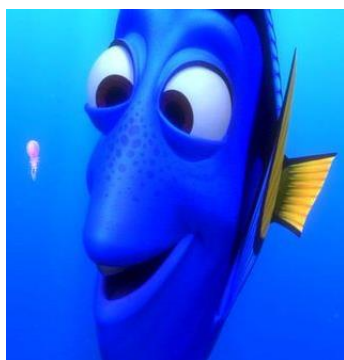




Swanning Around

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"I shall call him squishy and he shall be mine and he shall be my squishy! Come on, Squishy Come on, little Squishy."

...

"Ow!!! Bad squishy, bad squishy!!!"

Club News

Things are plodding along. Weather is getting nicer. And somehow, we're down to the last 3 months of 2014. Make the most of them. Just a quick note on upcoming events...



Perth City Halloween Party

7pm Saturday, October 25*

**Unit 12 – 569 Wellington St,
Perth 6000**

Phone: 0434 966 654

RSVP: Not required, we're winging it!

Arrive in costume (or we will make one for you on the spot which you won't like)

Some treats, snacks, wine and liquor will be provided – bring something if you want, not required

We might do a pub crawl later or hang here, all comes down to how the ghouls and goblins feel at the time

Plenty of buses, trains, taxis nearby (couple parking garages) so plan ahead and stay safe

** Yes, it isn't actually Halloween but we don't want to impair your Saturday morning swim on 1 Nov*

Save the dates (more information coming shortly)

- Team Scavenger Hunt --- Sat, November 8
- Annual general meeting --- Sat, December 6

- **Swim meets / open water fun / miscellaneous**
 - [Open water calendar](#)
- **Standing dates for fun stuff**
 - Saturday brunch after practice ("training")
 - First Thursday of the month burgers
 - Third Tuesday of the month tacos
- **Team festivities beyond those above...**
 - 12 Days of Christmas (1200, 1100, ... 100) (location TBD) [Sun, Dec 21]
 - Boxing Day ocean swim at some beach somewhere to the west of town [Fri, Dec 26]
 - 100 x 100m (or 87.5, 75, ... something for everyone) on 100 seconds [Sat, Dec 27]

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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.

Pool Swims

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

- Maida Vale LiveLighter 1500m (SC) Distance Event --- Sat, 25 Oct
- Tuart College LiveLighter CC-SC --- Sun, 23 Nov (Last meet of the year)

Open Water Swims

[Open water calendar...](#)

- Swimming WA OWS Series #1 – Cottesloe Beach [1.25, 2.5, 5km] --- Sun, 2 Nov
- Lake Leschenaultia OWS Swim / LiveLighter Novice Swim – 400m, 1600m --- Sun, 9 Nov
- Swimming WA OWS Series #2 – City Beach [1.25, 2.5, 5, 10km] - -- Sun, 16 Nov

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Event Results

From Andy...

Swiss Open Water Champs 30 August 2014

Expecting a very flat and quiet lake, we arrived just in time before a storm hit the shores of Lake Constance on the northern part of Switzerland. Getting organised and getting numbered on back, shoulders and both hands I went to the change rooms. Very difficult to find the entrance as no signs. So the best sign was the noise of the kids. Arriving there, to my surprise, the change rooms were absolutely empty.

So back to the race venue and getting information about the race. Adults and elite swimmers first. When they finished, then the start of the kids (makes absolute sense to wait more than an hour, but hey, it's not my call). We were advised that the temperature of the lake was around 19c



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and 3 laps had to be swum for the 3km race. The people around me were all talking about how rough it looked. Compared to our races, it wasn't too bad, we have swum in worse conditions.

Now to the hardest part: getting into the lake. Jeeez it was cold. But as soon as we started swimming it was ok. Waiting for the start and off we went. There was a girl ahead of me around 3 meters in front but I was just not able to get into her draft. When ever I was speeding up, she seemed to do the same. So it was swimming on my own for the whole 3 ks. And it was pretty choppy, almost as bad as Swan river swim beginning of February. After 2 laps, I encountered a new challenge, lake wheet which is floating on the surface and was not visible when swimming but it made you stop going forward instantly. A pain in the neck. And I came into them 3 times during my race.

Just when I arrived in the finishing chute, a saw another cap and thought: "No way you overtake me now that you followed me for the whole race." 30 seconds later, I realised that I lapped a swimmer. So no worries there.

To my relieve, I won my age group (35-39) by about 10 minutes and I got a silver medal for the age group 25 to 49. Not sure why there were 2 age groups.

In conclusion, I can say that the event was well organised considering they had to stop the kids racing after us for conditions which were too dangerous for them. However, it would be a good learning experience for a lot of the swimmers to swim in our open water swims as they are much rougher conditions sometimes (thinking of AUS Day swim 2014) and much more competition.

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Workout Hints

“Setting Limits”

(<http://www.goswim.tv/entries/8201/set-the-limits.html>)

This month’s suggestion relates to what you do when you get stuck at the end of practice and the 1000-lb gorilla starts playing on the piano someone put on your back. There will be a point at which your practice starts to be unproductive (hopefully we get “right there” at the end). But what do you do? The link had a couple suggestions:

- 1) Breakout --- Mark where your pushoffs are when you are fresh, and stay as close to that as you can through practice
- 2) Stroke count --- where are you relative to where you are when you go long and relaxed while fresh

Simple measures that you can keep track of at any point of practice. Do that long enough and you’ll be golden.

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Socializing

... see page 1

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[Martha Stewart's Halloween Costumes](#)

[Best Halloween Candy](#) (sadly, I'm not sure I've seen many of these favorites here...)

And to close it out, did you know...



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