

Melville Marlins Newsletter February 2010



Congratulations to: MARLIN OF THE MONTH December 2009



Laurie Hunt

Hi everyone and apologies for the lack of a newsletter in January. The editor hopes you weren't starved for club news and that this edition will make up for it. The format for this edition will be different as the ed. was unable to get hold of publisher and so while it should be informative, it may not be pretty!

A warm welcome to new club members Alex Johnston and Eddie Smith! Sorry no photo available for this issue, but if you meet Alex or Eddie please make them very welcome!

The Rockingham Memorial Swim and Club Presentations:

We once again had a lovely Memorial swim at Rockingham beach with a record number of swimmers turning up to do the swim (which honours club members who have passed away). Conditions were perfect and there was very little cheating this year. (Hmmm. Who wasn't there this year?) After the swim and a series of impressive bombies off the pontoon, we

retired to Gordon and Noela Medcalfes' house for a BBQ, which this year included our club presentations. Thanks very much once again to Noela and Gordon for their hospitality in providing a great venue for this occasion. The day was a great success, and below are the recipients of all the club awards for last year, including some photos taken on the day.



Winners of the Memorial Swim 2010

Nancy 3rd 3 seconds off nominated time

equal 2nd Kristina and Peter 2 seconds off nominated time

Presentation of Awards for 2009

Club Points Trophy

Men	1 st	John Musty	Points	133
	2 nd	Greg Hitchen		110
	3 rd	Martin Smith		96
Women	1 st	Pam Walker		125
	2 nd	Amanda Smith		87
	3 rd	Jaki Smith		82

Aerobics Awards

Male	1 st	Peter Hau	Points	253
	2 nd	Greg Hitchen		194
	3 rd	Peter Harvey		150
Female	1 st	Nancy Davies		310

2nd Rhonda Maloney

240

3rd Pam Walker

170

Perpetual Trophies

Marlin of the Year

This perpetual trophy was donated by the City of Melville and is presented to the overall club points winner. (Also Marlin of the Year Badge)

[John Musty](#)

Nancy Davies Trophy

Awarded to the swimmer who swims closest to their nominate time at Swim-thru Rottnest [Greg Hitchen \(5 sec\)](#) followed by [Jan Dunstan \(12 sec\)](#) and [Carlene Davidson \(15 sec\)](#)

President's Trophy

Awarded to the swimmer who swims closest to their nominate time at the Coogee Jetty to Jetty Swim [Tim Chilvers \(3 sec\)](#) followed by [Maree Hoban \(5 sec\)](#) and [Doug McLean \(19 sec\)](#)

John Devereaux New Member Encouragement Award

Awarded to a member who has joined in the last year or so, and has become a valued club member. It is hoped that it will encourage the member to continue their involvement with the club. [Murray Edwards](#)

Marlin of Mediocrity

This award was donated by Peter Maloney to recognize those swimmers who have not reached the pinnacle of success over the past year, but have done enough to be more successful than at least half the club. It is calculated from club points and aerobic points.

[Teresa Phillips](#)



Marlin of the Year Trophy

Club Captain Anne presenting John with the

AEROBICS by Pam Walker

Happy New Year to all!! Now that you have had a good break over the holiday period it is time to get serious about your swimming. A good start would be some aerobic swims to get the body back into the exercise mode.

Thanks to everybody who took part in the National Aerobic Trophy program last year, as we were able to outdo the 1780 points of 2008 by scoring 1879 points. Of the thirty six members who swam one or more aerobic swims twenty two actually scored points. There are 14 times during the year when an aerobic swim is available as part of the Club Night swim program, apart from the Sunday aerobic sessions. If any of the new members are not sure about the aerobic swims please ask and I will be able to help you get started.

Sunday Aerobic Dates are:

- February 7th and 21st
- March 14th and 21st (The 7th is the Coogee Jetty to Jetty)
- April TBA

Coming Events

- **2010**
- *7-10 Apr AUSSI National Swim
- Launceston, Tasmania
- *28 Jul-7 Aug World Masters Swim
- Sweden
- www.2010finamasters.org
- **2011**
- *April AUSSI National Swim Perth

Cottesloe Classic Mile 16 January 2010

I took part in this event with 416 other swimmers. We went off in 5 waves and the conditions were very good. The water was a bit murky which was probably due to the strong sea breeze the night before, but there was hardly any wind in the morning. All in all, a pleasant swim.

Pam Walker

Swim Thru Perth.

We had two club members competing in this event this year. Peter Harvey completed the 4 km event and Rhonda Maloney did the 2.2km. Rhonda was second female swimmer across the line. Well done to both swimmers! See photo of Rhonda and her competition on the next page.



Rhonda at finish of 2.2Km



Peter H at the finish of the 4km swim

Well done swimmers!!

And now for a bit of light humour, thanks to Greg Hitchen!

During a recent password audit, IT discovered a blonde was using the following password: MickeyMinniePlutoHueyLouieDeweyDonaldGoofySydney. When they asked why such a long password, she explained she was told that it had to be at least 8 characters long and include one capital.

Laws of Competitive Swimming

UNIVERSAL LAWS AFFECTING COMPETITIVE SWIMMERS
(much like Sir Isaac Newton's laws of motion)

Law of Competitive Gravity

When left unattended, a swimmer will gravitate to the worst technique possible.

Law of Inertia

A swimmer at rest will tend to remain at rest unless acted upon by an outside force. A swimmer in motion will tend to rest as soon as possible unless acted upon by an outside force.

Conservation of Matter

Matter or Mass can neither be created nor destroyed, except by 11-18 year old females, when it can magically appear in the most inopportune places and quantities imaginable.

Opposition Principle

When asked to kick rapidly, swimmers tend not to; when told not to kick, swimmers tend to kick rapidly.

Space, Time Continuum

When swimming Breaststroke or Butterfly in practice, swimmers hands are attracted to the turning wall, each hand at a different speed, at different times, at different points not in the same plane.

Laws of Acceleration & Momentum

The law of acceleration may only apply for 3 minutes after coach reminds swimmer it is important, then the law of Momentum becomes dominant soon to be replaced by the law of Inertia.

Law of Static Levels

Swimmers will automatically seek their own comfort level and tend to attract others to so the same.

*** Mind over Matter***

The mind can overcome many obstacles during competition but the same does not usually apply during practices.

Law of Finite Attraction

Even after carefully explaining the efficiency and effectiveness of an ideal stroke rate, within 3 minutes swimmer will invariably lose the ability to count strokes and think about any related concept. See similar anomaly under Law of Acceleration.

*** Relativity ***

The position of the swimmer's body in relation to the position it is supposed to be in, may vary up to +or- 100%.

***Vertical and Horizontal Telemetry ***

When rotated 90 degrees from the vertical to supine or sublime position, the brain loses most of its ability to function.

Historical Principle of Babylon

Within 3 minutes of the start of coach speaking, the swimmers begin hearing unrecognizable tongues. See similar anomaly under Law of Finite Attraction.

Fluid Mechanics

The amount of fluids the bladder can retain is directly proportional to the difficulty of the middle of the current practice set. The same principle seems to apply to ripping caps and broken goggle straps, but no scientific evidence connecting the 3 has been documented.



MELVILLE AUSSI SUPPER ROSTER

Cheese: 1 kg cut ready for serving;

Biscuits: 3 packets

HEARTY MEAL NIGHT : No cheese & biscuits.

Milk: 1 x 600 ml full cream and 1 x 600 ml low fat.

The urn: Turn on before 7.30 pm. Setting 3-4.

Clean up: Includes taking the tea towels home for washing and

Maree & Declan Hoban	4 th Feb (HMN) & 11 th Feb
Nancy & Kelly Hughes	18 th Feb & 25 th Feb
Lorna & Margaret	4 th March (HMN) & 11 th March
Gordon & Noela Medcalf	18 th March & 25 th March
Tony and Charles Renner	1 st April (HMN) & 8 th April
John Musty & Murray Edwards	15 th April & 22 nd April
Kristina & Maxine	29 th April & 6 th May
James D & Steve Park	13 th May & 20 th May
Ivan M & Laurie Hunt	27 th May & 3 rd June (HMN)
Natalie & Carlene	10 th June & 17 th June
Peter & Rhonda Maloney	24 th June & 1 st July
Anne & Greg Hitchen	8 th July & 15 th July
Amanda & Felicity Smith	22 nd July & 29 th July
Theresa & Kevin Phillips	5 th Aug (HMN) & 12 th Aug
Jaki & Martin Smith	19 th Aug & 26 th Aug
Dean McCarthy & Peter Clark	2 nd Sept (HMN) & 9 th Sept
Pam & Evelina	16 th Sept & 23 rd Sept
Doug & Ray	30 th Sept & 7 th Oct