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# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL  
SUMMER'S OVER EDITION 2024

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[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

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## President's Message

Welcome back everyone to the new membership year. First and foremost, I want to extend a warm welcome to all our new members who have joined us this year. Your enthusiasm and passion for swimming are invaluable assets to our club, and we are thrilled to have you on board. Also thank you to those members who renewed their membership and continue to reap the benefits of enjoying fun, fitness and friendship. While we may be a smaller group this year with 75 members so far compared to 106 at the end of last year, I'm sure we will keep growing as the year goes on.

As noted further in this newsletter, our AGM is coming up this month, when all the Committee positions become vacant. The Committee has done a great job in guiding and managing the Club on behalf of the members, and I thank the Committee members for your dedication and commitment. I will be putting up my hand for re election as President and I am hoping some members would also like to nominate for a position a where they can provide positive input for our Club.

We have some great plans for this year including coaching and training initiatives from Debbie, who will be nominating herself as our Coach Coordinator and of course some great social events organised by our wonderful Social Committee.

In the meantime, please keep having fun, fitness and friendship and I'll see you at training, the beach or wherever.

## Vice President's Hello

Welcome to the latest edition of the Rocky Rays Splash. This is emailed to all our amazing members every couple of months to help keep you informed of what's going on, in and around the pool. I do apologise for the delay with this newsletter; however, we are all busy and life does get in the way sometimes doesn't it?

Well sadly for some, summer is on the way out. The nights are getting cooler, and the days are getting shorter. Those early morning swims are getting harder and harder to get up for, aren't they?

The Rocky Rays have had a super summer of swimming – we have had open water swims at Lake Leschenaultia, South Beach, Coogee, Leighton, Rockingham, Busselton and Sorrento to name a few. We have been to pool comps at HBF Stadium, Claremont, Mandurah and we have the Fremantle Masters pool comp coming up at the end of March.

Congratulations to those who swam at any of these events and flew the flag for the Rocky Rays. We are so proud of your efforts, PBs and packed racing calendars, well done!

We have a family beach fun day coming up on Sunday 7<sup>th</sup> April with some games, ice-cream and prizes planned. This should be a fun send off to summer so please come along if you can.

If you haven't already, please check out our website – [rockinghammasters.com.au](http://rockinghammasters.com.au). It is regularly updated with events, photos and other important things to know about the Rocky Rays.

We have our AGM coming up on *Friday 22<sup>nd</sup> March at Dome in Waikiki*. All are welcome to attend, and you won't get roped into doing anything you don't want to do. Please come and join us for a free hot drink and muffin! Thank you to those who have previously volunteered their time and expertise to help our Club grow stronger in the future. We really appreciate the dedication of our past, present and future Committee members; the club simply would not function without you all so THANK YOU!

## Committee:

<b>President</b> – Richard Gorzkos	<b>Social Co-Ordinator</b> – Greg Frey
<b>Vice President</b> – Shannon Bowron	<b>Team Captain</b> – Nicola Awang
<b>Secretary</b> – Erica Thomas	<b>Coach Co-Ordinator</b> – vacant
<b>Treasurer</b> – Ingrid van der Wel	<b>Uniform Officer</b> – Lyle Kildea
<b>Fundraising Co-Ordinator</b> – Brian Leavy	<b>Member Co-Ordinator</b> – Ian Williams
<b>General Committee</b> – Elly Bourne, Colin Moyers, Debbie Hart, Karen Jenkins	

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Please let us know if you would like something included in our newsletter – local business shoutouts, upcoming events, exciting news, we want to share it!! Please email Shannon at [shannonbowron@hotmail.com](mailto:shannonbowron@hotmail.com)



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## What's going on?

### In the Pool:

Sunday 24<sup>th</sup> March – Fremantle Masters – ACT BELONG COMMIT Fremantle Masters Club Challenge Meet

Sat/Sun 20-21<sup>st</sup> April – ACT BELONG COMMIT State Pool Championships @ HBF Stadium

Friday May 3<sup>rd</sup> – 7<sup>th</sup> – National Championships @ Darwin

### In the Open Water:

Sunday 10<sup>th</sup> January – Jetty to Jetty Swim @ Coogee Beach

Saturday 16<sup>th</sup> March – Port to Pub swim to Rottneest

Most days of the week – local ocean swim, join the *Warnbro Sound Warriors* page on Facebook for daily times and locations (depending on wind direction but locations include Waikiki, Palm Beach, Shoalwater & Rocky Foreshore)

### On the Land:

Sunday 10<sup>th</sup> March – Shoalwater Classic Triathlon @ Shoalwater

Sunday March 10<sup>th</sup> – Beachside Run, Secret Rocky Runners @ Port Kennedy Boat ramp

Parkrun every Saturday 8am at either Rockingham Foreshore or Baldivis Tamworth wetlands

## How do I find out about these events?

The following websites, Facebook and Instagram pages are a wealth of information for all the events for the upcoming summer season. Please follow them if you wish, to be well informed of what's happening and how to be involved.

Masters Swimming WA – for all things Masters: events, resources, memberships etc <https://mswa.asn.au/>

WOW Swims - From 250m to 10km and everything in between, WOW Swims has a distance that suits you - in protected locations with full water safety <https://www.wowswims.com.au/>

Open Water Swim Series (OWS) - The Swimming WA Open Water Swimming (OWS) Series is the largest series of OWS events in Australia. The OWS Series has become an icon of the Western Australian sporting calendar, attracting amateur and professional swimmers from age nine to ninety-nine. <https://www.openwaterswimming.com.au/>

Rockingham Triathlon Club – our local tri club run by some amazing volunteers in our community. Friendly local races in beautiful Rockingham with road closures for the bike leg (safety first!) <https://trirockingham.asn.au/>

Rockingham Masters Swimming Club – our very own website where you will find training, membership, Coaching information, photos from recent events, upcoming events and other news <https://rockinghammasters.com.au/>

Parkrun – a free, weekly, timed 5km running event open to any community member. See [parkrun.com.au](http://parkrun.com.au) for info.



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## Coaching News:

Our coaches rotate over a two-weekly roster. We are lucky enough to have 2 super coaches (Michael and Cherie) and we also have 2 in training (thank you Heather and Andrew). Soon enough they will have clocked up their hours and will be on pool deck taking sessions on their own. We appreciate all the time and dedication that Heather and Andrew have put into their training, we really are grateful to have them onboard.

The wonderfully talented PK has done her Program Leader course which means she can guide you through a program that one of our Coaches has written. She can't correct your stroke, but she can explain things you don't understand and help keep you all on track for the session. Thank you, PK!! Please let us know if this is something you are interested in doing, we can never have enough coaches/program leaders and we would love to have you! We reimburse your course costs and there are other perks to being a Coach.

Due to other commitments, Bridget has sadly stepped down as our Head Coach. She's a busy woman and something just had to give. You'll still see her around the pool with the Stingrays and competing in other Masters events. Thank you to Bridget for guiding the Rocky Rays for the past few years, we have really enjoyed your experience and guidance within the Coaching team, and you are welcome back any time!

Luckily Debbie has agreed to nominate herself at our upcoming AGM to be our Coaching Co-Ordinator and act as a first contact and mentor for our Coaching team. She plans to guide future training sessions and ensure it follows some structure towards seasonal events. She has extensive experience in Coaching and Competition, and we are so thankful for her guidance.

## Happy Birthday to you!

Happy Birthday to all the Rocky Rays born in March and April:

Colin L, Brian, Lyle, Jan, Debbie, Craig, Kim, Andy, Louise, Alamein, Shannon B, Erica D, Melitta, Sarah.

## AGM 2024

Our AGM is booked for Friday 22<sup>nd</sup> March at Dome Waikiki. Please come along if you have anything you want to contribute to the club. We take all suggestions onboard and you will never be forced to nominate any Committee positions you are not keen on. All Committee positions are declared vacant and if you wish to join our committee you can nominate prior. There has been an email sent recently with nomination forms so please look for this if you are interested.



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## Cash For Containers:

We have raised over \$2700 through this fundraiser so a big thank you to those families that regularly donate their recyclable containers to our Club.

Let's raise some cash for the Rocky Rays!! Each container earns us 10 cents so start collecting your cans, beer bottles, paper milk cartons and plastic water bottles. Our scheme ID is **C10314412**



## How and where?

We have 2 options local to us – bag drop or depot. Depot is walk in or drive through to get your containers counted and refunded on the spot. Bag drop - simply 'bag it, tag it and drop for a convenient and contact-free way to recycle and receive refunds using your scheme ID (bags supplied at drop off point or BYO biodegradable bag).

Bridging the Gap Port Kennedy, 20 Blackburn Drive PK, (BAG DROP/DEPOT), Cash for Containers Shoalwater, 117 Safety Bay Rd Shoalwater (BAG DROP), Rockingham, 19 Dixon Rd Rocky (DEPOT), 31 Crompton Rd Rocky (BAG DROP/DEPOT)

*Or check out [www.containersforchange.com.au](http://www.containersforchange.com.au) for more locations closer to home, work, school etc.*



Member Number

**C10314412**

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## The RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

For those new members RAMOS is an acronym for ROCKINGHAM AWESOME MASTERS OCEAN SWIMMERS.

The club entry has only one condition, that all must have a love of the ocean and take the opportunity whenever they can, to be in it. The masters swimming club attracts many swimmers who join for varying reasons, initially through covid, many club swimmers swapped the pool for the beach, from this the WSW Warnbro Sound Warriors have flourished, combining many Rocky members and a host of other like-minded swimmers. Many of the WSW have now become members of our club. Many of our club members, now enjoy the beach swims and swim all year round.

### BUSSELTON JETTY SWIM 2024

The Rocky Rays again came out in force to attend and participate in this year's Busselton jetty swim. It continues to grow and is a truly remarkable event to be involved with, the club has a strong tradition of participating and our numbers each year grow as we encourage new members to give it a go.

Regardless, if you participated in the Solo, Duo, Quad team or the mad mile, all should be congratulated for a terrific effort, especially those brave souls who made this year their first. It is wonderful to see spouses of members also participating in the swim, and supporting each other, just remember "it's not a competition" (like hell it isn't)

It was an almost perfect day for swimming, light winds calm seas, clear water and no stingers, with once again, the number of entrants passing previous years, some 5000 plus swimmers participated. Special mentions to Super fish Lyle and Ingrid who won their age groups, along with several members breaking the 1-hour barrier and some well into the low 50 minutes, amazing efforts and testament to the rigorous training that they had completed. In future years we hope to recruit some of the children of our members as they again performed spectacularly, posting amazing gold cap class times.

Hats off to the offspring of Cathy, Ingrid, Ian to name a few, just mind-blowing efforts, and congrats to any I have missed.

The club members and families enjoyed the prerace nervous tension and then the more relaxed after swim breaky get together. A great day weekend for all who attended. If you are unsure about the event or your ability to do the event, have a chat to the coaches or other members for more information.

As all will be aware, the timing system had some issues as a cable was disconnected at the finish line. Substantial evidence does suggest that one of our own may have been the culprit who did the tripping over the cable, however "mums the word" !!!!! As tradition would dictate, a poem or song is presented for the swim.

This year the classic John Williamson song Home among the Gum Trees

Has been butchered, dismembered, added to and generally destroyed,

Apologies John.

For the younger crowd who have never heard of JW, please load up your I pad, I phones, computer and have a listen first, as it will make a lot more sense.....

<https://youtu.be/iQhn6G7q8Yg?si=IOG8b5eOhvtvt4dN>



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## BUSSO 2024 LAMENT;

I'VE BEEN AROUND THE JETTY  
A COUPLE OF TIMES OR  
MAYBE MORE

I'VE SEEN THE SIGHTS; I'VE  
HAD DELIGHTS EVEN  
STANDING ON THE SHORE

BUT WHEN MY MATES ALL  
ASK ME THE PLACE THAT I  
ADORE

I TELL THEM RIGHT AWAY.

**##### CHORUS #####**

GIVE ME AN ENTRY IN THE  
JETTY SWIM, WITH LOTS OF  
SEAWEED

A RAY OR TWO, SOME OCCY  
POO

FROM STARTING WITH THE  
PACK, AND ENDING UP IN  
FRONT

AND A MISSING FINISH TIME

##

YOU CAN SEE ME IN THE  
WATER WHAT A BIG SPLASH

OR JUST A DASH

JUST YOU AND ME & A  
THOUSAND WEE

AND LATER ON THE WATER  
CLEARS AND GET INTO YOUR  
STROKE AND WATCH THE  
SEAWEED SWAY

**##### CHORUS #####**

THERE'S A BEND AROUND THE  
CORNER AND SOME  
SCULPTURES THAT YOU MEET

A BRAND NEW PLACE THEY'VE  
OPENED UP WHERE THEY CAN  
WATCH YOUR FEET

BUT I'D TRADE THEM ALL  
TOMORROW FOR THE SAND  
BENEATH MY FEET, WHERE THE  
GOOSSES BREAKY CALLS.

SOME PEOPLE LIKE THEIR  
FLIPPERS AND WET SUITS ALL  
AROUND

OTHERS GO WITH SNORKELS  
AND SOME CAN NOT BE  
FOUND

BUT ME I LIKE THE SEA YOU  
KNOW WITH WATER ALL  
AROUND

AND A JELLY FISH ON MY  
BACK

**##### CHORUS #####**

I CAN SEE THE CHECKERED  
BOUYS IT'S GETTING CLOSE  
TO END

OTHERS ALL AROUND ME I'M  
BEGINNING TO DESCEND

I TOUCH THE SAND I RUN  
AND TRIP AND BRING THE  
TIMING DOWN

I HOPE I'LL NEVER BE FOUND

GIVE ME AN ENTRY IN THE  
JETTY SWIM, WITH LOTS OF  
SEAWEED

A RAY OR TWO SOME OCCY  
POO  
FROM STARTING WITH THE  
PACK, TO ENDING UP IN

FRONT

AND A MISSING FINISH TIME

A MISSING FINISH TIME

WHAT WAS YOUR TIME?

A MISSING FINISH TIME

DID YOU FINISH ?

A MISSING FINISH TIME

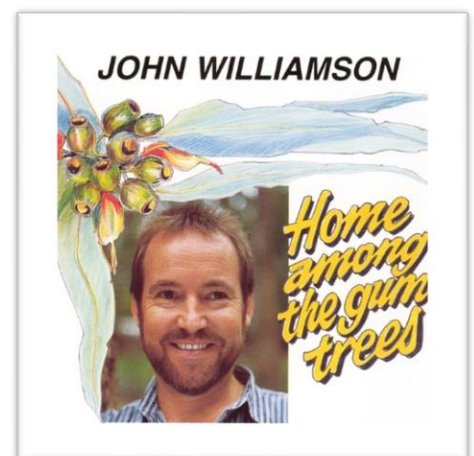
WEBB SITE CRASHED ?

A MISSING FINISH TIME

DID YOU BEAT LAST YEARS  
TIME ?

AND A  
MISSING  
FINISH  
T IIIII MMMMEEE

Til next time,  
Splash,  
Greg



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## Sponsorship Shout-outs

We have been extremely lucky lately to have received two very generous sponsorships to our Club.

### TOTAL METAL RECYCLERS ROCKINGHAM

We would like to extend a very big thank you to Total Metal Recyclers on Morgan Road in Rockingham, for their very generous donation to our swimming club.

They have given us \$500 that we have put towards two pool deck timing clocks - because those teeny tiny clocks on the poles are a bit tricky for Masters' Swimmers eyes to see.

Thank you TMR for your kindness.

And for all your metal recycling needs pop down to their yard and they will gladly help you out ♻️



### GREG'S GLASS

Our fundraising committee has been working hard to find some sponsors for our Club.

We have been very lucky to receive \$500 from Greg's Glass in Rockingham. They are locally owned and operated by Greg and Wendy and have over 45 years' experience in glazing!

With the money they have given us we are aiming to get a club owned set of bright yellow swim caps that our members will use for our open water swims. Our competition navy caps are not bright or safe enough for these swims.

Thank you, Greg's Glass, for your generous donation.

Please keep them in mind for all your glazing needs, I'm sure they can help you out 🧡



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## For the sweet toothed swimmers

### Apple & Raspberry Crumble

#### INGREDIENTS

2 cups plain flour (300g)  
1 cup sugar (220g)  
1 tsp baking powder  
1 tsp cinnamon  
150g butter, melted  
1 tsp vanilla essence  
1 egg  
1.5 cups frozen raspberries (150g)  
2 apples, peeled & diced (200g)  
1/2 cup rolled oats  
30g butter, melted

#### INSTRUCTIONS

Preheat oven to 170°C fan bake. Spray and line a slice tin with baking paper.  
Add flour, sugar, baking powder and cinnamon to a bowl and whisk together.

Pour in melted butter and vanilla. Crack in the egg. Mix together until you can no longer see white bits of flour.

Set aside 1 cup of mixture for the topping. Place the rest into the tin and press into the base.

Peel and dice apples into 1cm pieces. Spread apple and then raspberries evenly over the base.

Add the 1 cup of topping mix back to the bowl. Pour in rolled oats and the extra 30g of butter. Mix together with a spoon or press together with your hands.

Crumble the oaty topping over the apple and raspberries, press down softly with your hands. Bake for 45-50 minutes until the top is golden and the base is cooked through.

Allow the slice to cool in the tin before lifting out using the baking paper. Cut into slices and serve at room temperature.

## Rocky Ray Funnies

Question: What do you call a fish with no eyes?

Answer: A fish

Question: Where do sharks go on vacation?

Answer: to Finland of course

## Motivate Me

"A trophy carries dust. Memories last forever." —Mary Lou Retton

Until next time Rocky Rays.....