



ROCKINGHAM MASTERS  
SWIMMING CLUB

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# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 5 – MAY AND JUNE 2022

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

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## Vice President's Hello

Welcome to the fifth 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.

We have definitely noticed a drop in the temperature in the last few weeks, haven't we? But please don't let that put you off swimming. In fact, we have successfully added a Wednesday night session in the inside 25m pool. This will usually be taken by Bridget and will be strong focus on technique. It's perfect for new members who are keen to learn the basics or even our older members who need reminders! All are welcome, so please give it a try. I was lucky enough to attend the butterfly session and it was a real eye opener.

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 had a very successful AGM followed by drinks and a casual dinner at Dome Waikiki. Please see the table below for all current Committee members. We say hello to some new members taking on new roles and also a few sad goodbyes to those who have commitments elsewhere. A big thank you goes out to Cherie who has stepped down from Head Coach and passed on that crown to Bridget. Cherie is busy being a Mum, Business owner and running crazy amounts of kilometres before her big Blue Mountains 100-mile ultra-marathon event at the end of this month. We wish her all the best for this amazing feat!

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	Social Co-Ordinator – Michael Cook
Vice President – Shannon Bowron	Team Captain – Ian Williams
Secretary – Erica Thomas	Marketing and Communications Officer – Anne Evans
Treasurer – Ingrid van der Wel	Uniform Officer – Lyle Kildea
Fundraising Co-Ordinator – Greg Frey	Coach Co-Ordinator – Bridget Young
Member Co-Ordinator – Karen Jenkins	General Committee – Elly Bourne, Colin Moyers, Debbie Hart, Richard Gorzkos

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## What's going on?

### In the Pool:

By 15<sup>th</sup> July 2022 – Bunbury Postal Swim – 3 x 400m timed swims done at AJ, check your emails for more info

### 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)

Sunday 19<sup>th</sup> June - Winter Solstice Swim, celebrate the shortest day of the year with an ocean dip followed by a tasty breakfast, keep an eye on our social media for a location.

### On the Land:

Sunday 17<sup>th</sup> July – Car Rally finishing with a BBQ closer to home, keep an eye on social media/emails for more info

## 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:

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 May and June:

Rick Bunn, Robert Colley, Miranda de Goede, Anne Doherty, Georgia Gillies, Clare Holland, Sharron Mahony, Mary Tagliaferri, Erica Thomas, Maurice Tonkin, Taije Twyman and Karen Williams.

## 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.*

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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.

### Guest Reporter – Ingrid van der Wel

We are very fortunate to have a guest reporter this edition – a very talented swimmer who is going to recap a few of her recent events. Thank you for your contribution, Ingrid, I know it has inspired me to push a little harder and I'm sure I won't be the only one.

### Masters Swimming WA State Long Course Championships

#### HBF Stadium, Mt Claremont: Saturday 2nd and Sunday 3rd April 2022

With an eenie weenie tiny contingent of Rocky Rays we ventured to the big stomping ground of WA swimming. There we soaked up the atmosphere and chlorine perfume so known to us all. It was a bit quieter as normal, and masks were the new fashion – we all know what to blame for that – but we don't engage in name calling! 168 competitors in total, age ranging from 21 to 92!! Very impressive.

*Saturday – day 1, warm-up at 12am, start at 1pm*

Our only male competitor Maurice – in the sprightly age group of 70-74 had a go at his first State championships. He was a bit nervous, but with some reassurance and guidance from coach B – he was ready to go. He absolutely dominated his heats and smashed his PB's, even the commentator noticed his strong performance in the water. He came 3rd in the 100 fs and 5th in the 200 fs.

Bridget took on the 100 fs, 50 back and 100 fly – which is just a silly event – let's be honest. She was like a caged tiger (or is it tigress) after weeks & months of endless distance swimming, the joy of sprinting again was clearly visible in her times. 3 first placings and hardly out of breath.

Ingrid – who also endured the same endless training sets was just as ready to sprint as Bridget. Taking out first in the 100 fs, 50 back, 200 fr and 100 back. Breathing is overrated and streamlining – what is that??

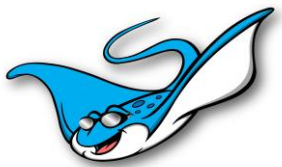
After all these amazing performances it was back home, proper dinner, a good night sleep and back for an early start on day 2

*Sunday – day 2, warm-up at 8am, start at 9am*

The previous day had given Maurice a taste of what was to come – in the 50 fs he gave it all and came away with a first! I'm sure Nationals will be his next goal! What better way to start your Sunday then with a 200 fly? I can think of many many things, but Bridget just loves her fly. Finishing first and with a short break in between she went on to claim firsts in the 50 fs and 200im. Ingrid had an easy day with just 2 events, 50 fs and 200 back. Both placing first.

Times.. it's all relative... we have PB's (personal best), SB (season best) and RB (race best). Bridget and Ingrid did many RB's this weekend.

We practised our 'no breathing between the flags' - although I might have mixed it up with "breathing as much as possible between the flags". Streamlining from the wall with every start and turn, surely 1 underwater kick is enough before we need to come up gasping for air?? Sprinting: "a race over a short distance with an all-out or nearly all-out burst of speed"



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Translates into: muscles screaming, lungs heaving, lactic acids flowing abundantly... and then a wall, a BIG wall. We might need some more sprint/ pace/ fast/ speed/ explosive work – there's always things to improve!

Bridget & Ingrid both won the elusive age group title and even received a medal. A REAL MEDAL. Not a Live Lighter wineglass, or a dodgy laminated general photo of some random swimmers in action, or a chamois – but a real medal! Yay! More bling to add to the collection.

Hopefully we can get some more swimmers for next year's State – it's just another meet – in another pool and it's really all about fun, fitness & friendship. Although you do have to provide your own food at state – no Freo or Mandurah "spread" – which is a bit unfortunate!



**Golden Girls showing how it's done!**



**Maurice ready to race the 200m free**





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## And Part 2 from Ingrid – the Rottnest Channel Swim

As many of you know a few of us attempted a Rottnest Solo Channel solo crossing this year. The conditions were less than favourable and were forecast to deteriorate rapidly very quickly. As one of those who withdrew from the swim part way through this year, I absolutely applaud Ingrid for her effort. Watching her cross the finish line I was in absolute awe, it was crazy out there and I didn't last much more than an hour in those conditions. Congratulations Ingrid on a gutsy swim, I already thought the world of her, but this is next level!!! Please enjoy her recount as much as I did.....

### Rotto – a solo story

#### Previously

The first time I heard about the Rottnest Channel Swim was when I was living back in Sydney. I was a member of Penrith Masters and had this good kiwi friend who was training for Rotto. I still remember being at a meet in Campbelltown, while he was doing the solo crossing. I was doing a 400 free which I considered a serious long distance at that time! To be young & innocent...

#### Hello WA

In 2013 our family moved to WA and I joined Rockingham Masters. Too my big surprise there were so many members swimming in THE OCEAN, with SHARKS and JELLYFISH and other deadly creepy creatures! Sure that's not healthy!

But I got in the ocean, with all these other crazy people and learned to actually enjoy it (I must say I still do so not like stingers).

#### Solo 1

Never having achieved anything major in swimming I decided that I would take the plunge and enter a solo. Skip teams & duos, just me and 20k's of water. As there were so many swimmers & coaches around me with heaps of knowledge & experience it wasn't difficult to get all the info and training I needed. I did have a few shoulder niggles (who doesn't swimming silly k's 6 times a week) but with a bit of physio and sport massage it was manageable. Until the day of the crossing in 2017. ..Halfway my shoulder gave in (bursitis) and I limped to the finish on 1 strong shoulder and 1 in agony. But I made it and vowed that if I would ever do it again, I wanted to do it with 2 working shoulders.

#### Solo (tandem) 2

After our SMOSSIES team crossing in 2021 Bridget said: let's do a tandem solo next year – are you in? And I said yes.. .. I just came out of a crap year full of shoulder injuries, couldn't make it through 3 sessions a week and had my cortisone injection scheduled for the Monday after Rotto and would be going on a 10 week break (with no swimming) in June & July. A great starting point for a solo crossing ....right?

Even though there was no swimming involved during my long holiday break I still struggled with my shoulders. I had pins & needles, they hurt when carrying heavy things and I couldn't really use them when scrambling in caves/ gorges. I needed some serious help, that was clear. After I got back in August, I got myself a one-on-one Pilates instructor and lined up my sports massage and physio for the next few months. The one-on-one was the breakthrough. There were a lot of biomechanical issues (posture, stance, uneven body position etc). My work was cut-out: heaps of exercises, no weights and stretches, soo many stretches. Every session we tackled new niggles and issues and changed or adapted the exercises.

I made it through almost all swimming sessions & open water races although I had to back off a few times and couldn't train or race as hard as I would have liked to. But I kept my main goal in sight – make it with 2 working shoulders, the time was of less importance.

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## R Day

The day itself promised to be a tough one. Little waves were lapping on Cott Beach at 5am and the wind was already in. I was very nervous for my shoulders and that I would hold up Bridget or even worse had to get out. We got in at 5:50 (back of the pack in wave 2) and started slow, we picked up our paddlers and found our boat & skipper. Progress was good but choppy, it was very difficult to find a rhythm in the washing machine. We were planning on feeding every 20m (energy drinks) and a gel on the hour. After about 5 k Bridget started to stop more frequently, she was getting seasick, and her mind wasn't into it. At 8 k she decided to get out – I couldn't convince her to stay in. I had really looked forward doing the crossing together, we trained and raced so much together that it almost felt like we were joined by an invisible thread. And it does give a mental boost to have someone swimming beside you, who can pick you up if you need it most. But it was not to be: time to reset my mind.

I knew I lost quite a bit of time, because my numbered feeds were telling me I was behind schedule. But that was the way it was. So I put my head down and swam. It took a while to get past the 10k mark, there were a few small jelly stings, but nothing major. I also didn't realise that my paddler had become seasick and needed to swap with the other paddler who also enjoyed the same fate. I swam from feed to feed and tried not to fight the waves. The conditions made it difficult to not bounce into the kayak all the time, bumped my head a few times but managed to not hit it with my hands or arms. Around 16 k I noticed I was getting a bit hazy. which I put down to the continuous rolling of the ocean (kind of seasick in my head if that makes sense).

## Blurry finish

I had envisaged relishing the finish and soaking in the atmosphere and the joy of completing my 2nd and last solo. But my head was just not there – I noticed people on the jetty walking up with me and encouraging me and the same closer to the finish, but it felt all a bit distant. I kind of remember crossing the line and in desperate need of wanting to sit or lay down. So I got plonked on a chair and vaguely remember people fussing around me taking my pulse and pricking blood. Bridget managed to get a seat beside me. It took me nearly 20 min to feel good enough to get up and finally make my way to the exit.

I made it! Solo nr 2! NO sore shoulders! I was so happy that I could raise both my arms without any pain. And the amazing thing: I didn't have any pain anywhere (beside very sore upper arms). No sore neck, no sore back, no sore legs, no chafing, nothing. All those Pilates sessions & exercises paid off big time. I also didn't feel seasick at all, didn't get cold and the other best part, no major jelly encounters.

I do think that if I had trained in the ocean more regularly it would have benefited my crossing. We had been very lucky that all our ocean races were in near perfect conditions, but that is not the optimal prep for a Rotto crossing. During my first solo I trained at Doddi's every Saturday – rain, hail or shine – and no wetsuit in winter - in often crappy conditions – but that hardens you much better for the channel.

## Thanks to THE TEAM

Skipper Craig, Bridget my partner in grime, crewie Cherie (the nice one), paddlers John and Ryan (borrowed from Bridget) and everyone else who has supported, driven, greased, trained with and encouraged us during our prep & race.

Ingrid (aka *Sprinkles*)

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*Congratulations Ingrid on your Solo Crossing!*

*From all the Rocky Rays 😊*





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## For the sweet toothed swimmers

### DATE LOAF

#### INGREDIENTS

- 1 cup dates, chopped
- 50g butter, melted
- 4 Weetbix, crushed
- 1 cup sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup boiling water
- 1 egg, whisked
- 1 cup plain flour
- 1 Tbsp brown sugar

#### INSTRUCTIONS

1. Preheat oven to 180.C fan bake

2. Prepare a loaf tin with baking paper and cooking spray.
3. In a large bowl combine dates, butter, Weetbix, sugar, baking powder, baking soda and boiling water.
4. Let the mixture stand for 5 minutes.
5. Stir in egg and sift in flour. Fold all ingredients together until combined.
6. Pour into prepared loaf tin and scatter over brown sugar.
7. Bake for 45-55 minutes or until golden and cooked through.
8. Remove from the oven and allow to sit in the loaf tin for at least 10 minutes before turning out onto a wire rack to cool.
9. Best served warm with butter after a cold ocean swim!

## Rocky Ray Giggle

Why do squirrels swim on their backs?

To keep their nuts dry.

## Motivate Me

A year from now you will wish you had started TODAY!

Until next time Rocky Rays.....