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# GROPER'S' GOSSIP

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Newsletter of Claremont AUSSI Masters Swimming Club Inc.

June 2005



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**Winter** is well and truly with us but that hasn't dampened the spirits of the Claremont Gropers. We've had continued success in the Club Challenge Series with many outstanding performances at the West Coast Carnival.

There's also a great contingent of Gropers heading down to Margaret River in July to see how many Short Course records they can break!!

The club is gearing up for the fun and frivolity of a combined Christmas in July / Awards Night on Saturday 30<sup>th</sup> July. See inside for all the details.

The coaching clinics are continuing right through winter with some excellent advice for training and racing techniques.

We've also got a new order of club swimwear and t-shirts on their way at subsidised prices.

Articles for the GG are always greatly appreciated so please do not hesitate to contact me at [elena.nesci@ozemail.com.au](mailto:elena.nesci@ozemail.com.au). Happy swimming.

Elena Nesci

**Agua Shop**  
The Swim Specialists

Our preferred supplier proudly supporting Claremont AUSSI Masters Swimming Club

## Westcoast Carnival Sunday 19 June

The alarm shocked me into wakefulness at **6.30am** in the pitch black of the almost-winter solstice, and I questioned my decision to have entered a carnival requiring attendance at **Arena Joondalup** at **8am** on a Sunday morning.

That said I went into autopilot and found myself (and my 4-person cheer squad) at the appointed venue at the appointed time, together with **12 other hardy Gropers**.

Of course things are never as bad as they seem and as usual when a bunch of Gropers get together to swim, there are lots of **laughs**, lots of **team spirit**, and – in the end – a **great time** was had by all.

First event was the 200 Free, starting off with **Lesley Chute** and **Jenny Williams** who clocked age group PBs of **4.02** and **3.31** respectively. **Natalie Roberts** proved beyond doubt that she *is* a Freestyler with a blistering 3.22, whilst **Sally Stanford** and **Bastiaan de Boer** opted for a Sunday stroll next to each other with comfortable swims in the mid-2.30s. **Greg Pennells** continued his rapid improvement to post a fabulous swim of 2.30, whilst **Capt Neil Sutherland** showcased his consistency with a great swim of 2.50. **Marko van der Veen** learned a little more about race pacing with a good overall time of 2.18, despite the fact that his supporters were worried he thought it was the 50 Free.

Next up was the 100 Back, with **Chris Roberts** wondering if he should change focus with a winning swim of 1.27; **Marko** again proving that he can place as high in Backstroke as he does in Free; **Richard Fox** showing us his usual style; me (**Sally Bell**) breaking my own National Record; and **Jenny** tantalisingly just over the 2min barrier. Then came the blink-and-you'll-miss-them 50s... three in a row – Fly, Breast and Free. Highlights were **Anthony Dunne** doing all three 50s and just

missing his own State record in the 50 Breaststroke with a beautiful swim of 33.47; **Liz Beal** just missing that magic 40 sec barrier in the 50 Fly with a great time of 40.04; **Sally B & Sally S** approaching the Twilight Zone with identical times of 30.81 in the 50 Free – in different heats; **Richard** sprinting his way to a 36.69 in the 50 Free; **Chris** posting another sub-30 swim in the 50 Free; and the Claremont 40-44 Boys going 1-2-3 in the 50 Free (**Bastiaan, Marko & Anthony** in that order - another sub-28 swim for Bastiaan... Please feel free to have a chat to him if you require further details...). Lastly came the relays – a 4 x 50 Free for both sexes. Claremont only had the numbers to field one team in each – both 160+ – but we managed to be the fastest team overall in both races. Thanks to the **efficient running** of the carnival by the host club, proceedings concluded at around 11am and most of the team repaired to the function room for a yummy soup lunch. With our small contingent of 13 swimmers, and competing against a couple of clubs with over 20 swimmers, we managed a creditable **3<sup>rd</sup> place overall**. Congratulations and thanks to all the Gropers involved. As always, it was a pleasure racing with you.

*Sally Bell*

## AUSSI WA STATE PRESENTATION DAY

The **AUSSI WA State Awards** were presented at a function held on 29<sup>th</sup> May at the University Boatsheds, Crawley. Claremont was represented by **Perc Edwards and Lesley Chute**.

The Guest Speaker was **Priya Cooper**, Gold Medal Paralympian and 1999 Young Australian of the Year, who entertained the gathering

with some wonderful anecdotes despite suffering morning sickness and keeping one eye on the bucket strategically placed under the table!

The formalities commenced with a presentation to Ron Gray for his three years as State Programmes Director. Presentations were then made recognising Club and individual achievements. Claremont's were as follows;

### **State Swim**

**Sally Bell** – Female Swimmer of the Meet

**Claremont** – Handicap Champion Club

### **Official of the Year**

**Perc Edwards**

### **Open Water Series**

**Lesley Chute** – Winner 65-69 age group & 6<sup>th</sup> female overall

**Perc Edwards** – winner 75-79 age group and 12<sup>th</sup> male overall

Claremont had **28 swimmers** in the **Open Water Series** for overall **3<sup>rd</sup> position**. Several of our members were placed in the **top 5 swimmers** in their respective age groups.

Well done to all.

**Perc Edwards**

## **HAPPY BIRTHDAY**

**Chris Macquillan 3/6**  
**Barry Colgan - 9/6**  
**Natalie Palleros 10/6**  
**Patrick Verryn 29/6**  
**Geoff Upton - 11/7**  
**Perc Edwards - 15/7**  
**Trevor Beer - 15/7**  
**Richard Fox 31/7**



## **Coaches' Corner**



The **Breaststroke Clinic**, held on the 2<sup>nd</sup> June, was well attended and well received. Once again **Anthony Dunne** provided expert advice for all those budding breaststrokers. For some it was an opportunity to nut out the bare basics and for others a chance to fine tune. With some excellent results in breaststroke races of late, Claremont is starting to run the risk of becoming known as a **Breastroker's haven!!!**

The **Stroke Clinics** have proved very **worthwhile** to all those who have been involved and it is something we will continue to do in the future. The next few clinics will move away from **specific stroke technique** to **broader areas of swimming development**. The idea is to provide coaching and training tips to help members develop into **well-rounded swimmers** and suggest ideas for **personal training programmes**.

The next few **Specialist Sessions** will be as follows;

**Thurs 30<sup>th</sup> June – Medley**

**Thurs 28<sup>th</sup> July – Kick & Drill**

**Thurs 1<sup>st</sup> Sept – Endurance**

**Thurs 29<sup>th</sup> Sept – Open Water**

If you have any queries or suggestions for the coaching staff please do not hesitate to contact **Sally B, Marko, Greg M or Elena**.

## NEW MORNING TRAINING SESSION

We now have a permanent Monday morning training session. For all you early birds the session is from 5.45 - 6.45am each Monday in the outdoor 8 lane pool. Greg Marshall will be writing the programme each week to suit a combined A / B standard.



## CRABS FAMILY FUN DAY

The Cottesloe Crabs are holding their annual **Family and Friends Day** on Sunday 3<sup>rd</sup> July and as usual extend an invitation to all Claremont Gropers. It's an enjoyable day of fun and competition for kids and adults. The programme starts at 8.30am and consists of 100m and 200m handicap events based on nominated times and a kid's 50m race and novelty relay. Form your own team or the Crabs will fit you in. Join in the hospitality in the Clubroom afterwards but bring some change as there will be a fines session. See Perc Edwards for details. Ph 9384 4708

## Margaret River Carnival

This short course carnival is being held on **Saturday 23<sup>rd</sup> July**. We have organised accommodation at **Margaret's Beach Resort** for the weekend for those interested in competing.

Swim and socialise at one of the few Saturday events on the Masters swimming program. Swim hard on Saturday, party hard on Saturday night, recover on Sunday.

**Warm up from 12 noon for a 12.30 start.**

**Cost \$5 per person includes pool entry.**

Events are **200m, 100m, 50m and 25m of all strokes including 200m IM and 100m IM.**

Swimmers are restricted to three events per person, including only one 200m and one 100m event.

Keep Saturday night free from 7pm for a Christmas-in-July dinner at the Margaret River Cultural Centre (adjacent to the pool), with DJ and dancing. Cost **\$25 per person** (partners welcome) for a two-course meal, cash bar available at very good prices.

**Entry form** at end of GG. Please return by **Tuesday 12<sup>th</sup> July** with your payment.

## Interstate Honour for Geoff Upton

**Geoff Upton**, a Claremont AUSSI member for many years, recently received an award from **Queensland AUSSI Masters** for his "commitment to the task of creating and maintaining AUSSI computer programs".



His excellent **technical assistance** to AUSSI Masters Swimming has helped to **create registration databases** and **swim meet programs** at Club, State and National Levels.

Geoff was presented with a plaque and letter of recognition from Queensland President, David Ryan earlier in the year. He has **modestly** and **undemonstratively** helped AUSSI Masters Swimming and it is terrific that he has been recognised for his efforts.

**Congratulations**

## SOCIAL CALENDAR



The **May club night** was held in the Indoor pool much to the relief of those who were racing. And what impressive racing there was! For the third club night running **Barry "The Time**

**Machine" Colgan** took out the closest to nominated time. The two-person relay was hotly contested with several teams within one second of their combined nominated time.

There were several presentations made in the clubrooms afterwards with Roy accepting the Handicap Trophy for the State Swim and presenting quite a few State Record certificates to our members. Please see the State Awards article for full honours list.

**June Club Night is Tuesday 28<sup>th</sup> June.** Jester's Pies are on the menu. We will be indoors for all club nights until November.

## CHRISTMAS IN JULY



It's on for young and old - Christmas in July for 2005 is on Saturday, July 30th!

Come along with your partner and have a wonderful night out. There will also be an awards presentation for member achievements both serious and not so serious. (If you have any ideas for award categories please talk to Sally B or Elena).

**Where:** **Amarin Thai Restaurant**  
**Upstairs, Crossways**  
**Cnr Bagot and Rokeby**  
**Rds, Subiaco**

**When:** **Saturday 30th July**  
**7 PM onwards**

**Bring:** **BYO wine only**  
**Silly Santa present**  
**(each)**

**Cost:** **\$25 pp**

The restaurant is **BYO wine only** and you can purchase beer.

**Silly Santa** – please make sure you each bring along a **present - approximately \$5** value. These will go into **Silly Santa's** sack, who will then distribute them in an as yet undisclosed manner. For those of you who have not done this before, a good present can be:

- something you would like to receive (chocolate, booze, toiletries)
- that unwanted Christmas/birthday present from Auntie Ethel
- the dubious raffle prize from the last swim carnival
- something you got in last year's Silly Santa



Numbers are limited to approx 50 people due to the size of the restaurant. To secure your place please return your payment and form asap. You can return them at training or at club night. If you have any questions contact **Steph Canet** on [steph.canet@westnet.com.au](mailto:steph.canet@westnet.com.au) or catch up with one of the social committee at the next club night.

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**YES** - I want to come to Christmas in July on Saturday 30<sup>th</sup> July at Amarin Thai Restaurant.

| Name | Qty @ \$25 ea | Total |
|------|---------------|-------|
|      |               |       |



## CLUB CLOTHING

A new order of club swimwear should be arriving soon. The club will once again be subsidising the cost of these chlorine resistant Speedos. Women's - \$50. Men's - \$34.

We've also placed an order for NEW club polo shirts.

All club clothing will be available at club nights.

## 2006 SWIM THRU PERTH

The **Swim Thru Perth** is the main **annual fundraising event** for Claremont AUSSI. It is held in January each year and provides the club with a **terrific public profile**. It also enables us to raise funds for the year ahead to cover expenses such as lane hire. The **2006 event** is to be held on **Saturday 21<sup>st</sup> January**.

### ***VOLUNTEERS***

The successful running of this prestigious event requires a dedicated team from the existing committee and other club volunteers. It is not difficult to run a successful STP as long as there is a large, dedicated team of people willing to pull together and fulfil their duties by the respective deadlines.

If you are interested in assisting in the running of the STP and will be available over the December 05/ January 06 holiday period please contact either Elena – [elena.nesci@ozemail.com.au](mailto:elena.nesci@ozemail.com.au) or Roy Burton – [roy.burton@doir.wa.gov.au](mailto:roy.burton@doir.wa.gov.au)

### ***CHARITY***

After the outstanding success of the 2005 STP and the associated raffle, the club was able to donate \$1000 each to the Red Cross Tsunami Appeal and The White Wreath Association for the prevention of suicide.

The club would like to establish a long-term relationship with a nominated charity whereby funds from the STP are donated on an annual basis. We currently have a couple of charities that have been suggested but would like to ask the

members to nominate possible organisations for committee consideration.

If you know of a charity that may benefit from this relationship please supply either Elena or Roy with some background info and a possible contact by Monday 4<sup>th</sup> July.

Current nominations are the Louisa Allesandri Foundation and the Amanda Young Foundation as previously supported by the Albion Swim Club.

### **The Amanda Young Foundation**

The Amanda Young Foundation was established in March 1998 after the tragic death of Amanda Young from meningococcal septicaemia at the tender age of 18 years.

The Foundation has been established to highlight the need for greater awareness and understanding of our individual roles in public health and in maintaining a healthy living environment, especially among our future leaders.

The Amanda Young Foundation works to encourage particular attention to:

*Public Health*

*Managing our Environment*

*Leadership in the Community*

Youth leadership achievements are central to the Foundation's activities and are promoted through the annual "Eco-Health Young Leaders' Summit".

### **The Louisa Alessandri Foundation**

The Louisa Alessandri Foundation was established in memory of Dr Louisa Alessandri, who died in 1997 after a long battle with muscular dystrophy.

Dr Alessandri knew only too well the additional hardships that students with a disability faced. Having gained a Bachelors degree in microbiology at the University of Western Australia, she went on to be awarded a PhD in Medicine, also at UWA, before going on to become a world renowned expert in her chosen field of Sudden Infant Death Syndrome.

In memory of Louisa, and in recognition of her outstanding battle against her disability, the Louisa Alessandri Foundation offers an annual scholarship to a student with a disability to assist them in achieving their career aspirations.

## AEROBICS

The **2005 Aerobics season** is under way with the official times **Saturday 8am-10am** and **Saturday 2pm – 4pm**. The



option remains for you to get a few people together on Sunday and organise your own session.

**Not sure what Aerobics is?** It's a great opportunity to chart your **development** in the four form strokes over various distances. You may choose to only do freestyle if you wish but it can be a great way to improve the other strokes and keep fit at the same time. It's basically swimming against yourself over 12 months all the while accruing points towards the club total.

**COMING SOON** – *The Vic Paul Continuous 800m / 400m challenge*. Each year ex-Claremont member Vic Paul swims all his 800m and 400m aerobic swims in one continuous 6200m swim to raise funds for a nominated charity. Vic has invited Claremont members to join him in his feat. If you're totally deranged you can attempt the whole lot or an easier option is to get a team together. Stay tuned for more details but it looks like late June / early July on a Saturday arvo.

## WINTER TRAINING LANES

Claremont will be training **INDOORS** on Tuesdays and in the **OUTDOOR 8 lane** on Thursdays for the winter months. Now there are no excuses for not turning up to training!!

## LAWN BOWLS

The Social committee has arranged a Lawn Bowls challenge for Saturday 17<sup>th</sup> September at 3.30pm. What else would you rather be doing on a Saturday arvo than sending down a few bowls and having a beer and a **BBQ?**

Mark it down in your diary.  
More details closer to the event.

## Committee Meeting Report

In an effort to keep members **abreast** of the **matters discussed** at **committee meetings** there will be a **short report** each month in the GG.

Please do not hesitate to contact any member of the committee with any issues you would like discussed at the meetings.

### COMMITTEE MEETING – Mon. 13th June 2005

- \*Currently have 56 financial members.
- \*West Coast and Marg River carnivals approx 14 swimmers
- \*Xmas in July 30<sup>th</sup> July
- \*STP – ask for volunteers and charity nominations
- \*Lane allocation issue resolved. Tuesday indoors, Thurs outdoors.
- \***Club night** June 28th – Jester's Pies

Next meeting 4<sup>th</sup> July 2004.

## Recipe corner

Beat the winter chill with the great soup using a delicious vegetable that isn't used nearly enough – Jerusalem artichoke. Jerusalem artichokes resemble pieces of ginger but have a unique taste and texture ideal for soups and baking.

### Jerusalem Artichoke Soup

#### INGREDIENTS

- 80g butter
- 750g Jerusalem artichokes, peeled and cut into even chunks
- 1 onion, sliced
- 1 clove garlic, lightly crushed
- 1 stick celery, finely sliced

- 1.25l chicken or vegetable stock or milk or water
- sea salt & freshly ground black pepper
- freshly snipped chives
- freshly grated nutmeg
- thick cream (optional)

## METHOD

Melt butter in a heavy-based saucepan and sweat vegetables and garlic for 5 minutes, stirring once or twice. Add liquid and simmer until artichoke is tender. Puree, and then pass through a strainer into a clean saucepan. Adjust seasoning and reheat. Serve scattered with chives and nutmeg, adding cream if you have made the soup using stock or water as it helps to give a creamier consistency.

Serves 6 as an entree.

## GG BUSINESS DIRECTORY

If you would like to list your business / service / trade / skill in the GG Business Directory for an annual fee of \$5 please email your details to [elena.nesci@ozemail.com.au](mailto:elena.nesci@ozemail.com.au)

**Stephanie & Marc Canet**  
Remedial Massage and Nutritional Advice  
S.A.F.E and Juice Plus Products  
Kiyo Knight Shiatsu Technique  
7 Rankin Road, Shenton Park  
ph: 9382 1958  
by appt only

**Elena Nesci**  
Pomodoro Creative Catering  
Catering for parties, BBQs, dinner parties etc  
Ph/fax: 9382 1313

# Margaret River BACC

Saturday, July 23, 2005

Entry Form

SWIMMER NAME \_\_\_\_\_

AGE AT 31/12/05 \_\_\_\_\_

INTERESTED IN RELAYS      YES / NO      (there probably won't be time for relays but just in case!)

You can enter three events but only one each of the 200m and 100m swims. You can nominate any stroke over any distance including 200m IM and 100m IM. Sample programs could be;

Event 1 – 200m Free      OR      Event 1 – 200m IM      OR      Event 2 – 100m Breast  
 Event 2 – 100m IM           Event 3 – 50m Fly           Event 3 – 50m Back  
 Event 3 – 50m Fly           Event 3 – 50m Breast           Event 4 – 25m Fly

| EVENT 1: 200M | EVENT 2: 100M | EVENT 3: 50M | EVENT 4: 25M | Event Entry @<br>\$5 ea | FUNCTION<br>TICKETS @<br>\$25 ea | <b>TOTAL</b> |
|---------------|---------------|--------------|--------------|-------------------------|----------------------------------|--------------|
|               |               |              |              |                         |                                  |              |
|               |               |              |              |                         |                                  |              |
|               |               |              |              |                         |                                  |              |

Please indicate stroke & time to be swum for each distance and number attending function.

Please return your completed entry form to Bastiaan either at training or via email – [bastiaan.deboer@health.wa.gov.au](mailto:bastiaan.deboer@health.wa.gov.au) - by Tuesday 12<sup>th</sup> July with your money.

