



ROCKINGHAM MASTERS
SWIMMING CLUB

THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 4 – MARCH AND APRIL 2022

ROCKINGHAMMASTERS.COM.AU

Vice President's Hello

Welcome to the fourth 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.

As the days get shorter and the morning temperatures drop it sadly feels like summer is going to be leaving us soon. But don't despair, we swim ALL YEAR!! The pool will always be warm enough (once you get going brrrr) and in crazy weather we can always go inside. Please don't think that the swimming is going to stop or drop off, because it's definitely not!

If you haven't already, please check out our brand-new website – rockinghammasters.com.au

You have probably already received the email regarding our upcoming AGM on Friday 25th March at Dome Waikiki at 6pm. All Committee positions will be vacated and a new Committee re-elected. Please come along for some food and a social chat and join our committee if you can. New ideas are always welcomed so that we can continue to build our great Club. If you haven't seen this email, please contact rockinghamrays@gmail.com for a copy. We also have a poll in place on our Facebook page regarding a social event and another one for potential additional Wednesday night training, please check these out and vote if you can so we can see what are members prefer.

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 or in the ocean.

Committee:

President – Mark Jenkins	Competition Co-Ordinator – Michael Cook
Vice President – Shannon Bowron	New Members Officer – Ian Williams
Secretary –Karen Jenkins	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

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What's going on?

In the Pool:

Sunday 27/3/2022 Fremantle LiveLighter Comp @ Fremantle Pool

Tuesday 29/03/2022 Speed Clinic with Kareena Preston from Masters WA

Sat/Sun 2-3/4/2022 Masters WA State Championships @ HBF Stadium

In the Open Water:

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:

Friday 25/03/2022 Rocky Rays AGM @ Dome Waikiki 6pm, please RSVP

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

This month we want to focus on swimming lane etiquette. Unfortunately, two swimmers collided head-on at training a few weeks ago and this is something we want to avoid in the future. Our Coaches will be going over a few rules before each session but if you could check out the swim lane etiquette rules on our website that would be fantastic. The main points to remember are as follows:

- ✚ Choose the correct lane – fast, medium or untimed. You will need to self-seed depending on stroke/drill for that set
- ✚ Always stay left. If you need to pass someone, tap their toes and pass them at the end of that lap. If you feel someone tap your toes, finish the lap, move to the left and let them pass on the right
- ✚ Once finished at the end of the lane, move to the right to let any other swimmer's finish
- ✚ When swimming butterfly, finish the lap and wait at the end for all swimmers to complete their lap before starting the next lap
- ✚ Allow at least 5 seconds in between swimmers at the start of each set

From now on we will be starting at the shallow end of the pool. This will help let swimmers move over so that everyone can finish a full lap and will make grabbing our gear and water bottles easier too.

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 March and April:

Cathy Quinn, Ross Perrin aka Reggie, Shannon Bowron, Erica Duffield, Sarah Fisher, Debbie Hart, Lyle Kildea, Pieter Nel, Adam Jones, Jacqui Dent, Colin Luff, Lorry Rule, Angus Simpson, Brian Leavy, Hayley Smith and Kim Spence.

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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 for more locations closer to home, work, school etc.



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The RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

Hello, all Awesome Rockingham Masters swimmers and welcome to the third edition 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.

The Rottnest Channel Swim – Warnbro Sound Warriors team #805

What a day, as all have heard, this year's event was a challenging one, ok, here is all the goss, Many will know that this particular team of Warriors missed out last year for the swim as we had boat problems, mechanical issues just outside the heads. Michael (the Walrus) was all set on the beach, only to get the bad news that we were out. Skip forward 12 months and the same team less Lee who has left Australia and resides in sunny Bali, and replacement recruit Ross (Reggie), we set off again for Cottesloe.

No issues this year, Brad our skipper and first mate Sandy had the boat purring.

A throwaway line from the skipper about the positioning of the team members to ensure a balanced ship, did not miss the mark, we can proudly record a combined weight of 430kg and that is not including goggles, fair to say that at no time could we all be at the back of the boat at the same time!!!!!! An early start from mangles bay 4.15am had us on the high seas, with the Walrus all set on the beach at Cott. Our star paddler, pocket rocket Jodie was all set and eager with kayak at the ready. Health food top up on the boat for the elite athletes was supplied by Sandy, sensational bacon & egg rolls and a cuppa.

7.10 was a go time with Walrus resplendent in a bright orange rashie.

A slight confusion, dodgy phone reception but eventually Walrus, Jodie and the boat all joined forces at about the 1.2km mark.

1st changeover, Greg (Greedy) now in the water and looking impressive. 2nd changeover past the Leeuwin sailing ship after a quick 500m and Reggie hits the water, and has he got something to prove, powerful long determined strokes. 2km mark and Richard (Fins) is overboard, every stroke calculated and precise, an amazing display of swimming perfection.

And so, the rotation continued, every 10 minutes Sandy the first mate would prepare the next swimmer, notify the paddler of a changeover, and advise the skipper to prop off, swimmer in, swimmer onboard, a very slick and safe operation. As elite athletes, we lost count of the rotations and focused on our job, did I mention we had a pie warmer on board!! Health food 101, prescribed mini pies, sausage rolls, mini spring rolls and mini quiches, as the sustenance required to sustain us elite athletes.

Tip for future swimmers: after each swim leg, consume one of the above, wards off sea sickness and evil spirits.

Ok, back to the trip, 10km mark at about 10am and we are smashing it, all swimming strong and sticking to the 10min per interval changeovers. From this stage the weather is starting to turn, wind is up 20 knots and seas 1.5m, Skipper Brad has asked for a pay rise, and the second 10km could be interesting. 15km mark and the wind has hit 30 knots and swell about 2m, let me paint you a picture, from the deck of the boat, you would lose sight of the paddler as she disappeared between the swells.

However dear readers, things were tough on board, pies were out and we were on to the sausage rolls. Perfect skippering had us back along the rhumb line at the 17km mark, water, boats, paddlers and swimmers all converge through a small gate at Phillip rock, a dangerous time for all. At the 19km mark the boat has to leave us and all 4 warriors jump in together, hang on, just one more spring roll, ok we are in. Jodie the superhuman pocket rocket paddler is almost spent, she is able to support us for another 500m before she heads for the beach. We swim stroke for stroke, arm in arm, following the marked channel heading for the finish line. Hey sand!!! Feet touch, we have made it embrace shake hands, wave to the crowd and get mobbed by the paparazzi, such is the cost of fame.

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Huge thanks to my team mates, amazing skipper Brad, best first mate Sandy and super woman paddler Jodie, it is and always will be a team effort.

Congrats to all in our club, partners or friends that attempted the swim.
It matters not if you win or lose, it's how you play the game.

Greedy.



The Warnbro Sound Warriors – successful Channel Crossers, smiles as big as their pie warmer ☺

The Busselton Jetty Swim 2022

Surely it is clearly a great testament to a successful and well-functioning club, that so many of its members take the time to attend this iconic swim. Not only did we have a great turn out of members but a huge extended swimming family with spouses and children. It must be noted that if the kids join our master's squad in the future, that we will be unbeatable at any pool event.

Overall if my counting is correct, we had 28 club members and an additional 12 spouses and kids, an outstanding effort. Huge congratulations must go to all our first-time solo swimmers, we all know that it is without doubt a long daunting swim, hats off to all the coaching staff who have enabled those to have the confidence to get the first one under the belt. To Nicky, Paul, Mark J, Cathy, Doreen, Erica and Ian, I hope I have not forgotten anyone “we dip our lids to ya”.

I must add to some, this was a huge effort to overcome the demons of the deep, you know who you are, superb effort!!!!!! Our club is blessed with some real superstars of the sport, any swimmer who can achieve under the hour is pretty dam good, however we have a bunch that are closer to 50 min than 60, we can only watch in awe, congrats to you all.

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For the rest of us, we can take a huge pat on the back for finishing and all /most achieving a PB or at least happy in the achievement, after all it is supposed to be FUN. Special mention to all the club members kids' that swam. What a bunch of superstars, keep an eye out for Ingrid's, Cathy's, Lucy's, Jandie's and Ian's children - as they will be the swim legends of the future. That is what you get from great role models!!!

A very successful club outing, congrats to all and hope to see you all again for next year's swim. Hope you enjoy the Rocky's Rays lament, to follow. Sing Loud and Proud.



Rocky Ray Ian – the epitome of the male Rocky Ray



The Rocky Ray Ladies – a fine example of mermaids on land



Rayundo's lament Busso Jetty Swim 2022



ABBA eat your heart out, apologies Anni-frid, Bjorn, Benny and Agnetha. To the tune of "can you hear the guns Fernando"

Ready.....

Shall we take the plunge Rayundo's?
I remember long ago a year ago was just
like this
At the Aquajetty Rayundo's
We were talking to ourselves and softly
pumping up our game
I could hear the distant Coach
And sounds of programs that were coming
from afar.
It is closer now Rayundo's
Every hour every minute seems to last
eternally
We were so afraid Rayundo's
We were young and old and none of us
prepared to lie
And I'm not ashamed to say
The thought of stingers almost made me
cry
There was something in the drink that
day
We had to pay, Rayundo's
They were lining up for you and me
I had to pee Rayundo's
Though I never thought that we could
sink
There's no regret

Will I have to do the same again?
We will my friends Rayundo's
Yes, we will have to do the same again
We will my friends Rayundo's
Now we are on the pads Rayundo's
And amongst the cheers, I have the
towel clasped firmly in my hand
Have you seen the time Rayundo's?
Do you recall that fateful swim you broke
the 1-hour stand?
I can see it in your eyes
How proud we were to fight to stand up
on the sand.
There was something in the drink that
day
We had to pay Rayundo's
They were lining up for you and me
I had to pee Rayundo's
Though I never thought that we could
sink
There's no regret
Will I have to do the same again?
We will my friends Rayundo's
Yes, we will do the same again
With all our friends Rayundo's

For the sweet toothed swimmers

Special Edition Rocky Road

Ingredients

500 g milk chocolate or dark chocolate

30 g coconut oil optional

250 g Clinkers cut in half

100 g marshmallows

200 g raspberry lollies

Instructions

Line the base and sides of an 18 x 28cm rectangular slice tray with baking paper.

Chop the Clinkers in half and set aside.

Place the chocolate and coconut oil into a heatproof, microwave-safe bowl.

Heat, uncovered, on 50% power, stirring every minute with a metal spoon, for 4-5 minutes or until the chocolate and coconut oil melts.

Remove from the microwave and stir until smooth.

Stir through the Clinkers, marshmallows and raspberry lollies.

Spread the mixture into the prepared baking tray and place in the fridge for 2 hours or until completely set.

Use a sharp knife to cut into slices (if you are having trouble cutting the slice, run your knife under hot water and then dry completely before cutting - the heat will help to cut the slice evenly).

Rocky Ray Giggle



Motivate Me

You can never cross the ocean unless you have the courage to lose sight of the shore – Christopher Columbus

Until next time Rocky Rays.....