



Swanning Around

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Club News

Quick summary of upcoming bits and bobs...

Reminder – 2015 Membership Renewal

On the off chance you haven't done so yet, please take a couple minutes and register for the year.

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. Go on and fill in the rest.

Should you have any problems, Jon Haines or Kim Judge know.



Random internet meme for your monthly history lesson

No practice --- Saturday, 21 February

Enjoy the day off and swim to Rotto, hitch a ride on a boat or just enjoy what is sure to be a lovely day because, well, it's Perth.

The Gloat --- Tuesday, 24 February

After practice, come celebrate another end of the Rottnest Season at [The Inglewood Hotel](#) at 8:30. Whether you did it or not, a good time shall be had by all. Who knows, maybe you'll be inspired to do it next year (all, half or a quarter).

Upcoming events

There are a couple of swim meetings coming up in March. Hope you can make it to one or both of them. Talk to Jackie or Matt if you're interested (or any of the coaches too).

- [2015 HBF Masters State Open Water Swim](#) (2000m) [Coogee Beach] – Saturday, 21 March
 - Entries due Mon, 9 March
 - As we have pretty good attendance here, there will also be **NO PRACTICE** on that day.
 - Come to the race and bring a bite to eat for the team picnic after!
 - [LiveLighter All Club Challenge](#) - Short Course [HBF Stadium] – Sat/Sun, 28-29 March
 - Entries due Fri, 13 March but please give the captains a couple days to organize everything.
 - There will be practice on this day because not as many people like swimming in really nice pools for some unknown reason
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Standing dates for fun stuff

- Saturday brunch after practice (“training”)
- First Thursday of the month burgers
- Third Tuesday of the month tacos

Random Less Serious Stuff



Some of the Gang before Busso



Gang after Busso



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Steph Feeds 5 Swan Swimmers



Years of Fandom Pay Off for Jon As He Finds a Piece of 'Murica in Perth



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Start from the HBF Super Series (and bonus points for Jon catching a San Antonio boy doing good, sadly I felt even older than when I watched him in high school many many moons ago)

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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

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](#)...

- SunSmart Busselton Jetty Swim 2015 – Busselton (3.6km) ---
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Sun, 8 Feb

- 33rd Barrett Bunbury Swim Thru - Leschenault Inlet Bunbury (3pm, 1600m) --- Sat, 28 Feb
- Swimming WA OWS Series #8 – Rockingham Beach (500-2.5km) --- Mon, 2 Mar
- City of Cockburn Jetty to Jetty (750m-1.5km) --- Sun, 8 Mar
- 2015 HBF Masters State OWS – Coogee (2km) --- Sat, 21 Mar
- Albany Harbour Swim (4km – solo, duo or 4tm) --- Sat, 4 Apr
- Classic Mile - 10 Years – Denmark (1600m) --- Sun, 5 Apr

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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.

Not really an event but congrats to everyone for showing up to practice the other night. We had 52 people swimming in our session which was just beautiful. The water might have been 1000 degrees but it was great to see everyone churning out practice together.

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Workout Hints

Vetical Kicking

Don't like kicking? Well, go vertical with it!!!

- [Vertical jumps/kicking](#)
 - Go to the deep end, go to the bottom of the pool, push off and kick a couple times. Sink back down and then repeat.
 - Simple points... quick kicks (get couple in before surface), tight streamline at all times, stay vertical (might be a little hard to go straight up and down until you get used to it)
 - [Vertical kicking \(narrow kick\)](#)
 - Always hard to get the right amount of bend out of your knees when you kick freestyle. This drill has you getting vertical and up close/personal with the wall. Naturally you can't bend your knees much at all here.
 - Once you get the hang of it, move away from the wall,
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- start vertical and then slowly rotate your body to a horizontal position.
 - Or just keep it simple
 - Go to the deep end, put your arms over your head in a tight streamline (or on your head, or at your chest – whatever challenges you) and just kick hard for 30 seconds
 - Any stroke can work but you'll really have to work the turnover to keep your head above water on breaststroke

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)

2015

Jan	Breaststroke / Reading the Clock	
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Socializing

Yup, still doing brekky on Saturday, tacos 3rd Tuesday and burgers 1st Thursday. I'm lazy and not (really) on mybooktwitter so don't have any of the proof these actually happen. Come and see for yourself though!

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Sundry

When accounting for size, the Greenland shark is the slowest fish on earth, loping through the seas at a glorious 1mph pace. Then again, I wouldn't be going very fast if I was in North Atlantic waters either.



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