



GROPER'S' GOSSIP

Newsletter of Claremont AUSSI Masters Swimming Club Inc.
November 2005

Getting Fit for The Summer Season

Attendance at training has been high lately, with all the "regulars" plus some new and old faces returning to get fit for the summer season. Programmes have been more endurance oriented, with A, B & C laners starting to feel fitter as this work pays off.

Congratulations to those who made it into the Rotto Swim as a duo or team, and commiserations to those who didn't. It was very competitive this year, with the new ballot system in its pilot phase. The level of entries meant you had around 50% chance of success.

If you didn't get in, you can always do a "Steve and Chad" trick... "Oh well, we didn't get in as a duo, so we'll just do solos." Mind you, this strategy may not go down too well with your spouse!

In this issue of the GG – amongst other snippets – we cover recent events, update you on the Swim Thru Perth, and most importantly, call for nominations for the Craig Bell Service to the Club Award.

Finally, BEST OF LUCK to Chris Roberts, who will again be competing in the Busselton Ironman Triathlon this Sunday. And owing to the absence of stress fractures, he'll even "run" the marathon this time!

Sally Bell

Acqua Shop
The Swim Specialists

Our preferred supplier, proudly supporting Claremont AUSSI Masters Swimming Club

FREMANTLE CARNIVAL 30 OCTOBER

What started out as a **nice sunny day** rapidly turned into **driving rain and wind** for the **15 Gropers** who attended the Fremantle Carnival on Sunday 30 October. However – as usual – our swimmers rose to the occasion and easily grabbed **3rd place in the overall pointscore** behind the host club (35 swimmers) and Somerset (22 swimmers).

First up was the 200 Freestyle, with **Perc, Jenny** and **Lesley** posting great swims in the early heats – particularly Lesley's blistering age group win in 4.07.45. President **Roy** then smashed his nominated time to win his age group in 3.10.13. **Steph** came a creditable 2nd in her age group, and **Neil** further confirmed his status as an A-laner with a great swim of 2.50.50. **Sally** was the last one up, with a pleasing 2.29.28.

The 100 Back was next on the programme, with **Perc, Jenny** & **Richard F** all having to settle for 2nd place (despite great swims, especially Jenny's fab time of 1.58.24). **Sally** managed another 1st with a pedestrian 1.15.27.

Next up was the 50 Free, with **Perc** taking out 1st with a swim of 42.58. **Richard J, Natalie** and **Richard H** respectively came in at 6th, 5th and 4th with their swims of 38.75, 37.13 and 36.72, followed by **Steph** with a 3rd place swim of 36.39.

Then came "the fasties", with new member **Mark Henry** posting a great time of 30.90; **Chris R** just

above the magic 30-barrier with 30.27; and then the race of the day between **Anthony** & **Bastiaan**, with Anthony taking advantage of Bastiaan's recent ill-health and unfitness to take the crown of the **Fastest Groper of the Day** in 28.69 to Bastiaan's 28.73.

Oh Hang On.... What about Captain **Neil**? Wouldn't he usually do a 50 Free? Well yes, he would, and he did... but his rather **unsubtle wobble** on the blocks resulted in a big "DQ" next to his name. Come on! Surely it was just the wind?

The 50 Butterfly was next – into a howling head-wind! – with great swims from **Steph, Neil** and **Richard J** (in a time faster than his 50 Free!); followed by **Anthony, Bastiaan** & **Sally** all in the fastest heat, with Sally just touching out all the boys in 32.67 (ha!).

The 50 Back saw **Lesley, Mark** & **Chris** all posting winning swims in great times. Other Backstrokers braving the slippery walls, squalling rain and moving lane ropes were **Richard H, Natalie, Jenny, Roy, Bastiaan** & **Richard F**.

Last up was the 50 Breaststroke, with an unwitting closest to nominated time competition running hot between Gropers! **Mark** went 43.04 (43.00), **Richard J** went 40.99 (41.00) but **Roy** took on all comers with an exact swim to nominated time of 47.00! **Richard J** and **Natalie** also posted great swims, while **Lesley, Richard F** and **Anthony** all gained 1st place.

Everyone was delighted when the **hosts decided to cancel the relays** due to the weather, and so ended a great day.

HAPPY BIRTHDAY

Koos van Rensburg 1/12
Richard Hughes 4/12
Sally Bell 9/12
Natalie Roberts 25/12
Bastiaan de Boer 28/12
Richard Johnson 29/12
Sheri Murray 30/12



HEARTSWIM 2005

HeartSwim 2005 has come and gone again with yet another fabulous day that **raised vital funds** to help the fight against heart disease. I put out the call for a Claremont team and was answered favourably by two stellar young swimmers by the names of **Chris Roberts** and **Liz Beal**.

Our team of 5 was rounded off with **a couple of keen lads from the Water Corp** and we did ourselves proud with a respectable effort of **10,300 metres**, finishing 6th out of 28 teams. And just to keep us on our toes, we all completed at least one **aerobic swim** as well (well Chris did two, but who's counting!).

So with an **increased attendance on last year**, we spent leisurely hours in the 10-lane pool, in the company of the likes of Luc Longley, Paul Entwistle, Rob Verboon, Graeme Moss, Peter Robertson and Katrina Porter, as well as a junior English Channel crossing star. And let's not forget the boys from the **Aquinas Redbacks** who have obviously been training hard all year to retain their title.

For a gold coin donation, a **sausage sizzle** kept the tummies warm after the laps were over – though the event was sponsored by Subway – and a couple of girls from “3 Minute Angels” kept the muscles warm with a **neck and shoulder massage**. (*Not as good as Steph's massages, I am sure! – Ed*)

Soft and alcoholic drinks (red wine is good for the heart!) were on offer as the prizes were awarded. Once again our trusty **Captain Neil** held together a great event with us already talking about a **serious challenge to the youngsters** for next year. What about it, hey?

Steph Canet



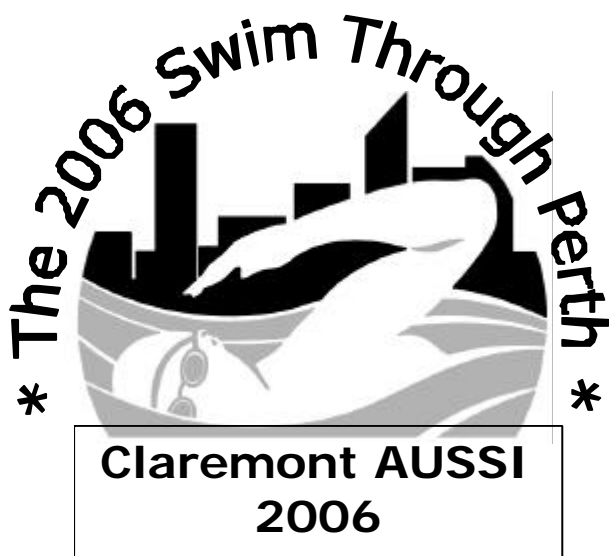
HeartSwim participants Steph Canet & Chris Roberts (back), Liz Beal and friend (front).

SWIM THRU PERTH 2006

Our wonderful committee, led by **Event Co-ordinator Patrick Verryn**, are "going great guns" on the organisation of the 2006 Swim Thru Perth.

A naming rights sponsor – **Jubilee Mining** – has been secured, which is fantastic for our swim and we can breathe a sigh of relief knowing that, no matter what, our costs will be covered. In addition, **Aqua Shop** is on board to provide a high level of prizes. Other sponsors include **Flourish** (a biannual women's magazine); **Hungry Jack's** and **The Water Corporation**.

The **raffle** again has **fantastic prizes**, with **1st Prize** being a trip for 2 to Sydney for 2 nights, including accommodation and a **Bridge Climb** of the Sydney Harbour Bridge! **2nd** prize is 1 night at the Crown Plaza Perth for two, and **3rd** prize is a \$100 food hamper.



CLUB NIGHTS NOVEMBER AND DECEMBER

Next week is Club Night – on Tuesday 29 November – and this month we are being treated to a good old-fashioned BBQ.

Come along, have a short training swim and a couple of short races, then **head on down to the Crab/Groper Palace** (surely groopers eat crabs for breakfast!) for a few drinks and a summer barbie.

In December, we will still have a Club Night (with a Christmas theme), but please note this will be **a week earlier than usual, on Tuesday 20 December**.

CLUB XMAS FUN

In addition to our December Club Night, we have another couple of Christmas celebrations planned.

On **Sunday 18 December**, a table of 12 has been booked for breakfast at **Blue Waters Café, Cottesloe, at 8am**. (This is the maximum table size that can be booked). Prior to the breakfast, join some hardy Groopers for a **7am swim from Cottesloe to North Cottesloe and back**.

On **Thursday 22 December**, Richard Hughes will turn our usual training session into **a night of Christmas Fun**. You'll still get some kms done, but it might be a little more flippant than usual!!!

CRAIG BELL SERVICE TO THE CLUB AWARD 2005



This award commenced in 2004, in memory of club member and past president, **Craig Bell**, who tragically took his own life in August 2004.

Craig was a **terrific club member** who swam at carnivals, and served on the committee, most notably as President. He **carried out his tasks with good humour and with minimum fuss.**

The Craig Bell Service to the Club Award seeks to honour a club member who has **attended carnivals, training and other swimming and social functions**, and been prepared to pitch in when help was required. Basically, someone who is an all round good club member much like Craig was. **Nominations are open to all current club members. Each club member may nominate one person.**

A **perpetual trophy** is awarded each year at our AGM in January, and a small gift given to the recipient.

The **inaugural winner** was our (currently absent) one-woman dynamo, **Elena Nesci**. Throughout 2004, Elena typified everything about a dedicated, fun Club member. There are **many worthy Club members for the 2005 award**, so it is really important you get your nomination in if you feel strongly about who should be this year's winner.

Please **return your nominations** to a committee member at **training**, or **post** them to **PO Box 257 Claremont 6910**. The Committee will decide the winner based on nominations received.

Nominations close Monday 12 December 2005.

- ✂ ----- ✂ -----

Nomination form - Craig Bell Service to the Club Award

The **2005 Craig Bell Service to the Club Award** should be awarded to _____

because _____

Your name: _____

- ✂ ----- ✂ -----

BATHERS FOR SALE

The final batch of current model bathers has arrived from Aquashop. There are **2 x Ladies Size 12**, and **3 x Mens Size 18**. These are the most popular sizes, so you'll have to be quick! To secure your pair, see **Patrick Verryn at Club Night** next Tuesday 29 November.

FAREWELL LIZ!

Farewell to our popular Club Member **Liz Beal**, who will not be rejoining Claremont in 2006, as she and hubby Graham have **sold their home** and are headed to South Perth for 12 months.

Liz says she'll miss us all greatly. Well, same to you with knobs on, Liz! You've been a **fantastic Club member** – competing in carnivals, being a stalwart at aerobics, and even braving your first Nationals this year in distant Hobart.

You've been a **great friend to everyone**, and your warm smile and affectionate nature will be sorely missed. Hope you'll be back one day!

BUSSELTON JETTY SWIM - 5 FEB 06

In 2005, a large number of Gropers **travelled en masse** to Busselton for this celebrated event, and secured a great accommodation

deal at the **Busselton Broadwater Resort**. We had a wonderful time, so our Committee have been **trying to secure a similar deal** for next year's event.

Unfortunately, in 2006, the Swim **coincides with the Amberley Festival**, and, as such, accommodation is **scarce and very expensive**.

Despite an **exhaustive search by Steph Canet**, no suitably-priced accommodation can be found for a large group, so unfortunately there will be **no "formal" group arrangements made in 2006**.

If you still want to go **as an individual or with a couple of "mates"**, feel free to contact Steph, as she will be able to give you some great tips about where you might find something suitable. **But hurry!**

HEALTH QUESTIONS & ANSWERS

Thanks to Patrick Verryn for this light-hearted look at health & fitness!

Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!!. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO ... Cocoa beans! Another vegetable!!! It's the best feelgood food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

And remember: "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, Chardonnay in one hand chocolate in the other, body thoroughly used up, totally worn out, and screaming "WOO HOO, What a Ride!"

GG BUSINESS DIRECTORY

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