



Swanning Around

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Club News

I’ve been out on vacation, err, holiday so I’m not sure what has actually happened. Winter rolled in and there were a couple cold wet evenings before I left. Hopefully someone sorted that out for July in my absence. I’m sure there will be actual club news written here next month. :))

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Upcoming “Swimming” Events

Let the captains (Bob/Jackie) or any coach know if you’d like to hop in one of them and aren’t sure how to enter.



In particular, please try to attend the **state relay meet at Challenge Stadium on Saturday, 16 Aug.** It will be short course (25m) but the races should be short and who knows, maybe we can grab a bite to eat afterwards (only reason to swim is to eat more, right?).

Pool Swims

Official swim chances left ([master list](#))...

- [Swan Park Aquatic Centre](#) --- Sun, 6 July
- [Leisurepark Balga](#) --- Sun, 27 July (400/800 in a 25m pool, choice of strokes)
- [Aqualife Centre East Vic Park](#) --- Sun, 3 Aug (1500 in a 25m pool)
- 2014 Groper State Relay Champs – SC --- Sat, 16 Aug
- LiveLighter CC-LC --- Sun, 14 Sept (4x100 relays aren’t held that often ☺)



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Event Results

As always, I am missing things but if you ever want to be sure an event (swim, tri, running, competitive eating... anything you had fun with that you think others might enjoy too), please let me know...

- [Cairns Green Island Swim \(5 June 2014\)](#) --- lots of folks did that and really enjoy it. Georgina was our top finisher (5th overall) with gobs of other folks doing well too.
- [Cairns Ironman](#) --- Congrats to Matt and Jason for spending way to long in the ocean, on a bike or running!!!
- [Defi Monte Cristo Sans Palmes](#) --- I know, nowhere near Perth. My French is awful so finding results was harder than anticipated but yay, Allison
- [Ironman France](#) --- yay, Jason
- [Ironman Coeur d'Alene \(Idaho\)](#) --- yay, Josh. And for the record, my 4 years of high school French really has paid off this month!

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Workout Hints

Because someone, someday might swim in a wetsuit (blahck!!!!) or even just swim open water (less blahck), I give you this link that I stumbled upon the other day... [See 27 June note](#). While I've never tried it, the concept makes sense – using a straighter arm recovery might help in open water swims as it affords a bit more water clearance and less bending of the wetsuit among other things. Anyway, give it a read and see if it is something you might want to try. Like most things swimming, there's a recovery style for everyone so keep trying one until you find yours.



Janet Evans made straight arm recover work for her pretty well



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And because we all need to remember... KICK!!!! Practice your kicking as much as you can, it really does make swimming easier.

- Flutter kick basics can be found [here](#).
- Adding your legs when you try to sprint shown [here](#).

Growing up, we did a pleasant little drill that I found printed up as I looked for kick help. Basically, once you get comfortable kicking just add a little resistance to your program with a [tombstone](#). Basically you kick like normal but you place your kickboard out front vertically. The deeper it goes, the more resistance you get.



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Socializing

A new thing we're trying... Sunday drinks!!! Every third Sunday of a month, we going to get together for a drink, snacks, and maybe dinner. Naturally, family and friends (latter surely will turn into members shortly after meeting all of us!) are invited to join the festivities. The innagural one will be at the [Hyde Park Hotel](#) on **Sunday, 20 July at 3pm**. As (hopefully) we'll have a pretty decent size group for this, please let Ashleigh, Nicole, Clairly, or Chris know if you'll be attending by say Tuesday, 15 July so we can RSVP things.

Standing dates...

- Brunch every Saturday after practice - swim a bit and then enjoy a nice meal somewhere with the gang (show up even if you don't swim)
- First Thursday "Burger" - grab dinner after the 1st Thursday practice of each month (meat and non-meat burgers are fair game)

Special dates...

- Still working on things here. Updates will be posted when they become available...

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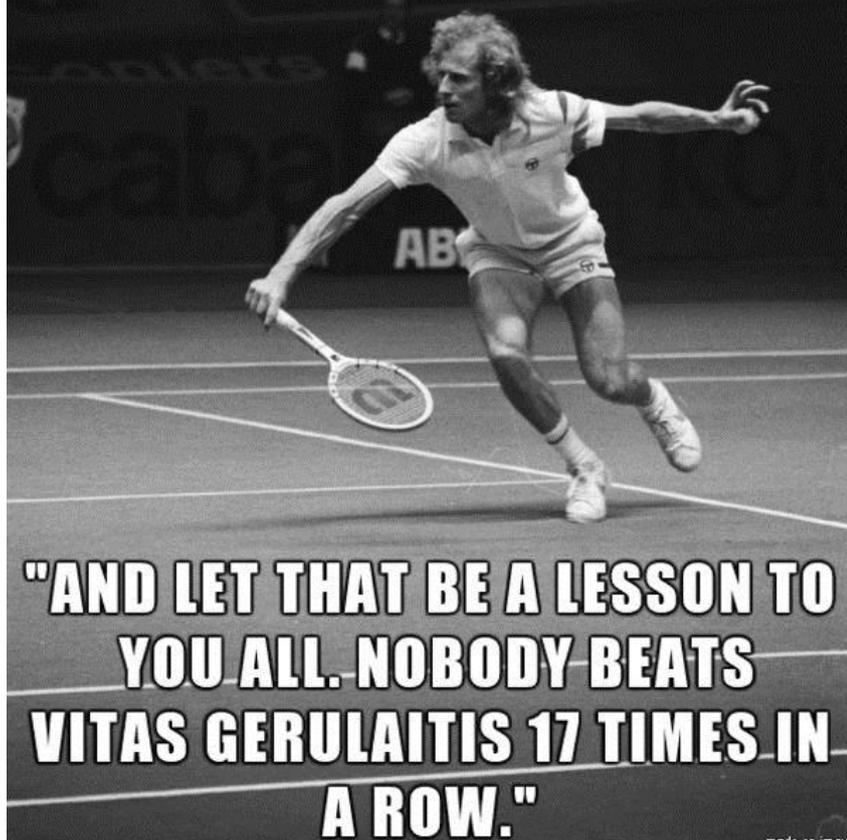


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Sundry

And yet another lesson of never giving up..

TENNIS PLAYER VITAS GERULAITIS LOST 16 TIMES IN A ROW TO JIMMY CONNORS. HE THEN WON A GAME AND SAID.



"AND LET THAT BE A LESSON TO YOU ALL. NOBODY BEATS VITAS GERULAITIS 17 TIMES IN A ROW."

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