



Swan Hills AUSSI Masters Swimming Club

14/06/2005

News Sheet #1

Hi All,

Just a quick note to let you know what is happening.

Sunday 12th of June, saw three swimmers represent us in our first Interclub in Mandurah. Our newest member registered and competed the same week, well done Olivia.

Members results:-

Olivia Lewis 25 – 29 (10 points)	Trish Deaker 35 – 39 (11 points)	Sandra Smith 45 – 49 (12 points)
2 nd 100m Free 1m34.83s	1 st 100m Back 1m33.54s	1 st 100m Free 1m20.95s (PB)
1 st 50m Breast 1m55.86s	1 st 50m Breast 48.12s	1 st 50m Free 35.26s (PB)
2 nd 50m Breast 55.00s	2 nd 50m Back 43.01s	1 st 100m IM 1m.39.05s

Due to printer problems we do not know the Club final points scores for the day.

Our own Club Challenge is drawing near, with lots of organisation still needing to be done. Trish Deaker (ph 92988859) is in charge of the lunch, so please get in contact with her to find out what she needs you to bring, catering wise on the day.

All members are expected to race on the day, so please fill in the spreadsheet and return ASAP. If you do not know your time for an event, come down on a Saturday when we do our Aerobic swims and we will hold a time trial, otherwise we'll just guess ☺ It is mandatory for all male members to be there, as the Relays are mixed Relays and there are only four of you (unless we get another man join us before), so no excuses ☺

For Event 1 – 200m Freestyle, you may swim whatever stroke you want, if you have a form stroke State record you want to break you will need to nominate the stroke you will be swimming, unfortunately though, your time gets recorded as a Freestyle time.

Do you know anyone that can come and help us on the day?? Be it in the kitchen or on the pool deck, timekeeping or marshalling the swimmers. Please see or call Sandra Smith ph 9295 0502.

We will just recover from this event, only to be off to Margaret River on the 23rd of July. Please let Sandra Smith know ASAP if you are going to go down, as she will need to send the entries off in the next week or so. The Margaret River Interclub only happens every 2 years and it is always a good event. In the evening they hold a Xmas in July celebration, which is always well attended. It would be good to have at least half of us there. How about taking your spouse on a weekend away and stop in at some wineries on the way home Sunday or we can organise budget accommodation/shared travel arrangements.

Have you visited our AUSSI websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html> Our own website that gets updated whenever possible. ☺

<http://www.aussiwa.com.au/> State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/> The National website - all the Rules, Results & Ranking etc

Do you need bathers?? We're looking into club bathers, ladies should be ~\$40.

How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a new Swan Hills swim cap? Sandra has these for only \$6.

The 2006 National Swim will be held in Canberra, are you interested in attending?? If so then let Trish know you are interested, as she is organising the fund raising to help us get there.

Don't forget Saturday Aerobic swims (12noon to 2pm), come test your fitness and do a longer swim, we're still waiting for someone to go further than 800m's ☺, who will be first? We can swim later if it fits in with more people, let us know.