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## AUGUST NEWSLETTER

### CONTENTS

- [President's Report](#)
- [Ear Molds](#)
- [Coaching](#)
- [Competitions](#)
- [Members](#)
- [Social](#)
- [Club Merchandise](#)
- [Club History](#)
- [National and International Competitions](#)
- [Training Schedule](#)
- [Committee](#)

### President's Report

Welcome to our “new” monthly newsletter. I hope you like this more presentable and hopefully more readable format. It will combine both new information for club members, as previously, and handy repeat sections on training, competition and the Committee. Content from members is always welcome. Special thanks to Vicki Day for designing the newsletter and assisting with its distribution.

With winter weather, school holidays, competitions and a lot of sickness going around training session attendance in July was down. Hopefully numbers will pick up over the remainder of the winter season. Believe it or not it is less than two months before move back outdoors (yeah!) with our first session at MOP on Saturday 1 October.

No member profile this month. Members old and new are invited to tell us

included in previous newsletters or a short bio about yourself. Don't be shy- we want to get to know you! Forward to club Secretary.

[Rtn to Top](#)

### Ear Molds

Ear infections are a common problem for swimmers, particularly during the warmer summer months. So ear plugs are a great idea and ear molds even better!

Custom fitted silicon molds cure to the exact contours and shapes of your ear canal for a snug watertight fit (see photo).



We have scheduled a fitting with Ray Mack of Earworkx at Westminster Pool on Saturday, 3 September at 9:30. Cost is \$80.

**We need at least 6 people to commit to a fitting so please contact Deb**

**Wareing** - [deb.wareing@gmail.com](mailto:deb.wareing@gmail.com) or 0432 711 359, if you are interested asap.

[Rtn to Top](#)

### Coaching

Covid and the flu have impacted our coaching group with Stewart Galliford, Sandy Bennett and Meredith Ryan away for various periods in July and early August. Special thanks to Dean Shard and Meredith (before her illness) for stepping in to assist with coaching duties.

The Coaches Workshop (supported by a grant from Masters Swimming Australia) that was scheduled for 30 July has been rescheduled for 3 September. So, if you have any issues or suggestions related to coaching that you would like to have discussed at the Workshop you still have time to forward them to Heather Carbone [hcarbone6@hotmail.com](mailto:hcarbone6@hotmail.com) or 0438 829 633

[Rtn to Top](#)

### Competitions

Our last meet was Interclub #2 held at SAALC on 17 July. Thirteen Marlins competed and we finished a respectable 3rd on the day and are now 3rd overall in the Interclub Series.

The next meet is Interclub #3, at SAALC on 14 August (entries now closed) with 14 Marlins registered to compete. Entries for Interclub #4 on 11 September close on 29 August  
Registrations online using Swim Central:

[Login - Swim ID \(swimming.org.au\)](https://swimming.org.au)

Please contact one of our Team Captains if you require further information about pool competitions:

Gavin Rowell - 0416 638 248, [gavin.rowell@adelaide.edu.au](mailto:gavin.rowell@adelaide.edu.au)

Deb Wareing - 0432 711 359, [deb.wareing@gmail.com](mailto:deb.wareing@gmail.com)

If you are having any problems with the new entry system please contact Heather Carbone - [hcarbone6@hotmail.com](mailto:hcarbone6@hotmail.com) or 0438 829 633)

One of the upcoming meets is the biannual Mildura Murray Masters Carnival on 8-9 October. This is a SC meet, managed by our SA Branch, that will be held at the Mildura Waves Aquatic Centre (an excellent venue!). Entries are open on Swim Central. In years past we had sufficient numbers to rent one of the houseboats moored on the city reach. It was always a lot of fun – see group photo attached from ten years ago. Although it is too late to consider the houseboat option this time it would be great if we had good numbers attend to both support the event and enter some relays.

[Rtn to Top](#)



[Members](#)

We currently have 96 members. Invite a friend or colleague if anyone you introduce joins the club we'll give you five free swim tickets!

Six-month memberships opened 1 July and are only \$70, inclusive of National, Branch, club and insurance fees. Help us reach 100 members!

[Rtn to Top](#)

## [Social](#)

Our next social event will be the Return to Marion Outdoor Pool brekkie in early October, details to follow. if you have a great idea for an event or venue please let Meredith Ryan, our Social Coordinator, know [meredithryan@live.com.au](mailto:meredithryan@live.com.au) or 0400 612 341.

[Rtn to Top](#)

## [Club Merchandise](#)

The club T-shirts have been ordered and should arrive next week (finally!). We've ordered a few extras of each size so if you've missed out you may still be able to buy one.

Contact Ben Warr if you are interested, payment (\$10, cash preferred) on receipt.

[marionopenwaterswim@gmail.com](mailto:marionopenwaterswim@gmail.com)

[Rtn to Top](#)

## [Club History](#)

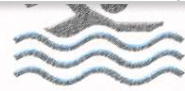
If you wish to contribute to the history project please contact Meredith Taylor on [mere21@internode.on.net](mailto:mere21@internode.on.net) or 0405 758 832

[Rtn to Top](#)

## [National and International Competitions](#)

[Rtn to Top](#)

## COMPETITIONS – MARK YOUR DIARIES!



### 2022 Winter Pool Meets

- Interclub # 3 – Long Course [SAALC 14 August](#)
- Interclub # 4 – Long Course [SAALC 11 September](#)
- Long Course State Cup [SAALC 23 October](#)
- Mildura – Short Course [8-9 October](#)
- Short Course – Long Distance [SAALC 13 November](#)

### 2022 National Pool Meets

2022 Pan Pacific Masters Games – Long Course [Gold Coast 10-13 November](#)

### 2023 National Pool Meets

2023 FINA World Masters Championships – Long Course [Fukuoka, Japan 2-11 August](#)  
 2023 MSA Nationals – Long Course [Hobart 18-22 April](#)  
 2023 Australian Masters Games – Long Course [Adelaide 7-14 October](#)  
 2023 Alice Springs Masters Games [Alice Springs 14-21 October](#)

## Training Schedule

SAALC: Time change – our session on Thursday 25 August will start an hour earlier, ie. 8:00AM

We commence training at the Marion Outdoor Pool on Saturday 1 October.

[Rtn to Top](#)



### WINTER TRAINING SCHEDULE

Westminster Pool – 1.5 hr sessions	SAALC – 1 hour sessions
Tuesday & Thursday – 6pm Saturday – 8.30am	Monday & Thursday – 9am Payment – half swim ticket or \$5.00 to club plus SAALC entry (Member, 20 pass ticket or single entry)

## Committee

[Rtn to Top](#)

President	Ian Young
Vice-President	Mark Trenwith
Treasurer	Ace Lewis
Coaching Coordinator	Heather Carbone
Registrar/Recorder	Heather Carbone
Safety & COVID Officer	Tony Fowler
Co-Club Captain	Gavin Rowell
Co-Club Captain	Deb Wareing
Committee Member	Robyn Brown
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins



Our mailing address is:

[secretary@marionmasters.org](mailto:secretary@marionmasters.org)

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