



THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 7 – NOVEMBER AND DECEMBER 2022

www.rockinghammasters.com.au

Vice President's Hello

Welcome to the latest 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.

The summer racing season is just around the corner – lots of swimming events are starting to pop up and we are trying our best to keep you up to date with what's going on. We have had one round of the OWS season so far with two swimmers competing at Leighton Beach on the 29th October. In cold, rough and almost rainy conditions Ingrid won a bronze in the 2.5km swim and Coach Bridget gold in the 5km swim. We actually think that Ingrid deserves a gold too, gold and silver went to some teenage superfish, not sure who allowed this to happen but in our eyes she a Golden Girl. We had a very special Phillips Banks Cup hosted by the lovely Mandurah Manna's a few weekends ago, see below for Sausage King's write-up of this comp! Check out our social media for more information of everything happening in the land of the Rocky Rays.

Our membership platform has recently changed to *Swim Central* and your existing Masters Membership has been transferred across automatically. Any queries when renewing your membership, please just get in contact, we are happy to help.

If you haven't already, please check out our website – rockinghammasters.com.au. It is regularly updated with events, photos and other important things to know about the Rocky Rays. Bridget's back to basics Wednesday night sessions are back, rumour has it that the male Rays are really enjoying practicing their tumble turns on Wednesdays!

We have a Lawn Bowls Night this Friday, Lake Lesch swim Sunday and our Christmas Roaring 20's Party in December – please check out our website for tickets, maps and plenty more information on these events. We would love to see you there!

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

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 vicepresident@rockinghammasters.com.au



ROCKINGHAM MASTERS
SWIMMING CLUB

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What's going on?

In the Pool:

Sunday 20th November – Mandurah Manna's – Act Belong Commit Club Challenge @ MARC

In the Open Water:

Saturday 12th November - OWS round #3 @ Sorrento Beach

Sunday 13th November – WOW swim #1 @ Lake Leschanaultia, Chidlow

Saturday 26th November – OWS round #4 @ Bunbury Koombana Bay

Saturday 10th December – WOW swim #2 @ Fremantle Ports Swim Thru, South Beach

Sunday 11th December - OWS round #5 @ Rockingham Foreshore

Saturday 31st December - OWS round #6 @ 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 11th December – Rocky Tri Club Supersprint and Kids Triathlon @ Rockingham Foreshore

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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SAVE THE DATE!

The Rocky Rays Roaring 20's - we are excited to announce that we will be holding an end of year Christmas function on Saturday evening, 17th December from 6pm to 11 pm. This will be a great evening and themed as the 1920's Great Gatsby. There will be dancing, a roulette and blackjack table so you can dance and gamble the night away. And what's even better is that you don't even have to provide your own gambling money. Professional croupiers will be supplying chips and manning the tables with a prize given for the best gambler. Keep an eye on Facebook or go to our website to purchase tickets or for more information.



SAVE THE DATE!



**ROCKY RAYS ROARING 20'S
CHRISTMAS PARTY**

SATURDAY 17TH DECEMBER 6-11PM

DRESS: THINK GREAT GATSBY

**PLEASE REGISTER AND FIND MORE INFO ON
OUR WEBSITE**



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Coaches:

Our coaches rotate over a two-weekly roster. We are lucky enough to have 4 super coaches but 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!

Our coaches are Jeannette, Michael, Bridget and Doreen.

Happy Birthday to you!

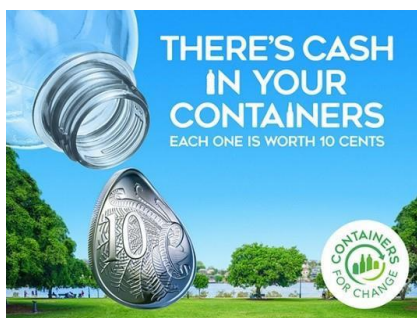
Happy Birthday to all the Rocky Rays born in November and December:

Nicola A, Elly B, Warwick B, Lucy B, Jandie C, Steve C, Charlotte M, Heather P, Coach Dory, Michael V, Jules S, Heather H, Jade S and Stacey L.

Cash For Containers:

We have raised over \$1600 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 for more locations closer to home, work, school etc.

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The RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

Hello to all our old and new Rocky Rays amazing Masters Swimmers.

“ARE YOU READY”

START YOUR GOGGLES, Well, that sounds dodgy!!!

However, it will soon be upon us, another fun filled ocean swimming season.

For those new or those who have forgotten RAMOS (ROCKINGHAM AMAZING MASTERS OCEAN SWIMMERS) are all keen members of our club, best of all free to join.

The WOW masters open water series kicks off this weekend with an amazing freshwater swim at Lake Leschenaultia this Sunday 13th November. It is a beautiful spot, with guaranteed flat water that is not inhabited with any fish larger than a herring. Registrations are open now. Rocky Rays, always have a large contingent of swimmers that enjoy the swim and then gather for a feast after, on the banks of the lake. Several swimming distances to choose starting from 500m to 3.2km. Come and join in, carpool if you prefer, it's a great day.

Have a word to others at training and check our web page for details.

For anyone interested in ocean swimming, the WSW, swim every morning at 8.30 at local beaches, check the Warnbro Sound Warriors Facebook page for locations, this is a fun non-competitive group that welcome all.

Stay tuned for other upcoming ocean swimming events and club results. Splash, Greg.

Guest Reporter – Ian Williams aka Rocky Rays Team Captain and Sausage King

Sunday the 30th of October was the date set for the 3rd annual Banks Phillips Cup which was a fun relay meet to commemorate a swimmer from our Rockingham Rays Masters and one from Mandurah Manna's Masters Swimming Clubs. We have a wooden swimmer trophy that is up for grabs every 12 months.

Stephen Banks hailed from Liverpool England and his enthusiasm and cheeky sense of humour resulted in him being an extremely popular member with both coaches and fellow swimmers before he sadly passed away in 2019. Stephen had many friends in the club, working with some and training with others before joining the Rocky Rays. Stephen swam as a youngster and only through a health issue much later in life did he return to the pool and rekindle his love for the swim. Although only a member for a relatively short period of time, he relished every opportunity to swim and would always be the life and soul for all the lucky swimmers who shared his lane.

We managed to get Stephen to enter in one of our annual targeted pool meets at Fremantle, although it was disappointing that the meet ran over, and the relays were dropped. This is one of the main reasons why our aim of the Banks Phillips Cup is to compete in relays between our two clubs. One of our members fondly remembered one of his catch phrases on pool deck being when introduced to new members: “My mum was gonna call me Robin, Robin Banks” Steve is still sadly missed, and this gathering continues to be a time to remember our comrade and friend.

Ken Phillips was a long serving member of Mandurah Masters, joining in the late 90s and held many committee positions including stints as President, Club Captain, Secretary and Social convenor. He developed a love of the Open Water swims as his collection of 155 swim caps earned in these swims is testimony. (Each cap was powdered and catalogued with event, his time and the conditions)

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Ken became a referee for Masters Swimming, officiating at many of the pool events, and eventually looked after the training program for others training to become referees for MSWA. He represented Australia as referee at the World Championships in Russia and as a result of this work he was named "Volunteer of the Year" at the inaugural City of Mandurah Sports Awards. Following his death this award was renamed the "Ken Phillips Volunteer Award"

Ken had a great sense of humour and loved good fun times that he would often manufacture, always associated with excellent red wines. His death through prostate cancer was felt hard within the club

So, the scene was set for a gathering of both teams and although the weather was "inclement" at best, the fun and variety of the relays meant that the competition was fierce! The cheering and team spirit by all made this another fantastic reason why we all love swimming together whether in a pool or an open water setting! The result hardly worth a mention as one point between the two teams almost makes it a draw!

To the almost 30 odd Rays and family and friends that made the long journey to the MARC (lol) thanks for coming and many thanks to all of friends at the Mandurah Manna's Masters Swimming Club.

As a side note, for some of us (maybe just me) swimming is just the prelude to the cake. In the urban dictionary, cake is another word for ass or butt. Mmmm, didn't know that. Personally, I prefer the google definition of cake being: an item of soft sweet food made from a mixture of flour, fat, eggs, sugar and other ingredients, baked and sometimes iced or decorated. Cake is good, as is swimming with friends. We look forward to welcoming Mandurah back to Rockingham in 2023 for the Banks Phillips Cup and more ass and butt.

A big shout out to team Rocky Banks Phillips Cup 2022, Mark, Karen J, Karen W, Michael C, Richard, Elly, Colin M, Bridget, Hayley, Reggie, Maurice, Neil C, Cherie, Deb, Ingrid, Brian, Rick, Sarah, Matt E, Nicola, Greg, Stacey, Clare, Heather, Jeannette, Ian and (on day) Mental Health Officer Mary T.

Team Captain: Ian Sausage King Williams

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ROCKY RAYS – BP CUP WINNERS!!!!



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For the sweet toothed swimmers

GINGERBREAD LOAF

INGREDIENTS

- 150g butter
- 100ml golden syrup
- 2 cups plain flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 Tbsp ground ginger
- ½ tsp salt
- 1 cup brown sugar
- 1 egg
- 1 cup milk
- 1 Tbsp brown sugar - extra for topping

INSTRUCTIONS

1. Preheat the oven to 170°C fan bake and line a loaf tin with baking paper.
2. Melt together butter and golden syrup in the microwave and stir to combine.
3. In a large bowl sift or whisk together the dry ingredients, flour, baking powder, baking soda, cinnamon, ginger, salt and brown sugar.
4. Make a well in the centre and pour in the butter and golden syrup, crack in the egg and add the milk.
5. Stir everything together until well combined and pour into the loaf tin.
6. Crumble over 1 tablespoon of brown sugar.
7. Bake for 1 hour or until a skewer inserted into the middle comes out clean

Rocky Ray Swimming Fact

Freddie Lane was Australia's first Olympic swimming champion. He won 2 gold medals at the Paris Games in 1900. One of his medals was for a 200m obstacle race in which competitors climbed over a pole, scrambled over a row of boats and then swam under another row of boats! The other medal was for the 200m freestyle, much more sensible!

Motivate Me

Decide what you want.

Write it down.

Make a plan and then work on it.

Every. Single. Day.

Until next time Rocky Rays.....

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