



THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

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 couple of months to help keep you informed of what's going on, in and around the pool.

Sadly, the peak of summer seems to be behind us. The days are getting shorter and the early morning swims are getting darker. We've had a huge summer of both open water and pool swims and our Rocky Rays members have done themselves proud. We have seen big turnouts for Lake Lesch, Fremantle South Beach and most recently the iconic Busselton Jetty and Rottnest Channel Swim. I believe that these might have been our biggest turnouts yet!

The Mandurah Mannas kindly hosted an Act, Belong, Commit Club Challenge and we had a great team who performed brilliantly and then enjoyed the usual monstrous feed put on by the Mannas! Thank you for a great competition, Mandurah.

Our Christmas party was a Roaring success, what a night! I'm sure you will agree that the Social Committee did an amazing job that resulted in an entertaining and fun night. We gave out a lot of awards to some very deserving winners.

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!

Our AGM is booked for Friday 24th March at McLarty Hall in Shoalwater, all members are welcome. Our current President is retiring and all positions will be up for grabs. Please come along and put your hand up for a role if you can. Our Committee is a wonderful group of swimmers whose sole aim is to make our Club a great team to be part of. Keep an eye on your emails for more details.

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

THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

What's going on?

In the Pool:

Sunday 26th March – Fremantle Masters – Act Belong Commit Club Challenge @ Freo Leisure Centre

In the Open Water:

Saturday 25th February – Rottneest Channel Swim @ Cottesloe Beach

Saturday 4th March – WOW swim @ Mullaloo Beach

Sunday 12th March – Coogee Jetty to Jetty @ Woodman Point, Coogee

Sunday 19th March – Port to Pub @ Port Beach

Saturday 25th March - OWS final round @ Mindarie Marina

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 26th February – Rocky Tri Club Enduro and Kids Triathlon @ Rockingham Foreshore

Sunday 19th March – Rocky Tri Club Sprint 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 250m to 10km 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/>

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

THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

CHRISTMAS PARTY

The Rocky Rays Roaring 20's Christmas Party was a wonderful event. Meticulous planning from our dedicated Social Committee ensured that a great night was had by all. Swimmers and their loved ones gambled, danced and chatted the night away. This would not have happened without the support of Debbie, Greg, Michael, Richard and their partners. Thank you, team, for all your hard work. We can't wait for your next creation!





THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

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 January, February and March:

Helen, Erica D, Debbie, Lyle, Colin L, Colin M, Cathy, Kim and Luca.

Cash For Containers:

We have raised over \$1800 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.

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

THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

The RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

Hi all you Rockingham Awesome Masters Ocean Swimmers.

The year is flying past very quickly as two of the major swimming events are upon us. The iconic Busselton jetty swim, what a magnificent event, with this year some four thousand plus participants. Many choices are on offer from the 3.6km full distance, to Relay quads, duo or the classic 1.6 km swim to shore.

Of course, Saturday before the big event had a series of swim distances on offer, for those wanting to just test the waters.

Big congratulations to Clare who smashed out an impressive 500m.

The club again was very impressive with the numbers of members swimming, way too many to name all, however my count was over 26.

As usual the day can produce some challenging conditions, this year was sort of in the middle, some bumps and chops along the way, but overall a great day to be in the water. Some absolute incredible times were swum, with many under the hour, we are very lucky to have some real superfish in our club. Regardless of times everyone was ecstatic with the swim (although a bit bumpy), it rates as a top event each year and never disappoints. A huge congratulations to all who swam.

Special mentions to those members who have completed the swim more than 10 times, this number is growing.

Very special mention to Karen, Lucy and Anne who completed their first solo 3.6 km, awesome achievement and Brian and Mary who smashed out the 1.6km for the first time.

Apologise if I have missed anyone who achieved a personal high goal.

What are the chances that some of the club members kids, eventually join Masters, unbelievable ability from such young amazing athletes.

Two special mentions to Cathy's young Harry Q who fought his way around the full course almost cracking the hour and Mark & Karen's daughter Alanah, with huge grit, determination and downright guts, would not give up and made the 3.6km

Have a laugh and try the Busso lament, words are below with the music, Sir Elton would appreciate the effort.

A SPECIAL PRIZE IS OFFERED FOR ANYONE THAT RECORDS THE SONG AND SENDS IT IN

UPCOMING EVENTS:

Still time to register for the Coogee jetty to Jetty Sunday 12 March, a nice 750m or 1.5km walk then swim, it's a great day and always well supported by the club.

See you all in the drink.

SPLASH. Greg.

THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

THE BUSSO LAMENT 12 FEB 2023

MANY THANKS TO SIR ELTON JOHN FOR ALLOWING THE REARRANGING OF HIS SONG ROCKET MAN

We packed our caps last night pre swim.
Zero hour 8 am
And I'm gunna be weeeettt,
As a fish by then

I miss the sand so much, stingers causing strife
It's lonely out at sea
On such an endless sight.

And I think it's gonna be a long, long swim
Till my stroke gets me to the beach again
I'm faster than they think I am at home
Oh no, no, no
I'm a Rocky Ray

Rocky Ray, powering round the jetty all alone.
And I think it's gonna be a long, long swim
Till my stroke gets me to the beach again
I'm faster than they think I am at home
Oh, no, no, no
I'm a rocky Ray

Rocky Ray, powering round the jetty all alone
It's the kind of swim you can take you kids

In fact, they can race as well
There is always someone there to praise them
At the end

And all the prizes
I will never win
It's just a towel to wrap me in.
A Rocky Ray ay ay ay
Rocky Ray
And I think it's gonna be a long, long swim
Till my stroke gets me to the beach again
I'm faster than they think I am at home
Oh no, no, no
I'm a Rocky Ray

Rocky Ray, powering round the jetty all alone.
And I think it's gonna be a long, long swim
Till my stroke gets me to the beach again
I'm faster than they think I am at home
Oh, no, no, no
I'm a Rocky Ray

Rocky Ray, powering round the jetty all alone

Thank you, Sir Elton!



THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

Recent Ocean Swims

Sunday the 13th of November was the WOW swim held in Chidlow at Lake Leschenaultia. This was a former railway dam supplying water for steam trains for over 50 years that is now a recreational lake. A group of Rocky Rays made the long trek out there, enjoying a freshwater swim followed by a delicious, shared lunch. Big congratulations to Ingrid for taking out her age group and bringing home the big bucks (\$100 cash prize!).



Saturday 10th of December was the 100th Anniversary of the Fremantle Ports Swim Thru held at South Beach Fremantle. With an amazing array of raffles prizes and specially designed medals, a few Rocky Rays walked away with some goodies. Congratulations to all those who entered!



THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

Rottnest Channel Swim 2023

Highly regarded worldwide and one of Western Australia's iconic events, the Rottnest Channel Swim is a 19.7km open water swim from Cottesloe Beach to Rottnest Island.

This year we had a solo (Debbie), a duo (Michael and Shannon) and two superfish teams (Pink or Swim and The Dutchies) competing.

Please enjoy the following race recaps – it may even tempt you to embark on your own Rotto swim adventure.....

Pink or Swim (Lyle, Erica T, Annie and Nicolee)

- Lyle: To Rotto I went swimming,
In the ocean I might have drowned,
But I kicked my legs, remembered to breathe and turned my arms around!
- Erica: I didn't want to swim to Rotto again, but Lyle made me do it! This is my tenth crossing and it's still a thrill to cross the line. I've done 5 teams, 2 duos and 3 solos. If you're thinking about having a crack, go for it. There is plenty of knowledge and experience within our club to draw on.
- Annie: Prosecco never tasted sooooo good after a SWELL swim from Cott to Rott with an amazing, inspirational bunch of special gals. I loved the experience. Awesome team effort and I'm very thankful.



THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

Rottnest Channel Swim 2023

Solo Crossing – Debbie Hart: Just keep swimming!

There's nothing quite like it when the deep blue Ocean turns to yellow sand after 19.7km of swimming and your feet touch the sand. All the training, sore arms and constantly feeling tired becomes SO worth it. To have your family and friends cheering you on at the finish line is unforgettable So, so different from last year when I recorded a DNF .

I only had one small wobble at the 10km marker, when both my legs cramped and I was unable to move them. "Not now", I yelled to my crew, "Not bloody now". I bobbed around for a while trying to stretch out my legs and punching my calf muscles vigorously trying to get rid of the cramp and make my legs work. It's funny what you remember from your swimming days! My old coach popped into my head and said "you know you can swim through cramp don't you?"

So I said to the crew "I'm just going to pull the rest of the way" my husband Steve even had a band ready to tie my legs together! My Skipper Josh and my paddler Jason shouted "Get the gels into you, they will help!". I took the gels, which didn't go down too well, but after about a kilometre and 3 gels later, the cramp began to ease.

Yay! I'm back in the race and nothing is going to stop me now. I did it, I finished my solo!





THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL
FEBRUARY AND MARCH 2023

www.rockinghammasters.com.au

For the sweet toothed swimmers

BLUEBERRY OATY MUFFINS

INGREDIENTS

- 120g butter, melted
- ½ cup caster sugar
- 2 eggs, beaten
- 1 cup milk
- 1 cup quick rolled oats
- 2 cups self-raising flour
- 1 cup frozen blueberries

TOPPING MIX

- 1 Tbsp caster sugar
- ½ tsp cinnamon

INSTRUCTIONS

- Preheat oven to 190°C fan bake.
- Heat the butter in a large microwave safe bowl until just melted.
- Pour in the sugar and whisk until well combined, add eggs and whisk again.
- Add milk and oats then stir everything together.
- Sift in flour, then add the blueberries. Fold until just combined. Do not over-mix.
- Spoon into well-greased muffin tins.
- Stir together the caster sugar and cinnamon topping mix then sprinkle over each muffin.
- Bake for 15-20 minutes until cooked through. Leave to cool in the tin for 5 minutes before turning out onto a rack.
- Serve warm with butter.

Rocky Ray Swimming Fact

The first documented crossing to Rottneest Island by a swimmer was Gerd Von Dincklage-Schulinburg, on 24th January 1956. This led the Weekend Mail newspaper to hold the first organised race to Rottneest Island in March later that year, which was completed by only four participants.

The first woman to swim to the island was Lesley Cherriman on 13 April 1969. The youngest swimmer to compete was Kutraleeswaran from Tamil Nadu, India, who completed the swim at the age of 13 in 1994.

Motivate Me

I'm not there yet,

But I am closer than I was yesterday.

Until next time Rocky Rays.....

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