

The STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for Jan to May, shine the spotlight on Kathryn Knoll and find out what's happening over the coming year...

Read on for the latest STiNGERS news...



Start of Year round up...

Pam's Pen

Well done to the team that has got together to finally bring together a newsletter for our members, I think this is going to be the biggest and most informative the club has ever produced seeing we are covering 6 months of swimming.

What a great open water swimming season we had, good success at the Mandurah Carnival and even representation at the National Championships. Postal swims are now up and running with three of our members competing their first ever 5km swim.

I hope all members who have been training for their chosen events have done either personal best times or and achieved their goals.

It is very important for you to be working towards a goal. This helps you to stay focused and motivated in your swimming. At the moment you could challenge yourself with postal swims, endurance, and many other swims that are happening at the moment.

Here is some interesting reading for you I have taken from a chiropractic newsletter.

BENEFITS OF SWIMMING

According to health direct, more than 80% of Australians live near the coastland swimming in the ocean has become part of the national identity of Australians. If you're not a swimmer and you're looking for a low impact activity that has an array of health benefits, you should consider taking up swimming.

Swimming is the only sport to be recommended in 80% Of medical cases, according to 2014 study published in Procedia-Social And Behavioral Sciences.

UPCOMING EVENTS

Next meeting Committee 13th June @ 11.15am
Bunbury Swimming Club Rooms SWSC

Next social Saturday 19th May – Pot Luck
Please bring a plate to share for dinner



Bunbury Masters Swimming Club Inc
PO Box 329 Bunbury WA 6231
secretary@bunburymasters.asn.au
www.bunburymasters.asn.au

Like us on Facebook: www.facebook.com/bunburymastersswimmingclub

This may be due to the fact that swimming is accessible to all individuals regardless of age.

The Main advantage that swimming has over other physical activities is that movement in the water requires little effort from your body, including your bones, ligaments, and tendons, due to the lack of gravity in water. The water takes away 70% of your body weight and allows you to enjoy this activity, even if you have an injury or condition that doesn't allow you to participate in traditional types of exercise. Swimming allows you to exercise for longer periods of time without increased effort or joint and muscle pain.

Swimming provides an extremely good cardiovascular workout and research has found that as little as 2 ½ hours of cardiovascular activity per week can decrease the risk of chronic diseases, and improve the health of people living with diabetes and heart disease. According to the Centres of Disease Control and Prevention, swimmers have about half the risk of death compared to individuals that are inactive.

Swimming also provides a full body workout – especially your back, arms, shoulders, chest and legs, allowing you to tone your muscles and build strength. While the physical benefits of swimming may be obvious, there is a hidden benefit of swimming- it's good for your mental health too. Swimming helps to improve mental help by improving mood, and reducing mental tension and anxiety.

If you're looking to try a new sport and reap the health benefits that swimming has to offer, remember to practice safe swimming behaviours – read safety signs, speak to lifeguards for safety tips, swim with a partner, and try to stay calm and attract attention to yourself if you're in need of help.

After reading this you all know why it is so important for you to keep swimming and enjoying yourselves when you do.



Pam's Pen May 2018



Swim Events so far 2018

Harvey Dam (Jan 13)

500m – Maureen and Aina
 1.25km – Georgina, Leanne and Thelma
 2.5km – Allan, Jacquie, Bill T and Brian
 5km – Julie and Brendon

Swim thru Perth (Jan 21)

2.5km – Julie, Brendon and Christine

Mandurah Masters (Jan-26)

4km – Brendon
 2km - Kathryn, Leanne, Georgina, Julie, Allan, Bill M, Ron

Swanny (Feb-3)

2km - Julie and Brendon

Rockingham (Feb 4)

2.5km – Julie, Brendon and Tracey

Busselton Jetty Swim (Feb 12)

Solo swim	Steve	Paul
	Richard	Geoff
	Julie	Tracey
	Jacquie	Susan
	Allan	Ron
	Brendon	John
	Sally M	Andy
	Kathryn	Brian
Teams	Christine and Bill	
	Iain and Leanne	
	Sally B and Georgina	
	Aina, Maureen and Thelma	



What a great team of swimmers to brave the cold and stingers!

Rhonda Brennan Memorial (Feb 18)	1km – Steve and John
Rockingham (Mar 3)	2km – Julie, Allan, Jacquie, Brendon
Barrett Swim Thru (Mar 3)	1.6km – Allan, Andy, Bill M, Brendon, Brian, Christine, Jacquie, Julie, Kathryn, Ron, Steve, Thelma
Mandurah (Mar 5)	2.5km – Jacquie and Christine
Coogee (Mar 11)	1.5km – Julie, Allan, Brendon, Kathryn
Mandurah (Mar 25)	Chris, Allan, Gordon, Brian, Alicia, Lisa, Leanne, Julie, Liz, Thelma
2018 Nationals (April 18)	Julie, Kathryn and Gordon



Gordon caught up with an old swimming mate over from Adelaide at the Nationals



From the Committee

3x400m Postal Swim

May 2018 rolls around and it is time for our own **3 x 400m Winter Postal Swim**. Last year saw a record number of swimmers take part from around Australia, so competition for most improved prize this year will be as strong as ever.

This is one of the Bunbury Stingers major fund raising competitions for the year so we need as many of our own members to join in as possible.

If you are not a regular Endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps!

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a **two month period**, namely Freestyle, Backstroke, Breaststroke or Butterfly. All Bunbury club members are encouraged to join in improving your personal best times.

Competitors are required to be financial Masters Swimming Australia members or financial members of another country's official Masters Swimming National Body.

Looking forward to seeing you at the pool and happy swimming!

- Certificates are awarded to all participants.
- Medals (both females and male) to the most improved swimmers, the fastest overall swimmers and the most senior swimmers.
- Age groups as per Masters Swimming Australia (age as at 31st December each year)

You can do the swims at one of these time slots

- Every Friday 2:30pm
- Some days on our regular training sessions we may be able to do some timed events.

Masters Endurance 1000

The Endurance program is designed to get you into the pool on a regular basis throughout the year. Last year Bunbury Stingers were the winners for the country club section.

The competition runs right up until the end of the year. You can enter into up to 5 times in any 5 separate months for swims of 400m and 800m for each of the four strokes. You can also enter one result for each of the three strokes for 1500m, ½ hour, ¾ hour, and one hour over the year.

We encourage everyone to complete as many swims as possible.

Liz



Our trophy from last year.

Social Stingers

Our first social event for 2018 was a dinner function at the Parade Hotel. The night was well attended and fortunately coincided with the finals of some of the swimming events from the Commonwealth Games. These were keenly watched between bites and drinks.



Next Social Event

Pot Luck at the Barn

Saturday night 19th May 6:00pm

What's provided:-

Tables and Chairs

Fridge for drinks etc

Tea & coffee (we have plenty of disposable cups, but feel free to bring your own if you like)

Plates, glasses & cutlery

What you need to bring:-

Food to share. Don't forget dessert!!

Cold drinks

Wives, Husbands, and Kids

Please let me know if anyone needs rice to go with their dish, and I will put my rice cooker on. We have a bain marie if needed, and a microwave for re-heating.

It can get quite cold here when the sun goes down, so make sure you've got plenty of warm clothes.

Directions if coming from Bunbury area:-

Take the SW highway to Donnybrook.

After driving through Donnybrook, turn left onto the Boyup Brook Road after the 80km sign.

Drive for 10kms and turn right into Charlton road. It's just around a long sweeping bend where there are 3 sections of road barriers, so can be easy to miss. We will put a sign on the road saying 'Barn' so you don't miss it.

Charlton road is a no through road. Drive straight up to the top of the hill, and we're number 76 on the right.

The Barn is at the front of the property. Take the second driveway and park under the avenue of trees in front of the Barn.

If anyone is coming through the Ferguson Valley or from Collie:-

Charlton Road is approx 3 kms on the left after the Preson Valley Store. Next left after Attwood Road.

Upcoming events

Grab your pencils and calendars... there are oodles of exciting events coming up....

2018/19 Calendar

For the full season calendar check out www.mswa.asn.au:

The calendar of events is in the process of being finalized and should be available in the very near future

Bunbury SKINS Carnival

This years SKINS Carnival is likely to be held on September 15th so keep the date free in your calendar. This is one of our fund raising activities and will need as many competitors and helpers as possible on the day.

MSWA Calendar

Please visit www.mswa.asn.au for details about upcoming pool and OWS events.

Keen for more swimming news?

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter at www.mswa.asn.au

Swimming WA Calendar

Please visit

www.openwaterswimming.com.au
for details about upcoming events and to register.

Easter Morning coffee and Raffle

A big thanks to Jacquie for organising the Easter Raffle.



Birthdays

After the training session on Wednesday 16th May we gathered outside for our usual coffees and chat and celebrated birthdays for Brian and Wendy. Pam and Brian treated us to lots of cakes, bickies, fruit, nuts and treats that all disappeared before we left! Thankyou Pam and Brian.

Happy Birthday to
Brian and Wendy.



5 Million Meters

Last month Brian Hall received his award from Masters Australia for completing an astounding 5 million metres. This is the accumulation of a lot of effort over a number of years of swimming from Brian.

Congratulations!

You're a legend and an inspiration to us all.



Stinger in the Spotlight

Introducing

Kathryn Knoll

What got you started in swimming? My husband and I started doing some triathlons as a team. I would swim, he would cycle, and then I'd run. Eventually I had an injury that prevented me from running, so I decided to get more serious about swimming to keep up my fitness.



How long have you been a Stingers Member? 3 years, but I've had a lot of interruptions and only started coming regularly for the past year.

Where do you prefer to swim? SW sports centre pool. I'm a chicken in the ocean.

What is your favourite swimming stroke? Freestyle.

Memorable Swimming Events: My first Busselton Jetty Swim, because I had decided I would quit open water swimming after it due to the extreme anxiety I suffered. Turned out that it was the most enjoyable

swim I'd ever experienced. I did the first team leg, and the water was so clear that I could see everything, and the hundreds of swimmers around me was very reassuring. It was a huge turning point for me, and I've continued to do open water swims since that day.

Favourite Book/Author: I tend to read for information, so I don't have a favourite.

Favourite Music: Pretty much anything by Beethoven, but I particularly love his symphonies and piano concertos.

How do you spend your time when you're not swimming? Hanging with my horses or doing jobs around the farm.

One thing about you that may surprise others: I was adopted at birth.

Favourite Sport (other than swimming): Soccer. I love watching the Socceroos play.

One thing you couldn't go a day without:

What advice would you give to others starting out in swimming? Just do it! Set yourself a goal, and work towards. Don't compare yourself to others. Do it for yourself.

One thing you couldn't go a day without: A hot shower!



Club Contacts

President Julie O'Connor 0418 936 059
bluesky.jules@gmail.com

Secretary Ben van de Ruit 0419912481
secretary@bunburymasters.asn.au

Treasurer Brian Hall 9721 6496

Coach Pam Hall 9721 6496

Club Captain Julie O'Connor
bluesky.jules@gmail.com

Endurance Liz Common
commonej@bigpond.com

Safety Wendy Thornhill

Newsletter Ben and Jill van de Ruit
editor@bunburymasters.asn.au

Social Kathryn Knoll
knollcando@westnet.com.au



Like us and share with
your friends on Facebook @
bunburymastersswimmingclub



Thanks to all contributors

As always, many thanks to all contributors to
our newsletter. 😊

Til next time
See you in the water!
Ben – the relief Ed.