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## DECEMBER NEWSLETTER

### President's Report

The year is quickly coming to a close and it's been a very successful one for the club. Hope you will join us at our annual Xmas party on Thursday 22 December at MOP to help celebrate.

Although the weather has been a bit up and down we have enjoyed a few warm and summery days. Hopefully many more to come as the open water swim season is quickly approaching. We are scheduling some training sessions at Brighton Beach with the first is on 9 January, just ahead of our Marion OWS on 15 January. The Marion OWS is our major fund raising event and we appreciate the support we receive from members in preparing for the event and swimming on the day. Entries are now open and we'd love for you to join us.

On behalf of the Committee I would like to wish you and yours a very happy and safe festive season and a great 2023 with lots of swimming resolutions!

### Training Schedule

Our last training session for the year will be on Saturday 24 December. We recommence at MOP on Tuesday 3 January.

On Monday 9 January **Sandy Bennett** will be holding an open water swim session at

## Coaching

The **GoPro video session** scheduled for 20 November had to be cancelled because of a booking error by Westminster School. Apologies to those who arrived on the day. Since then **Robyn Brown** has been conducting a few smaller sessions at MOP with coaches and swimmers. Once all coaches have been trained in using the system we plan to hold more video sessions with members in 2023.

**Sandy Bennett** has completed an Open Water Coaching Certification Program, sponsored by the club. She will be using the tools and resources from the course to run open water swim clinics for our members during the start of the open water swim season - see training schedule above.

If you have any issues or suggestions related to coaching and our training programs please forward them to **Heather Carbone** [hcarbone6@hotmail.com](mailto:hcarbone6@hotmail.com) or 0438 829 633

## Members

The club is pleased to welcome **Dan Levy** as a new member of the club. We now have **103 members**, compared to 98 members at YE 2021.

We are the second largest club in SA (but only by a small margin!).

**2023 Memberships** are now due with payment through Swim Central (<https://mastersswimming.org.au/memberships/>). (**HINT:** Once you've logged in to Swim Central go to "Store")

**Please renew by 31 December** at the latest so your insurance cover doesn't lapse and you can continue to enjoy being a valued member of the Marion Marlins! If you have any concern regarding payment of the annual fee (\$140) please refer to the confidential Financial Hardship Policy on our website.

<http://marionmasters.org/policies>

## Social

Our next social event will be the annual **Xmas "party"** at 7:00pm on Thursday, 22 December at MOP. Food and drinks will be free and "Santa" will be making her usual awards to deserving club members.

Please add your name to the sign-up sheet at the pool or contact **Meredith Ryan** ([meredithryan@live.com.au](mailto:meredithryan@live.com.au) or 0400 612 341) if you will be attending.

This is always a fun way to end the year. Partners welcome.



## Competitions

### Competitions

The **Short Course Long Distance meet** on 13 November was cancelled after the storm and power outage and has not been rescheduled.

The first of the **Summer Pool Series** meets will be held at **Woodside** in the Adelaide Hills this Sunday, 11 December. Seven Marlins will be competing in this fun SC meet. The next pool meet is at **Gawler** on 29 January with entries closing on 13 January.

Congratulations to **Barb Pearce**, **Maryanne Heffernan** and **Ace Lewis** on their performances at the Pan Pacific Masters Games which were held on the Gold Coast in November.

And congratulations to **Sharon Roach-Anleu** and **Jan Langan** on recently completing one million meters in the Vorgee Million Meters Program. This is a great program -record your distances swum and receive some great rewards! See [Million](#)



The **2022-23 Open Water** season is nearly upon us! Entries for the **Seacliff swim** on 18 December and the **Glenelg Proclamation Classic** on 28 December are now open on Swim Central. The **State Open Water Championships**, which we will host, is on 15 January at Somerton.

Registrations for all pool and open water swims are online using the new Swim Central: [Login - Swim ID \(swimming.org.au\)](#). 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)

Contact one of our Team Captains if you require further information about pool or open water swim 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)



Maryanne Heffernan, Ace Lewis and Barb Pearce competing on the Gold Coast

### **Marion OWS (State Masters Open Water Swim Championships)**

Our club will be hosting the 12<sup>th</sup> annual State Championships on Sunday 15 January at Somerton. This is our major fund raising event and we appreciate the support we receive from members with preparations beforehand and on the day. If you are able to assist again please let **Ben Warr**, our OWS Coordinator, know asap

Of course we would love it if you would join us by registering to swim in either the 1km or 3km events and help us defend our Team title. Upwards of 40 Marlins compete each year and there are lots of age group and lucky door prizes on offer. On-line registrations through Swim Central are now open.

[2022-23 Nine News Open Water Series | Masters Swimming South Australia \(mastersswimmingsa.org.au\)](https://mastersswimmingsa.org.au)



**MARION MARLINS MASTERS SWIM CLUB**  
**State Open Water Swim Series**



## MSSA STATE OPEN WATER SWIM CHAMPIONSHIPS

Sunday, 15<sup>th</sup> January 2023

**Somerton**  
 SURF LIFE SAVING CLUB

### EVENTS: 1km & 3km State Championships

- Open to all swimmers 18 years & over
- Awards to first 3 males and females in each race
- Age group awards for Masters swimmers (1 & 3km)
- Golden Marlin trophies plus lucky door prizes
- Cafe & bar facilities available

**Entries Close:** Midnight, Friday, 13<sup>th</sup> January 2023 (No late entries)  
 \$35 members, \$45 non-members  
**Registration:** 8.30 am to 9.30 am on the beach at Somerton SLSC  
**Events Start:** 10 am  
**Enter Online:** <https://swimcentral.swimming.org.au/events>  
**Information:** Ben Warr (Marionopenwaterswim@gmail.com.au)

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### Club Merchandise

A reminder that we have plenty of extra club T-shirts of all sizes available so if you would like one (or another one) grab one from the box in the trolley. Payment (\$10) by cash or by deposit to the club bank account.

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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

## COMPETITIONS – MARK YOUR DIARIES!



### 2022-2023 Summer Pool Meets

Woodside – Short Course  
Gawler – Long Course  
Strathalbyn – Long Course  
Woodside – Short Course

11 December 2022  
29 January 2023  
26 February 2023  
19 March 2023

### 2023 State Pool Meets

2023 SA Masters Games

Copper Coast 20-23 April

### 2023 National & International Pool Meets

2023 FINA World Masters Championships – Long Course  
2023 MSA Nationals – Long Course  
2023 Pan Pacific Masters Games

Fukuoka Japan 2-11 August  
Hobart 18-22 April  
Gold Coast – November 2023

## OPEN WATER COMPETITIONS – MARK YOUR DIARIES!

### 2022-2023 Open Water Swim Dates

• Seacliff	Seacliff	18 December 2022
• Proclamation Classic	Glenelg	28 December 2022
• Pub to Pub	Seacliff	8 January 2023
• State OWS Championships	Somerton SLSC	15 January 2023
• Jetty to Jetty	Henley to Grange	26 January 2023
• Brighton Jetty Classic	Brighton SLSC	5 February 2023
• Pink & Blue Swim (fund raiser)	West Beach SLSC	11 February 2023
• MS Mega Swim (fund raiser)	Unley Pool	11-12 February 2023
• Henley Beach	Henley Beach	19 February 2023
• Port Elliot	Port Elliot SLSC	4 March 2023
• Noarlunga Reef	Port Noarlunga Jetty	13 March 2023







## MARION OUTDOOR POOL TRAINING SCHEDULE

Monday	9.00 – 10.00am
Tuesday	18.00 – 19.30pm
Thursday	9.00 – 10.00am
Thursday	18.00 – 19.30pm
Saturday	8.30 – 10.00am

## Committee

Committee	
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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