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OCTOBER NEWSLETTER

President's Report

Despite the changeable weather it's great to see so many members getting back into the swim of things now that we have moved back outdoors. The water is always warm! Hope you will join us at our Back to Marion Outdoor brekkie on 29 October (see details below).

Members old and new are invited to tell us more about themselves and their swimming interests and accomplishments for upcoming newsletters. Either provide answers to the standard questions included in the previous newsletters or a short bio about yourself. Don't be shy - we want to get to know you!
Forward to Club Secretary.

Training Schedule Changes

Please note that training on the following mornings has had to be rescheduled to a 8:30 start due to school programs:

- Thursday 20th October
- Monday 24th October
- Thursday 27th October
- Thursday 3rd November
- Thursday 10th November

Coaching

Robyn Brown will be conducting a GoPro video session on Sunday 20 November at the Westminster pool from 3:00-4:30pm. This has the dual purpose of

be held later in the season.

Using available funds the club is also planning to purchase stop watches and possibly a pool-side pacing clock. If you have any issues or suggestions related to coaching and our training programs please forward them to **Heather Carbone** hcarbone6@hotmail.com or 0438 829 633

Members

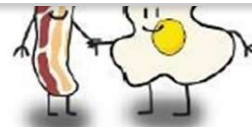
The club is pleased to welcome **Tim Morrison** as a new member. Tim is a tri-athlete and will using our training sessions to improve his swim leg ahead of some major competitions. Welcome Tim!

We currently have 98 members. Invite a friend or colleague and if anyone you introduce joins the club we'll give you five free swim tickets! Help us reach 100 members!

Memberships are temporarily closed to new members during October while Masters Swimming Australia migrates to the new Swim Central system. They will re-open on 1 November when a 14 month membership to the end of 2023 will be available for the price of a 12 month membership.

Social

Our next social event will be the **Return to Marion Outdoor Pool brekkie** on **Saturday, 29 October**, immediately after training. This is a week later than previously advised. We will be offering a free bacon and egg roll (plus possible vegetarian option) and coffee from the kiosk. Hope you can attend. Please add your name to the list on the trolley or let **Meredith Ryan** know (meredithryan@live.com.au or 0400 612 341) by Tuesday 25 October.



Back to Marion Outdoor Pool Brekkie

Free bacon & egg roll and coffee

Saturday 29 October from 10:00

Would love to see you there.

To aid with catering please RSVP Meredith at meredithryan@live.com.au or sign sheet at the pool by Tues 25 Oct



Competitions

Our last meet was **Interclub #4** held at SAALC on 19 September with twelve Marlins competing. Our club finished 5th on the day but managed to remain 3rd overall in the Interclub Series behind Atlantis and Phoenix. State records were set by **Di Ross** (100 & 200 Back) and **Ian Young** (200 Free & 50 Fly)

The next meet is the **Long Course State Cup** at SAALC on 23 October with 12 Marlins having registered to compete (results in next newsletter). Entries for the **Short Course Long Distance** meet on 13 November close on 28 October. Register online using 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 or 0438 829 633)

Congratulations to the following Marlins who placed in the top three in their age group on completion of the interclub series: **Maryanne Heffernan (65+)**, **Barb Pearce (85+)**, **Diane Ross (85+)**, **Ben Warr (35+)**, **Ace Lewis (40+)**, **Michael Gaibinger (45+)**, **Gavin Rowell (50+)**, **Andrew Smith (55+)**, **Ian Young (70+)**, **Ron Hardie (75+)**. Medals will be awarded at the Branch Presentation Dinner in April 2023.

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

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

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



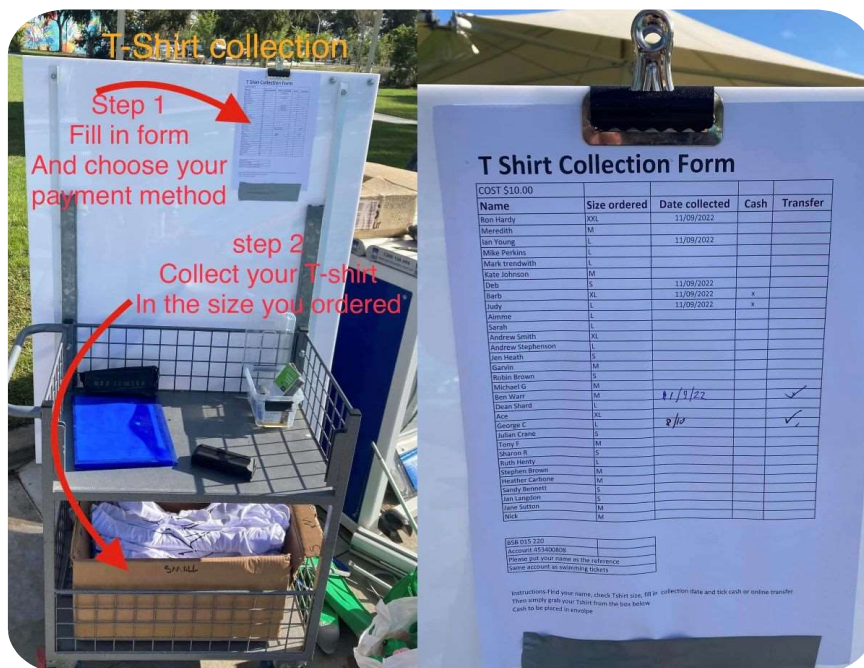
Aquatic Centre. Three Marlins competed (Barb Pearce, Andrew Smith and Ian Young) with Ian setting a State record in the 400 IM.

The 2022-23 Open Water calendar is being finalised and dates and venues will be available shortly. The **State Open Water Championships**, which we host, will be on 15 January at Somerton -mark your calendar!

Club Merchandise

The club T-shirts are available on the trolley at the Marion pool. If you ordered one please pick it up on your next visit and make a \$10 payment by cash or deposit to the club account. We've ordered a few extras of each size so if you've missed out you may still be able to buy one. **See photo below**

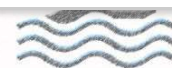
Contact **Ben Warr** if you are interested marionopenwaterswim@gmail.com



Club History

If you wish to contribute to the history project please contact Meredith Taylor on mere21@internode.on.net or 0405 758 832

COMPETITIONS – MARK YOUR DIARIES!

**2022 Winter Pool Meets**

- Long Course State Cup [SAALC 23 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 State Pool Meets**

2023 SA Masters Games

[Copper Coast 20-23 April](#)**2023 National & International Pool Meets**

2023 FINA World Masters Championships – Long Course

[Fukuoka Japan 2-11 August](#)

2023 MSA Nationals – Long Course

[Hobart 18-22 April](#)

2023 Alice Springs Masters Games

[Alice Springs 14-21 October](#)

MARION OUTDOOR POOL TRAINING SCHEDULE

Commencing Saturday October 1st

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

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Past Issues

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