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MAY 2023 NEWSLETTER

President's Report

We are now well into our Winter indoor training program although with the warm weather we've enjoyed through much of April we might still have been outdoors! The Marion Outdoor Pool Centre is considering extending the 2023-24 season which would be great.

Best of luck to all the Marlins who will be competing for the club at the **Relay Meet** on 21 May at SAALC. Even if you are not competing come and cheer them on!

This month we profile one of our new members, **Colleen Szeto**, in our members profile series. Colleen is originally from Massachusetts and joined our club earlier this

Club Training

A reminder that our Monday and Thursday morning sessions at **SAALC** revert back to our normal 9:00 start time from 8 May. Details on days & session times, payment, etc are always available on our website.

If you are looking for a little more lane space at training our Tuesday and Thursday evening sessions generally have fewer swimmers.

If you have any issues or suggestions related to coaching and our training programs please forward them to our Coaching Coordinator, **Mark Trenwith** at Mark.Trenwith@outlook.com or 0408 262 540.



Enjoying coffee after a training session at the Noosa Aquatic Centre are visiting Marlins Robyn Brown, Heather Carbone, Jan Langan and Brenda Mangelsdorf, joined by former Marlins Änki Schwedat, Yvonne Mutton and Terry Carter.

Members

We are pleased to welcome 2 new members **Kay Castle** and **David Incher** to our club.

We currently have 97 financial members compared to 106 at YE 2022.

Remember, if you introduce a swimmer to the club and he or she joins we'll give you 5 free swim tickets! Help us build our membership back over the 100 mark.

Competition

There are no local meet results to report this month although some of our members were busy competing elsewhere. **Barb Pearce, Ace Lewis** and **Ian Young** competed at the MSA Nationals in Hobart from 18-22 April while **Andrew Smith** competed at the SA Masters Games meet at Port Pirie on 23 April. All came home with a bundle of medals!

The next pool meet is the very popular **SC Relay Meet** on 21 May at SAALC. Nominations with the club have now closed. **25 Marlins** will be competing, so we are hoping for a good team result. To encourage participation the club will be paying the individual registration fees and will provide a Marlins logo cap to those who don't already have one.

In the lead-up to the event coaches will help prepare first timers, particularly with starts and turns, and there is a useful guide on our website: [Introduction to Pool Competition](#)

Registrations for pool events are online using the new Swim Central: [Login – Swim ID \(swimming.org.au\)](#). If you are having any problems with your entries please contact one of our Club Captains:

Gavin Rowell - 0416 638 248, gavin.rowell@adelaide.edu.au

Deb Wareing – 0432 711 359, deb.wareing@gmail.com



Barb Pears, Ace Lewis and Ian Young at the MSA Nationals in Hobart.

Andrew Smith at the SA Masters Games meet at Port Pirie.

Social

The annual **MSSA Presentation Dinner** was held at the Highway Hotel on 15 April, organised by our club (**Meredith Ryan**) on behalf of the Branch. It was a wonderful night, attended by 90 people, with many attired in outfits to match the theme “Blinging It On”. The dance floor was packed and there would have been a few sore

Marlins featured prominently in the individual awards with **Ian Young** winning the 2022 SA Male Swimmer of the Year award while **Maryanne Heffernan** was runner-up as Female Swimmer of the Year. Interclub medals were presented to **Ace Lewis, Ben Warr, Andrew Smith, Stephen Carthew** and **Ian** while **Andrew** also received an embroidered towel for completing the 2022-23 Open Water Series.

2021 FINA Top 10 awards were made to **Deb Wareing, Stephen** and **Ian**. Unfortunately no team trophies. Not present to receive their medal or Top 10 awards were **Diane Ross, Barb Pearce, Ron Hardie, Gavin Rowell, Michael Gaibinger, Marc Loader** and **Andrew Stephenson**. (Please see Deb Wareing to pick up your award)

The next event on the Social calendar will be the **Winter Solstice** swim (optional) and brunch at the Somerton SLSC on **25 June**. Further details to follow.



Club Members who attended the Presentation Dinner. All are looking very glamorous!

Club Records

Maryanne Heffernan has taken on the role of **Club Recorder** following Heather's retirement at the AGM.

Please contact her on physind@internode.on.net or 0411 736 593 if you find any errors or omissions in the current update (see [Competition](#) | [Marion Marlins Masters](#))

Club History

Meredith Taylor has done an enormous amount of work over the past few years, gathering information about the club history from various sources. Included in a draft report is a list of Office Bearers, membership numbers, a timeline of events, Life Member profiles and more. There is also Dropbox file with over 300 scanned newspaper articles and photos from the early years and a folder with scanned reports.

Vicki Day has offered to assist Meredith with the Club History and collation of all the material that has been collected.

Club Merchandise

We still have a few club T-shirts of various sizes available so if you would like one (or another one) have a word with **Ben Warr**. Payment (\$10) by cash or by deposit to the club bank account.

We are considering ordering more club gear including hoodies and named club caps and will advise shortly.

"Getting to know our members" Collen Szeto



1.How did you get into swimming?

I have always loved the water but did not start learning to swim with proper freestyle technique until a few years ago. My swimming journey took off when I arrived in Adelaide and joined Atlantis.

2.What's your favourite swimming stroke and why?

My favourite stroke to swim depends on the distance. For sprints, it's butterfly and for distance, it's freestyle. I love the balance of power, rhythm and grace that define a great butterfly stroke. I am fortunate that the stroke mechanics came naturally to me, and I take great pride in working my way through a fly set. As for freestyle, I like to

3.What's your favourite swimming drill and training set?

My favourite drills are the Biondi drill and underwater dolphin kicks. I love distance freestyle sets in 50-metre pools. One of my favourite distance freestyle sets (courtesy of Eddie Reese) is: 5x100m, 4x200m, 3x300m, 2x400m and 1x500m. I also love a classic 20x100m.

4.What do you see is the major challenge for masters swimmers?

The major challenge for Masters swimmers is improving stroke technique. Compared to a swimmer in a junior squad, it's harder for Masters swimmers to implement changes because of bad habits, less flexibility, higher swimmer to coach ratios, and more life commitments that can keep people from the water.

5.What's your favourite swimming event (pool and open water)?

My favourite local ocean swim is the Port Elliot race because of the bumpy conditions, lack of jellyfish and atmosphere. My favourite pool event to swim is the 400m freestyle (long course). From the couch, my favourite swimming event to watch is the 4x100m medley relay.

6.Describe your top-ranked swimming race of your career so far.

My best race was back in May 2021 at the second long course meet, where I completed a 400m in 6:00.41. I had been on a break from the water after Rottneest in February, and I did not expect to swim any faster than 6:40. But the speed was easy and effortless, and I still can't believe the time!

7.Who is/are your sporting hero or heroes?

My sporting heroes are Michael Phelps, Ian Thorpe and Ash Barty.

8.What's your number one tip you'd pass onto your swimmers?

I think that success in swimming is 50% technical, 30% mental and 20% physical. Take the time to slow down, get feedback on mechanics, and incorporate changes until they are natural. All too often we thrash and dash in the pool and wonder why

9.What's your (swimming related) weakness?

Overthinking stroke mechanics.

POOL COMPETITIONS – MARK YOUR DIARIES!



2023 State Cup and Interclub Meets (all at SAALC)

Interclub # 1 – Short Course (Relays only)

21 May 2023

Interclub # 2 – Short Course

17 July 2023

Interclub # 3 – Long Course

14 August 2023

Interclub # 4 – Long Course

11 September 2023

Short Course State Cup – Short Course

24 September 2023

Long Course Long Distance – Long Course

5 November 2023

2023 National & International Pool Meets

MSA Nationals – Pool and OWS

Darwin 2-7 May 2023

FINA World Masters Championships – Long Course

Fukuoka Japan 2-11 August 2023

Australian Masters Games

Adelaide 8-9 October 2023



WINTER TRAINING SCHEDULE

Westminster Pool – 1.5 hr sessions

Tuesday & Thursday – 6pm

Saturday – 8.30am

SAALC – 1 hour sessions

13 April to 5 May Start time is 8:00

Revert to our original start time of 09:00 from 8 May for Monday & Thursday training

Payment – half swim ticket or \$5.00 to club plus SAALC entry (Member, 20 pass ticket or single entry)

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President	Ian Young
Vice-President	Marc Loader
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar	Vicki Day
Coaching Coordinator	Mark Trenwith
Safety Officer	Tony Fowler
Club Co-Captain	Gavin Rowell
Club Co-Captain	Deb Wareing
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins
Webmaster (Acting)	Gavin Rowell
Recorder	Maryanne Heffernan
Newsletter	Vicki Day



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