

# Aussi Rockingham Newsletter

## June 2005

Coach – Still Searching



Secretary – Eleanor Bourne  
Tel: 95275478

**W**ell its been a while since our last Newsletter, and a lot has happened since then too. We wish June all the best for the future, but she is going to be sorely missed by each and every one of us. We have lost our coach, a friend and a mentor, but hopefully not our way. Since her departure everybody has been working together, to keep the club consolidated.

### PAST EVENTS



On the 12<sup>th</sup> June the usual crowd took our chances with the terrible weather and participated in the annual Mandurah Be Active Challenge. Most of the team had great results, with Lisa, Des and Ernie all gaining first place in their respective events. Overall Rockingham also got 5 second places and several thirds. Noreen also won a raffle prize. As usual Mandurah's hospitality was superb, the food was wonderful, and despite the miserable cold weather outside we were feeling warm if not fuzzy.

Thanks to Michelle for taking over June's role, and making sure our nominations were correct and in on time despite being techno-phobic. And as usual she also did a great job putting the relay teams together. That's no mean feat I can tell you!

### BIRTHDAY WISHES

Noelene and Kerensa, and belated wishes to Adam.



### Interim Coaching Arrangements

At last club meeting on 19<sup>th</sup> June it was discussed what arrangements would be made to keep up our training schedules now that June has gone. While Jan is doing a fantastic job writing up the programmes for us all to enjoy, it is not fair to expect her to coach everybody when she joined up to swim. It was great to see so many put their hands up to help out in an effort to keep the club as successful as it has always been. It was decided that weekday training will remain the same as usual, but from July we will have a rotation training roster system on Sunday mornings.

Jan, Sandra and Lisa are going to put all their ideas together, write up a variety of programs which Lisa will laminate. These will be kept with the kickboards and will be available for everybody to use, and we will also try to introduce a more structured approach on Sundays.

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- 1<sup>st</sup> Sunday of the month point swim
- 2<sup>nd</sup> Sunday Jan's programmes
- 3<sup>rd</sup> Sunday Aerobic Swims
- 4<sup>th</sup> Sunday Paid coach or visit other clubs with a coach.

Sandra has kindly volunteered Ross to organise our first point swim on July 3<sup>rd</sup>.

TRAINING TIMES: SUNDAYS 9.00AM - 10.00AM, THURS 6.30PM AOUA JETTY WARNBRO



**WELCOME TO OUR NEWEST MEMBER** Mark Skinner. Hope you'll enjoy your swimming as much as we all do.



Here's a picture of Mark getting to know the team. Please note our striking swimsuits.

### **TRACKSUITS ETC**

After much discussion about tracksuits, I finally visited Sylvia Hamilton the lady who makes our polo shirts to see what she could offer us. I was spoilt by choice, so now it's up to us to get our heads together to decide on the finer details of what we'd like. We are favouring a navy jacket with white trim, and green piping (as the fluoro green may be difficult to acquire), and our small logo like the one on the front of our shirts on it.

It has also been suggested that we have a long sleeved collared polo shirt. We haven't yet decided whether to have it all navy, with the white logo or white with the blue logo, or to keep it similar to what we currently have. It's your club, so have your say, but the sooner the better. Other clubs look so good when they're all in their club colours. I've had many comments on how striking our bathers are, so if our club is too small to get lots of points at club challenges, at least we'll be noticed for our great taste in clothes!

### **Typoglycemia**

Don't delete this because it looks weird. Believe it or not you can read it I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg The phaonmneal pweor of the hmuan mnid Aoccdrnig to rscheearch taem at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Such a cdonition is appoiatly claed Typoglycemia :-)

Amzanig huh? Yaeh and yuo awlyas thought spleling was ipmorantt.

So the next time you see a typo in one of these Newsletters, or the minutes, it's not that I can't type or spell, I'm just relying on the phenomenal power of your minds!



*Happy Swimmers Mandurah 12<sup>th</sup> June 2005*

### **NEXT MEETING**

Will be held at the Good Life Café after swimming training on July 17th 2005.

Pay a coa