anyway. 17/2/07)

COOGEE OPEN WATER

Once again the stalwart's: Jan, Rebekah and Eleanor swam the 1500m Coogee open water swim on Sunday 11 March. A great effort with all doing just over 30 minutes – with past coach June coming in closely behind

