



# Swanning Around

## Table of Contents

- [Club News](#)
- [Upcoming "Swimming" Events](#)
- [Event Results](#)
- [Workout Hints](#)
- [Socializing](#)
- [Sundry](#)

## Club News

Happy New Year, y'all!!! Feel free to dream a little when you make your new year's resolutions. While you might not succeed on all of them, why not try something fabulous? Worst case you don't meet it but have one stellar go at it!

### **2014 Close-out --- Annual General Meeting**

We had a fun time at the 2014 AGM (kudos to Kim + Steve for being the only swimmers to get in the pool, shame on Jon for showing up in THAT! :P). Biggest news from the meeting:

- Best + Fairest: Jon Haines. Not a lot to say here besides "Thanks, Jon!" from all of us
- Most Improved: Catherine Ward. Great 2014, Cath!



*...We've all been there, and yes, it is that bad...  
(no kitty was harmed in filming this)*

### New team committee members:

Pres	Jon Haines	Safety	Allison Haas
VP	Allison Hass (Jul-Dec) Fiona Wilkins (Jan-Jun)	News	Chris Waldhart
Sec	Chris Waldhart	Web	Erica Price
Treas	Kim Judge	Media	Shaun Jessop
Coach	Andy Muller	New Members	Catherine Ward
Vice Coach	Bob Tarr	Social	Lizzie O'Brien Ashleigh Davis Chantelle Delaney Maelle Bourdais
Capt	Jackie Gardiner / Matt Brown		

### **2015 Membership Renewal – *PLEASE ACT IMMEDIATELY!!!***

You should have received an email from Jon with instructions on how to renew your membership. It is vitally important that you take care of this as soon as possible as our membership fees are our only source of revenue to pay for lane hire and all state/national swimming fees. Instructions are as follows:



# Swanning Around

1. Visit our Perth City website at <http://perthcityswimclub.org.au>
  2. Click on the 'How to Join' link at the right top corner of the page
  3. This will take you to How To Join page, click on "New & Renewing Members" or the highlighted click "here" link, both will take you to Masters Swimming Portal
  4. If you were a 12-month member in 2014 click on the photo labeled **Re-Registration**.  
If you were a member before 2014 and are coming back to us click on the photo labeled New Registration  
If you've forgotten your Username and/or Password, click on "Forgot Your Password?", enter your email address, click "Submit" and wait.....  
The magical water hobbits at Masters Swimming WA will send it to you!
  5. Complete your logon details (**Username** and **Password**), as per the email sent to you on December 14th, then click on LOGIN
  6. Click on the Registration Renewal menu item
  7. Click on the dot next to your membership type, in most cases 12 month membership (Swimmer) 2015, (Coach/Committee Member) 2015, (Unqualified Coach) 2015 or (Competition Only – No Training) 2015, then click on Next>>
  8. Read the Member Declaration and Email Distribution, check the boxes to indicate you agree then click on Next>>
  9. Review your personal information, enter your confirmed email address and choose how you heard about Masters Swimming. Click on Next>>
  10. Review the amount. Click on Next>>
  11. Click ""Pay Now>>
  12. Enter your credit/debit card information (Visa or Mastercard) and click Submit>>. A receipt will then be emailed to you.
- Should you have any problems with the membership renewal process please let Jon or Kim Judge know.
-



# Swanning Around



*Congrats to those that finished their 100s. Not the pilates version, the fun, never ending swims --- 100m, 75m, ... whatever. Great job, gals and guys! And those that weren't there, there's always 2015!*

- **Standing dates for fun stuff**
  - Saturday brunch after practice (“training”)
  - First Thursday of the month burgers
  - Third Tuesday of the month tacos

[Top](#)

---

## Upcoming “Swimming” Events

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

### Pool Swims



Last meet of the year...



# Swanning Around

---

Official swim meets ([master list](#))...

- LiveLighter 50s Meet [Beatty Park] – Fri, 6 Mar
- LiveLighter All Club Challenge (state champs) [HBF Stadium] – Sat/Sun, 28-29 Mar
- National Champs [Hobart] – 8-11 Apr
- LiveLighter CC [Craigie Leisure Center] – Sat, 18 Apr

## Open Water Swims

[Open water calendar...](#)

- Cottesloe Classic Mile – Cottesloe (1600m) --- sat, 3 Jan
- Davey Real Estate Sunset Coast Swim – Scarborough (1-5km) --- Sat, 10 Jan
- Swimming OWS #5 – Leighton Beach (7km, solo+team) --- Sun, 11 Jan
- 2015 Minara Resources Swim Thru Perth – Matilda Bay, Swan River (1.6/4km) --- Sun, 18 Jan
- Australia Day Swim – Mandurah (2km) --- Mon, 26 Jan
- Swimming OWS #6 – Sorrento (1.25-10km) --- Mon, 26 Jan [really?, 2 on same day????]
- 2015 BHP Billiton Aquatic Super Series – Swan River (1.25-10km) --- Sun, 1 Feb
- 30th Annual Cottesloe to Swanbourne Ocean Classic Swim Thru – Cott to Swanborough (2.2km) --- Sat, 7 Feb
- SunSmart Busselton Jetty Swim 2015 – Busselton (3.6km) --- Sun, 8 Feb

[Top](#)

---

## Event Results

All the Swimming WA OWS [event results](#) can be found here. Lots of folks there so see if you can find a name or two, it shouldn't take you long.

Congrats to Lisl for finishing her first 10km at Champions Lake! Other finishers there included...

---



# Swanning Around



**Bob Tarr** ▶ Perth City Swim Club

1 hour ago near Leederville

Results from Champion Lakes... lots of age group places, first time 10k swims, and PB's.

2.5k:

**Ash Davis:** 44:09.10 (3rd in age group)

**Ma Lou:** 46:48.10

**Cindy Jessop:** 46:50.10 (2nd in age group)

**Ian Galistan:** 57:57.90

5k:

**Georgina Kovács:** 1:10:08.60 (1st in age group and 1st female finisher)

**Shaun Jessop:** 1:17:27.60 (3rd in age group)

**Katy Welch:** 1:21:32.60 (2nd in age group)

**Jackie Gardiner:** 1:35:51.70 (2nd in age group)

10k:

**Torsten Schlitter:** 2:17:41.10 (3rd in age group)

**Andreas Muller:** 2:26:35.20

**Jonathan Haines:** 2:28:55.10 (1st in age group)

**Bob Tarr:** 2:29:01.20

**Dan Soanes:** 2:29:12.80

**Perry Molendijk:** Upgraded from Did Not Start to 2:39:44.00

**Lisl McGuire:** 3:03:43.30

**Mark Andrew Williamson:** 3:05:16.10

## Top 10 Aussie Performances for 2014 in the Pool (Long Course)

Women 25-29

- Emilie Perrot: 7<sup>th</sup> 50 BK, 3<sup>rd</sup> 100 BK

Women 25-29

- Georgina Kovacs: 7<sup>th</sup> 100 FL, 7<sup>th</sup> 200 IM



# Swanning Around

---

## Men 25-29

- Matt Brown: 2<sup>nd</sup> 50 FR, 6<sup>th</sup> 100 FR, 5<sup>th</sup> 200 FR, 8<sup>th</sup> 50 FL
- Joel Smith: 6<sup>th</sup> 50 BK, 4<sup>th</sup> 100 FL,
- Billy Jerry: 1<sup>st</sup> 50 BR, 2<sup>nd</sup> 100 BR, 1<sup>st</sup> 200 BR, 3<sup>rd</sup> 200 IM

## Men 30-34

- Mark Williamson: 9<sup>th</sup> 50 BK

## Men 35-39

- Andy Muller: 6<sup>th</sup> 200 FR, 6<sup>th</sup> 50 BK, 7<sup>th</sup> 100 FL
- Bob Tarr: 7<sup>th</sup> 50 BK, 3<sup>rd</sup> 100 BK, 8<sup>th</sup> 100 FL, 1<sup>st</sup> 200 FL

## Men 40-44

- Chris Waldhart: 5<sup>th</sup> 50 BK, 1<sup>st</sup> 100 BK, 4<sup>th</sup> 100 FL

## Men 55-59

- Paul Blackbeard (swimming with Claremont – he's got a lot):
  - FR: 2<sup>nd</sup> 50, 3<sup>rd</sup> 100, 2<sup>nd</sup> 200, 1<sup>st</sup> 400, 1<sup>st</sup> 800, 1<sup>st</sup> 1500
  - FL: 3<sup>rd</sup> 50, 1<sup>st</sup> 100

[Top](#)

---

## Workout Hints

### Breatstroke

I really have no clue about this but as one of the 4 strokes, I figure it would be good to post something on it:

- 1) [Full extension](#) – grab your thumbs out front (make you reach forward and streamline)
- 2) [Head position](#) – how to reduce your resistance (makes easier) – basically just look down a bit on each glide
- 3) [Long stroke](#) – progression to build into normal swimming (hey, notice how wonderfully short that pool is!!!!)

If you're confused on this, ask a coach or someone around you. I'm sure they'll have better guidance than I can rig up.



# Swanning Around

---

## [Reading the Clock](#) (linked)

It will sound stupid but using the clock is one of the simplest ways to improve your swimming and make sharing your lane pleasant for those around you.

- 1) Know when you are supposed to leave (don't blindly follow)
- 2) Go 5 seconds apart (not 2, 3, 4, 6, anything else).
  - a. Going anything outside of that will crowd the lane, make turns hard on everyone and just makes a meal of it
  - b. If you go 10 seconds apart, that would be fine – just let your lanemates know that's what you're doing
- 3) The clock will tell you not only how fast you went at the end but also what your pace was during it
  - a. Remember, the 2 clocks at Perth College are actually reasonably synched so you can even get your 50 splits if desired

Once you get used to it, you'll improve your understanding of your swimming gears ("hard" can be measured in time instead of pain) and your ability to hold pace so much easier (taking it out at a pace you can hold will make sense if you have times to support you).

## **Running Archive** (so I don't repeat myself too often : ) ):

2014

Jan	Flip turns	Jul	Straight arm recovery + kicking
Feb	Finding right turnover	Aug	More flip turns
Mar	Backstroke basics	Sept	Sculling basics + vertical kick
Apr	Pool starts	Oct	What to do when you get tired
May/ Jun	Masters swimming tips	Nov/ Dec	Sprinting (short bursts, really fast)

[Top](#)

---

## Socializing

For those looking to get a little culture in, a few of us have gone to the West Australian Ballet's "[Ballet at the Quarry](#)" the last couple of years and have a good time with it. A little picnic down on the lawn followed by watching some graceful people dance away the night under the stars. I'll be going again to it this year and I will arbitrarily select the following date: Wednesday, *11 February at 8pm* (NOTE THE CHANGE IN DATE). If you'd like to join, drop me a line ([chris.waldhart@gmail.com](mailto:chris.waldhart@gmail.com)) and let me know how many tickets you'd like. DEADLINE – 10 JAN 2015

---



# Swanning Around

---

Past glories...



Post-Boxing Day Swim Breakfast (Shaun, Fabrice, Bob, Katy, Cindy, Martha, Steph, Jon and Chris; not shown David, Andy & Georgina)

[Top](#)

---

## Sundry

*What is 2.3m in diameter and 37m long?*

If you guessed the largest Lion's Mane jellyfish on record, you win... nothing really.







# Swanning Around

---

*And can you name these 3 “gentlemen” (thanks for the pic, Jon)?*



*(and for the record, the kid in the back is still freaking me out just a bit)*

[Top](#)

---