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AUGUST 2023 NEWSLETTER

President's Message

As you read this I'm in Fukuoka, Japan competing at the World Aquatics (FINA) World Masters Aquatics Championships -one of eight SA swimmers, including Maryanne Heffernan of our club, that have made the trip. The meet was originally scheduled for 2021 but has been delayed two years due to Covid. There are approximately 10,000 athletes competing in the aquatic disciplines with 6,000 alone in the seven day pool competition. So it's a big event!

This month we feature **Dean Guse** in our member profile series. Dean joined our club earlier this year having recently re-discovered his passion for swimming. His initial focus was on distance training in preparation, with fellow Marlins, for the Rottneest OWS. More recently he has been focussing on shorter distances ahead of

looking to lose weight after having achieved a huge weight loss over the past year or so.

Members

Don't forget, if you introduce a swimmer to the club and he or she joins we'll give you 5 free swim tickets! Help us continue to build our membership.

Six month memberships for new members opened on 1 July and cost \$80.

Members Survey

You will have received a short survey with questions prepared by the Committee that asks for your views about the club's training programs and scheduling. It is completely anonymous and should only take a few minute to complete. If you haven't already done so please complete the survey asap. The results will be compiled and shared with our coaches and club members.

https://docs.google.com/forms/d/1m6yznXCdvkCrX3fyhcEJP3o_2-Y58s79yBHPEPwHK0/edit

Video Training
Our coaches are currently familiarizing themselves with our club's GoPro system. We hope to start offering video sessions soon at Westminster on Saturday mornings.

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.

Competitions

Interclub #2 was held at SAALC on 16 July with 17 Marlins competing. An excellent turnout! Due to a fabulous team effort we managed 2nd place behind Atlantis and have now moved up to third overall in the Series. It was great to have swimmers competing in a range of age groups from Aimee Carter, 29 years, to Barb Pearce 86 years

There many outstanding swims! State records were set by **Stephen Carthew** (M 75-79) in the 400 free and the 280 - 319 years Mixed 4 x25m free relay team of **Ron Hardie, Maryanne Heffernan, Deb Wareing** and **Ian Young**. **Dean Guse** slashed seconds from his free sprints and **Ben War** came close to breaking the elusive 1 minute barrier in his 100m free. Well done also to **Maggie Evans, Claudia Chavez** and **Robert Maddern** for their strong swims.

The next meet is **Interclub #3**, a LC meet on 20 August at SAALC. Nominations close on 4 August [2023 MSSA Interclub 3 \(National Swim Series\)](https://www.mastersswimmingsa.org.au) ([mastersswimmingsa.org.au](https://www.mastersswimmingsa.org.au)).

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



Some of our Club members who competed in Interclub 2.

From L to R: Maggie Evans, Aimee Carter, Dean Guse, Gavin Rowell, Ace Lewis, Claudia Chavez, Ben Warr and Stephen Carthew

Social

We are planning to organise a club dinner in August at a “local” restaurant. **Please save the date of August 26th**

Why do we Swim?

Swimming can bring you fun, fitness and friendship but it can also bring you a possible movie career!

Who would have thought that, but this did happen to 5 club members recently and they had their screen debut on Wednesday evening at the Wallis Cinemas in the short series "Behind the Seams".

It was partly filmed in South Australia and several scenes were filmed at Somerton Beach.

The members who appeared in the series were Lindy Lawson, Sharyn Roach Anleu, Brenda Manglesdorf, Jan Langan and Vicki Day.

On August 15, you can watch, share and like the first three episodes, with the second three dropping on August 18. <https://www.facebook.com/BehindTheSeamsSeries>

You never know where you will end up once you start swimming.

Below are a few shots of the filming and also 4 of the members at the premiere. Lindy is currently enjoying the warmer weather in Mooloolaba.



L-R: Sharyn Roach Anleu, Brenda Mangelsdorf, Jan Langan, Vicki Day, Lindy Lawson

Final call for members who wish to order a club jumper. Price is \$45, which is subsidised by the club. Absolute last day to order is Wednesday 9th August at 5pm. Purchase online at [Marion Masters Swimming Club Merchandise | Event registration | Webscorer](#)

We still have quite a few club T-shirts of various sizes available so if you would like one (or another one) have a word with Ben. Payment (\$10) by cash or by deposit to the club bank account. Please email or call **Ben Warr** if you have any questions Marionopenwaterswim@gmail.com or 0420 961 702

Women's Club Bathers

There has been an expression of interest in organising club bathers for our female members. They will have the club name and logo printed on them (design yet to be decided).

If you are interested in purchasing some club bathers please contact either: Deb Wareing (deb.wareing@gmail.com) or Kate Brereton (kate.brereton22@gmail.com) for additional information.

Bathers would be similar to the Jolyn ones - see link below:

[Group Swimwear Orders || JOLYN AUSTRALIA SWIMWEAR & ACTIVEWEAR – JOLYN Australia \(jolynclothing.com\)](#)

Try-ons for sizing/style can be arranged at one of our group training sessions.



"Getting to know our Members" - Dean Guse



1.How did you get into swimming?

I was asthmatic as a child and my doctor suggested that I take up swimming to help with my asthma. I started swimming at the Berri Swimming Club in the Riverland at around age 7.

Freestyle is my favourite (I find it the easiest) but I am happy to do all strokes.

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

I do really enjoy the endurance training sets along with training in the ocean.

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

Definitely finding the time!

Over the past forty years I have found it difficult to do any consistent training due to work and family commitments. Now my daughters are teenagers and more self-sufficient I now have some free time to devote to my chosen sport of swimming.

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

I competed in the Rottneest Island Chanel Swim as a team of 4 in February this year which I thoroughly enjoyed!

I plan to do it as a duo next year and a solo the year after.

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

The only timed swim results I can remember as a kid was 100 metre freestyle in a time of 1:06 at a school event at the Adelaide Aquatic Centre.

My current goal is to better that time.

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

Always enjoyed watching Kieren Perkins 1500 metre swims.

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

Listen to your coach. They know best.

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

I don't always listen to the coach!!

**2023 State Cup and Interclub Meets (all at SAALC)**

Interclub # 3 – Long Course

[14 August 2023](#)

Interclub # 4 – Long Course

[10 September 2023](#)

Short Course State Cup – Short Course

[24 September 2023](#)

Long Course Long Distance – Long Course

[5 November 2023](#)**2023-2024 National & International Pool Meets**

FINA World Masters Championships – Long Course

[Fukuoka Japan 2-11 August 2023](#)

Australian Masters Games - Short Course

[Adelaide 8-9 October 2023](#)

FINA World Masters Championships

[Doha, Qatar, 23 Feb- 3 March 2024](#)

Australian Masters National Championships

[Darwin 3-7 May 2024](#)

Alice Springs Masters Games

[Alice Springs, 12-19 October 2024](#)

Pan Pacific Masters Games

[Gold Coast, 1-10 November 2024](#)**WINTER TRAINING SCHEDULE****Westminster Pool – 1.5 hr sessions**

Tuesday & Thursday – 6.30pm

Saturday – 8.30am

SAALC – 1 hour sessions

Monday & Thursday – 9.00am

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

Committee

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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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