



ROCKINGHAM MASTERS  
SWIMMING CLUB

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# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 6 – JULY AND AUGUST 2022

[HTTPS://ROCKINGHAMMASTERS.COM.AU/](https://rockinghammasters.com.au/)

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## Vice President's Hello

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

Well, we have officially passed the Winter Solstice so that means that Summer is on its way! Well not just yet, but we are getting closer every day. We had an extremely successful winter solstice event in conjunction with Masters WA and the amazing Rocky Rays placed third – congratulations to all who took part – more on that in our RAMOS report later.

If you haven't already, please check out our website –<https://rockinghammasters.com.au/> It is regularly updated with events, photos and other important things to know about the Rocky Rays. We have an old-fashioned car rally/treasure hunt coming up in late July which should be loads of fun. While you're on our website, please have a look at the photos from our Salsa/Quiz Night Social Event from last month. It sure was a hoot and a big thank you is in order for our Social Committee who put in a lot of time and effort to make it a very fun, interactive and entertaining night – thank you team!

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

## Committee:

<b>President</b> – Mark Jenkins	<b>Social Co-Ordinator</b> – Michael Cook
<b>Vice President</b> – Shannon Bowron	<b>Team Captain</b> – Ian Williams
<b>Secretary</b> – Erica Thomas	<b>Marketing and Communications Officer</b> – Anne Evans
<b>Treasurer</b> – Ingrid van der Wel	<b>Uniform Officer</b> – Lyle Kildea
<b>Fundraising Co-Ordinator</b> – Greg Frey	<b>Coach Co-Ordinator</b> – Bridget Young
<b>Member Co-Ordinator</b> – Karen Jenkins	<b>General Committee</b> – 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

Sunday 17<sup>th</sup> July – Act Belong Commit Club Challenge @ Riverton Leisureplex

Saturday 13<sup>th</sup> August – Golden Gropers Relay Carnival @ 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:

Sunday 24<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/>

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/>



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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 now a fully qualified Rocky Rays Coach – Congratulations Mick. 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.

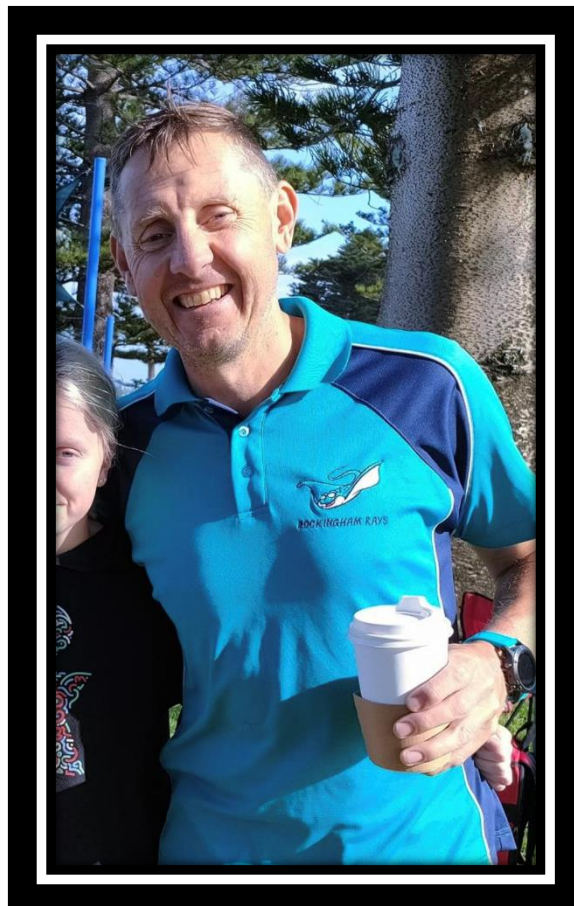
## Happy Birthday to you!

Happy Birthday to all the Rocky Rays born in July and August:

Annie Beste, John Cahill, Debbie Cheshire, Yvette Clifton, Matthew Evans (does anyone actually know this guy? 😊), Richard Gorzkos, James Martin, Chelsea McCarron, Coach Jeanette Rein, Taije Twyman, Coach Bridget Young and Coach Cherie Savin.

And because I accidentally left him off the list in my last newsletter....

HAPPY BIRTHDAY FOR MAY MR PRESIDENT!!!



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## Cash For Containers:

We have raised over \$1280 through this fundraiser so a big thank you to those families that regularly donate their recyclable containers to our Club. And in the process we have stopped 12,849 containers from landfill! Even better!

So, let's raise some more 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.*

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

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

Sunday morning June 19th 2022, just short of the official shortest day of the year for 2022 on 21 June. All creatures great and small, including true and tested members of the Rockingham Masters Swimming Club, gathered at Palm beach on a cloudy, windy, rainy morning.

To do what you ask? To swim of course.

Some 25 plus members donned caps and goggles and took the plunge, swimming distances between 600m/1km/2km in chilly, but relatively flat conditions. Congratulations to all who came down, the numbers certainly exceeded our expectations!

Friends, partners and family totalling 40 plus, then enjoyed a hearty breaky. And what is better than the swim? Well, a fresh bread roll, filled with freshly cooked bacon and eggs, hot tea & coffee and delicious cakes, slices and biscuits to restore the blood flow and warmth.



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All swimmers were able to register their swim with MSWA and help Rocky Rays total tally points for the Solstice swim competition. We came third in the competition which certainly adds fuel to the fire for next year!

As always with swim gatherings, the good will and companionship that abounds is truly awesome, we are all so lucky to be able to be involved. Many thanks for the social committee for the organising, the shore safety walkers - Super Coach Bridget and Craig (Erica's hubby). Special mentions to Mike's kids and friend and to the best egg cooker this side of the black stump, Richard's partner Robyn, who manned the BBQ while we all enjoyed the water.

Don't forget our upcoming car rally on the 24th July - details on Facebook and our web page for more info.

Splash.



## Guest Reporter – Ingrid van der Wel, the final instalment

Ingrid had so much to report from her super summer of swimming that I decided to stretch it over two editions. So here is her final article on her wonderful water adventures. Thank you again 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.

### Open Water Series 2021/2022 wrap-up

- 🏊 11 rounds metro & regional, 500m to 10km, 6 months – #ComeSWIMwithus
- 🏊 The Swimming WA Open Water Swimming (OWS) Series, is the largest series of OW events in Australia.
- 🏊 5k up to 65 kms (whatever floats your boat) over 10 locations: Leighton, Lake Brockman, Bunbury, Glen Mervyn, Mullaloo, Coogee Beach, Sorrento, Mandurah, Cottesloe Beach & the Marina.

Bridget and I signed up for the whole lot cause...

- 1) as a prep for Rotto and
- 2) Bridget had to defend her title as she has been the Super Legend age group winner for the past 5 years.

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We skipped the 1st round at Karratha (bit of a drive for a 5km swim), threw in a few State Championships, a bloody cold 7.5km in Lake Brockman (thank goodness for our wetsuits), a Rotto solo qualifier and finished it off with the wind-up of ONLY 2.5 km.

Mostly sunny & mostly stinger free & mostly almost perfect conditions. Ideal for racing, not so ideal for a Rotto prep!

The Marina swim on Saturday 12th March was the last & final (and shortest) event. After dodging swimmers, stingers, buoys & boats it was time to prep for the final presentations. Hairdryer, make-up, killer heels and glam outfit – o no, that's a different sport. I mean tan-lines, panda (goggle) marks, sea encrusted tangled hair, shorts, tops & thongs and we're ready for the show! As we both swam the longest (most silly) distance available per round, we both ended up winning our respective age groups. Legends (35-49yrs) and Super Legends (50+ years) and annihilated our competition (well Bridget did).

Our names are forever engraved on the OWS Series perpetual shield, a beautiful medal to keep under our pillow, \$400 in prize money (to be spent on new bathers, because you can never have enough) and free entry in next year's OWS Series.

That \$400 in prize money is awesome but we are not looking at the expenses of these Series: Entries for 10 rounds, travel cost (anyone ever been to Glen Mervyn.... had to look it up... it's in woop woop), speeding tickets (cause it's dark & early and no-one else is up yet), endless cups of coffee, sunscreen, Vaseline, racing suit, pedicures (toes gotta look the part), pills (soo many pills), creams (soo many muscle creams), physio, sports massage etc – a big bottomless pit!

BUT - we had lots of fun & sun, good swims, bad swims, cold swims and nice swims (ooh fishies, so many fishies - Cottesloe), friends to catch up with before & after swims and friends to say hi to during swims. One big swimming family!

We'll be back for the 22/23 season!





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## Salsa Night Shenanigans

Saturday the 28<sup>th</sup> May saw McLarty Hall in Shoalwater rocking to the Salsa Beat! A full house of Rocky Rays, Mandurah Manna's family, plus one's and friends enjoyed a night of endless food, cold beverages, hips swinging to the salsa rhythm, quizzes, games and musical trivia galore.

We really want to thank our Social Committee including Michael, Greg, Richard, Debbie and their families for all their hard work in putting on a fabulous night. We look forward to your next creation!



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## For the sweet toothed swimmers

### GRANOLA

#### INGREDIENTS

**1 cup almonds**

**1/3 cup (70g) coconut oil melted**

**1/3 cup (65g) brown sugar packed**

**1/4 cup (85g) honey**

**1/2 tsp cinnamon**

**1/4 tsp salt**

**1 tbs vanilla extract or vanilla essence**

**4 cups (360g) rolled oats not instant oats!**

**1/2 cup dried cranberries or other dried fruit**

#### INSTRUCTIONS

- Preheat oven to 150 degrees celsius. Grease and line a 30X20cm slice tray with baking paper.
- Chop almonds roughly and place into a large bowl. Add the rolled oats to the almonds and set aside.
- Place the coconut oil and honey into a microwavable safe bowl. Heat for 30 seconds.
- Add the brown sugar and stir to combine. Heat for a further 30 seconds.
- Add the cinnamon, salt and vanilla and stir.
- Pour the liquid over the rolled oats and almonds and stir to combine.
- Place the granola mixture into the prepared tin and bake for 25 - 30 minutes or until lightly golden brown.
- During the cooking time, remove the mixture every 10 minutes and stir well.
- With 5 minutes cooking time remaining, add the dried cranberries and stir to combine.
- Remove the granola from the oven and set aside to cool completely. As it sets, it will harden up. Once completely cooled, break the granola into clusters.

Delicious served with yoghurt, ice-cream, milk or even on its own, enjoy!

## Rocky Ray Swim Trivia

Did you know that swimming burns almost 30% more calories than running per hour and almost 40% more calories than biking per hour? Who says it's the 'easy' leg of a triathlon?!!

## Swimming History Fact

Swimming became an Olympic sport in 1896 and women only started competing in the Olympics swimming competitions in 1912, 16 years after men.





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## Winter Swimming Benefits



THE  
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Cold water adaptation can help stimulate the vagus nerve



May reduce pain and inflammation



Can increase dopamine levels and increase release of endorphins

## BENEFITS OF COLD WATER IMMERSION



Time in nature has a proven, positive impact on mental wellbeing



May support immunity by boosting the white blood cell count as the body reacts quickly to changing conditions



A few seconds under the cold tap can stimulate those nervous system receptors too!



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## Carpark Fashions

Some of our brave Ocean Swimming Rays have been spotted in some interesting outfits in a bid to keep warm after their chilly ocean dips. We have oodles, deck coats, beanies, sharky socks with thongs, wetsuit socks with slides and old, smelly, furry slippers. Who wore it best? We'll let you be the judge of that.....

If you are keen on ocean swimming, please find the Warnbro Sound Warriors Facebook page for daily locations and water conditions.



Until next time Rocky Rays.....

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