



**ROCKINGHAM MASTERS  
SWIMMING CLUB**

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# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 2 – NOVEMBER AND DECEMBER 2021

[ROCKINGHAMMASTERS.COM.AU](http://ROCKINGHAMMASTERS.COM.AU)

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## President's Welcome

Welcome to the second edition of the Rocky Rays Splash. This will be emailed to all our amazing members every second month to help keep you informed of what's going on in and around the pool.

Mark Jenkins here, President of Rockingham Masters Swimming Club. I would like to welcome you all to the second newsletter and to start off with I would like to give you a short insider of me and my role within the club. I have been a member of Rockingham Masters for 6 years now and I'm in my third year in the role as President. Seven years ago, I couldn't swim, so I explored what was out there to help me learn to swim and that's when Rockingham Masters came to my rescue. Some say that I still can't swim now and sometimes I would tend to agree! At the time I joined we would have between 5 and 10 swimming at each session and we had around 30 members, to give you an indication how we have grown we now have on average 20 to 25 swimmers per session and over 85 members.

We have just launched a brand-new website so please take 5 minutes to check it out – [rockinghammasters.com.au](http://rockinghammasters.com.au)

We would like to thank our very talented swimmer Richard for doing such a wonderful job with this, thank you Fins!

The committee are a fantastic team and are all excited about our future. So again, welcome to the Club and I look forward to meeting you on the pool deck

## Committee:

President – Mark Jenkins	Competition Co-Ordinator – Michael Cook
Vice President – Shannon Bowron	New Members Officer – Ian Williams
Secretary – Vacant	Social Media Co-Ordinator – Anne Evans
Treasurer – Ingrid van der Wel	Uniform Officer – Lyle Kildea
Fundraising Officer – Greg Frey	Meet Co-Ordinator – Richard Gorzkos
Coach Co-Ordinator – Cherie Savin	General Committee – Karen Jenkins, Matt Evans, Elly Bourne, Colin Moyers, Bridget Young, Richard Gorzkos

## Swimmer of the Quarter

In August Rockingham Masters announced that we were offering an award every quarter of the year.

This award is judged by the coaches, they all have a vote of who has been the best swimmer or most improved and don't moan at the coaches (like some!). So, this period's award goes to Duy (Derrick) for the most improved and happy swimmer, he received a 1-month free membership to AJ. The next award will be decided at the end of December. To be in the running for this prestigious award you need to put your head down, swim well and be a happy little Rocky Ray.

Again, well done Duy!




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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!*



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## What's going on?

### In the Pool:

Saturday 13/11/2021 Phillips/Banks Cup @ AquaJetty, hosted by Rocky Rays

Saturday 28/11/2021 Mandurah LiveLighter Club Challenge @ Mandurah ARC

### In the Open Water:

Sunday 7/11/2021 0830am Rocky Masters Beach Swim <1200m, BBQ brekky after, WAIKIKI beach near Malibu Rd

Saturday 13/11/2021 OWS#3 swim @ Lake Brockman

Sunday 14/11/2021 WOW#1 swim @ Lake Leschenaultia

Saturday 27/11/2021 OWS#4 swim @ Bunbury – Koombana Bay

Saturday 11/12/2021 WOW#2 swim @ Fremantle Ports Swim Thru Fremantle

Saturday 4/12/21 Swim Thru Rottnest @ Rottnest Island (register via <https://www.swimthrurotto.com/>)

Sunday 12/12/2021 OWS#5 swim @ Glen Mervyn Dam

Saturday 18/12/2021 WOW#3 Christmas Swim @ Coogee Beach

Monday 27/12/2021 (public holiday) OWS#6 swim @ Mullaloo Beach

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 5/12/21 Ironman @ Busselton

Sunday 12/12/21 Rockingham Triathlon Club Super Sprint Tri @ Rockingham

## 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 250 metres to 10 kilometres 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/>

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## Coaches Report

By Bridget Young

"I'm going to be a bit different just because I can and also because these Rocky Rays members mean so much to me. I also feel that each of them has contributed a lot to the Masters over the years.

I have known these three swimmers for a long time and each of them in their own right have achieved some amazing things.....

- 1- This lady actually helped to restart Masters and spent a lot of her time making it happen. I feel that if it wasn't for her, we wouldn't be in the position we are today with the Rocky Rays. She is a great swimmer having done many solo Rotto crossings and after having shoulder surgery she is still ploughing up and down the pool with a smile on her face.
- 2- This lady is an amazing swimmer who is also very modest. Not many people know that she competed in the 1976 Montreal Olympic Games for Australia in the 100m butterfly. Today she still competes in open water and pool events holding National Titles in the pool and usually winning her age group in the open water events.
- 3- Another inspirational swimmer who is very fast and fit and still charging up and down the lane is a woman who also holds many National pool records and has plenty of open water event titles to her name. She is a speedy Rotto Soloist and in her younger days, a talented water polo player"

I have chosen these three swimming women because I believe they are an inspiration to all those around them. I am also lucky enough to call them very close friends of mine. We train together, support each other, enjoy the highs and lows together and help each other out when in need. The four of us are know as the SMOSSIES – the Super models of Swimming. Our photo should have given that away!

**1 - Erica Thomas, 2 – Lyle Kildea and 3 – Ingrid van der Wel you are amazing!!!**



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## Coaches:

Our Coaches rotate over a two-weekly roster. We are lucky enough to have 4 super Coaches and Coach Michael is currently in training. Please let us know if this is something you are interested in doing, we can never have enough Coaches and we would love to have you! Tuesdays – Jeannette or Cherie, Thursdays – Bridget or Doreen.

## Happy Birthday to you!

Happy Birthday to all the Rocky Rays born in November and December:

November: Cliff Brennan, Warwick Bullock, Lucy Byers, Charlette Moogan, Emma Rojas

December: Doreen Stubbe, Elly Bourne, Nicola Awang, Stacey Lucas

## Cash For Containers:

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.

### SAVE THE DATE

Rocky Rays Christmas Beach Ball Sunday 19/12/21 @ The Cruising Yacht Club

Please donate a small raffle prize, book and pay for a ticket at training, check your emails for more info.

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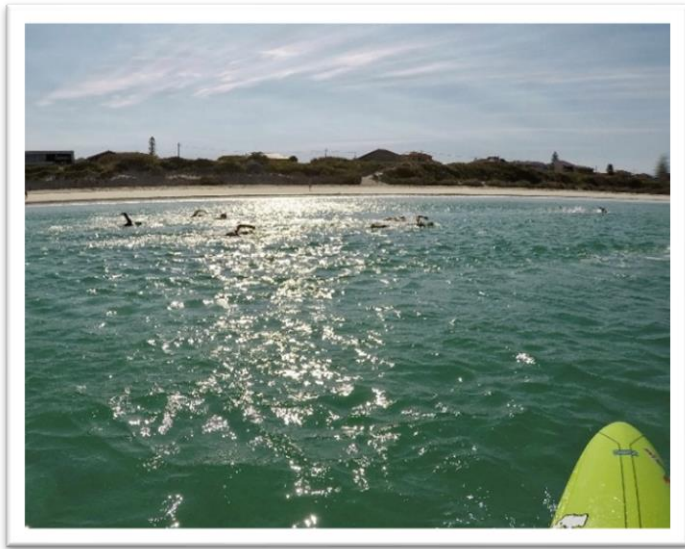
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## Out and about:

On Sunday 10<sup>th</sup> October the Rocky Rays hosted their first Club Beach Swim at beautiful Waikiki Beach. Some 24 swimmers attended the first of many swims we hope to organise. What a fabulous day it was - calm seas, light wind and sunshine. With more food than you could poke a hungry swimmer at, it was indeed a cracking day.

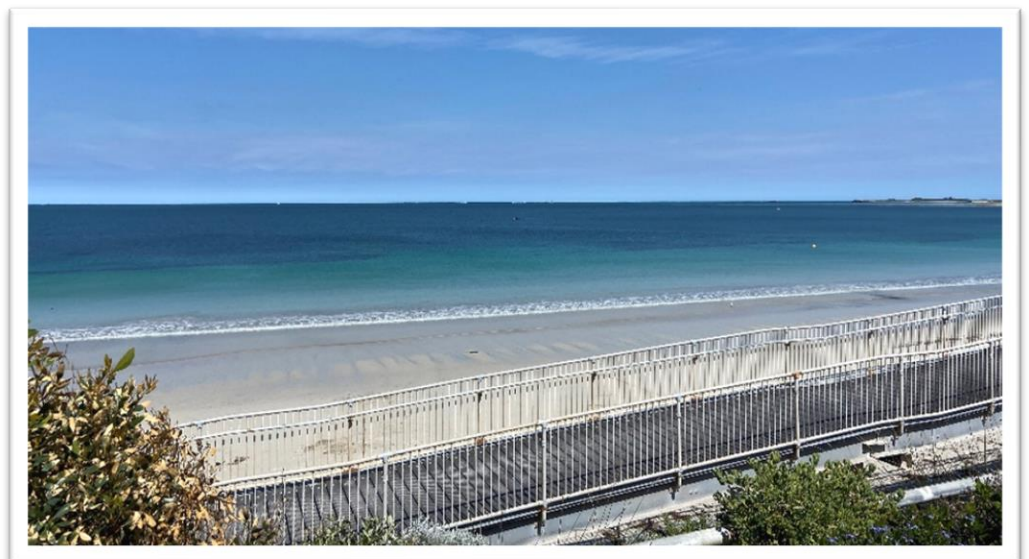
Many thanks for all those who helped out on the day, either on and in the water and beach walking as safety and those behind the BBQ. Many thanks to Robyn, Steve and Ty for helping out on the cooking. It was wonderful to see members, spouses, kids and dogs all mixing and enjoying each other's company.

For those who missed out please lock in the next swim Sunday 7 November 8.30, location to be advised. Come and join in the social side of the club and enjoy a supervised ocean swim with a free BBQ brekky as well. Please feel free to bring a plate, as we all know, swimmers love to EAT!!



**View from the Board: Rocky Rays Club swim – for some it was their first open water swim!  
Congratulations on taking such a big step!**

**Waikiki Beach: almost perfect conditions for our Inaugural Club Swim, just a few degrees warmer would have been nice!**





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SUNDAY 7 NOVEMBER 2021  
8:30AM

## ROCKY MASTERS BEACH SWIM

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ALL DISTANCES UP TO 1200M

Grab your swimsuits, wetsuits, fins, pull buoys,  
kayaks, you name it...and let's have fun!

## For the sweet toothed swimmers

### Raspberry & Lemon Loaf

#### INGREDIENTS

- 150g butter, melted
- 1 cup sugar (220g)
- 1 Tbsp lemon zest
- ½ cup lemon juice (125ml)
- 2 eggs, whisked
- 2 cups plain flour (300g)
- 1 tsp baking powder
- 1 tsp baking soda
- ¾ cup raspberries

#### LEMON GLAZE

- 1 cup icing sugar
- 2 Tbsp lemon juice
- 1 tsp lemon zest
- 1-2 tsp boiling water

#### INSTRUCTIONS

Pre-heat the oven to 170°C fan bake.

In a large bowl mix together melted butter and sugar. Pour in the lemon juice and zest then stir. Add the eggs and mix again.

Sift in flour, baking powder and soda. Fold the wet and dry ingredients together until just combined.

Line a loaf tin with baking paper. Pour in a third of the loaf mixture, scatter over half of the raspberries. Repeat with the next third of mixture and the rest of the raspberries. Then cover with the remaining loaf mixture and smooth the top.

Bake for 50-60 minutes until cooked through and skewer inserted comes out clean.

Mix together the icing sugar, lemon zest and juice and use 1-2 tsp of boiling water to get the right consistency.

Drizzle the glaze over the loaf once it has cooled. Once the glaze has set slice and serve.

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

Hello, all Awesome Rockingham Masters swimmers and welcome to the second addition of the RAMOS report. In this report, in the future we hope to bring you results, photos and comments on ocean swims that club members participate in over the summer ocean swimming series.

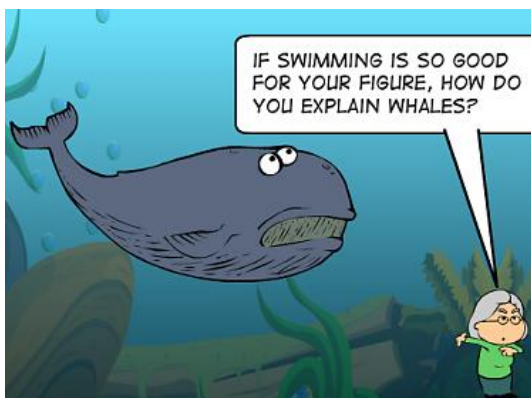
As the ocean season has not yet got under way, there is not a lot to report as way of participants and results for members that have competed in ocean events. The club did hold a very successful beach swim on Sunday 10th Oct at Waikiki, where members swam up to 1.2 km with land and water safety support on hand. The conditions on the day were spectacular, with flat calm ocean and warm sunshine. The wind although a little brisk to start dropped away by 9.30am. Members, partners and kids all enjoyed a feast of bacon, egg and snag rolls, after the swim accompanied by a vast array of cakes and great company. As the first ocean club swim, numbers were a bit low with approx. 24 members in attendance. As we have 86 members, we hope word will spread and we can have a bigger turnout for the next ocean club swim/BBQ/breaky on NOV 7th 8.30am location TBA, depending on the wind. The first WOW (MSWA swim) is at Lake Leschenaultia on NOV 14th. This is a very calm flat-water swim in the fresh water lake. It caters for all distances from 250 m – 1.6 km & 3.2 km, as a masters event it is well organised, low pressure and fun based, always with amazing prizes and raffles. Bring a picnic and join other members for a great morning. Details can be found on the MSWA website or social media. There are lots of other swims for the next two months so please check those out above, on social media or ask any Committee Members for details. Hope to see you in the drink, Greg.

Happy to take your enquiry Greg 0408924082

### Spring RAMOS sightings at Waikiki and Palm Beach



## Rocky Ray Giggle



### MOTIVATE ME!

The hard part isn't getting your body in shape.

The hard part is getting your mind in shape.