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## SEPTEMBER NEWSLETTER

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### President's Report

Spring has sprung, or so they say. It is only a few weeks before we return to the Marion Outdoor Pool so fingers crossed the weather improves!

This month we feature Marc Loader in our member profile series. Marc joined our club earlier this year (from Atlantis) and trains regularly with us. He is currently focusing on preparations to swim the famous 20km Rottneest event as a solo swimmer next year. We wish him well and look forward to hearing about his experience.

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

## Summer Training Schedule

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

Schedule will be the same as last season:

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

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## Coaching

It was great to see **Stewart Galliford** back on deck after an absence due to sickness. Thanks to **Sandy Bennett, Meredith Ryan, Dean Shard** and **Robyn Brown** for assisting with coaching duties while he was away.

A Coaches Workshop (supported by a grant from Masters Swimming Australia) was held on 3 September and attended by all our regular and part time coaches. A range of topics were discussed including program integration, sets and rest periods and adaption for both groups and individuals. Further workshops are planned.

We will also be scheduling video sessions (for stroke correction) in the next few months and plan to purchase stop watches and 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](mailto:hcarbone6@hotmail.com) or 0438 829 633

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## Competitions

Our last meet was **Interclub #3** held at SAALC on 14 August. Thirteen Marlins competed and we finished a respectable 3rd on the day to remain 3rd overall in the Interclub Series. State records were set by **Maryanne Heffernan** (50 & 200 Free) and **Andrew Stephenson** (50 Back)

The next meet is **Interclub #4**, at SAALC on 11 September with 13 Marlins registered to compete (results in next newsletter). Entries for the **Long Course State Cup** on 23 October close on 7 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](mailto:hcarbone6@hotmail.com) or 0438 829 633)

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

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

A reminder that the bi-annual **Mildura Masters Carnival** will be held 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 now open on Swim Central and close on 30 September. I'm planning to attend and can offer a lift to anyone who would like to join me (lan at [ib.young@bigpond.net.au](mailto:ib.young@bigpond.net.au) or 0400 719 853).

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! [Rtn to Top](#)



YES!

That's right, the SA Masters Games is coming back to the COPPER COAST!

**SAVE THE DATES:**

Thursday 20th, Friday 21st, Saturday 22nd & Sunday 23rd April 2023

The Copper Coast SA Masters Games Committee are currently working hard to get everything ready including locking in the many sports and venues.

Registrations are not open yet

However please keep an eye on your emails for an announcement of the listed sports!

**ACCOMMODATION**

Don't miss out and book your accommodation today!

View the Copper Coast Accommodation Guide through the Visit Copper Coast website here:

<https://visitcoppercoast.com.au/mastersgames2023>

For all enquiries please phone 08 8821 2333 or email [visit@coppercoast.sa.gov.au](mailto:visit@coppercoast.sa.gov.au)

## Members

The club is pleased to welcome **Rachel Nitschke** as a new member.

We currently have 97 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!

Six-month memberships inclusive of National, Branch, club and insurance fees cost \$70. To compensate new members for every month or part month "missed" since 1 July we will provide a free swim training ticket.

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## Social

Our next social event will be the **Return to Marion Outdoor Pool brekkie** on **Saturday, 22 October**, immediately after training. Current plan is to use the

If you have a great idea for future social events please contact **Meredith Ryan**, our Social Coordinator, [meredithryan@live.com.au](mailto:meredithryan@live.com.au) or 0400 612 341.

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### [Club Merchandise](#)

The club T-shirts have finally arrived! Apologies for the delay. To make delivery easier (ie. single venue) we will wait until opening day at the Marion Outdoor Pool to start distributing them. Please make cash payment (\$10) on receipt. 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. [marionopenwaterswim@gmail.com](mailto:marionopenwaterswim@gmail.com)

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### Member Protection

Masters Swimming Australia has issued a revised Member Complaint Process document which is available to view on our website (see <http://marionmasters.org/files/documents/c1a140f1-67ff-487b-bc98-cfb693f25474.pdf>).

Should you have any issues or concerns you would like to discuss please contact **Mike Perkins**, our Member Protection Officer, on 0439 765 967 or [Mike.Perkins@flinders.edu.au](mailto:Mike.Perkins@flinders.edu.au)

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### 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

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### Member Profile - Marc Loader

#### **1.How did you get into swimming?**

I started swimming competitively for my high school way back in the 80's. When I left school, I didn't swim again until 2018. A gap of about 36 years. An old school mate of mine kept at me until I joined a Masters Club after returning to Adelaide from 20 odd years in Alice Springs.

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

To me there is only one stroke, freestyle. The others are just for show!!!!

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

Anything that involves freestyle and no fins.

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

For people who don't know how to swim or can't swim very well, coming out to Masters swimming clubs can be a bit overwhelming. So getting over that first hurdle can be a challenge for some people. But for me my biggest challenge is how to stay motivated. There are certainly some nights, especially in winter, where just getting to the pool is a challenge.

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

I'm not really a pool swimmer in a competition sense, but love OWS. My favourite local OWS is Port Elliot. Along with the location it is just a great weekend away. My other favourite event is Rottneest. They do it really well in WA and the atmosphere at the start line on Cottesloe Beach is just awesome and the party at Rottneest is worth the trip.

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

Back in my old school days I did manage to win the Boys Open Championship for my school and swim 50m freestyle in under 30 seconds. So that was a good day. My other achievement was to swim a virtual Rottneest earlier this year. Along with my training partner we swam from Semaphore Jetty to Brighton. A 20 km swim in 6hours 11minutes.

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

Ash Barty is right up there. So humble, inclusive and just a downright champion human being. It is all about her team. It is never about her. I also think Ian Thorpe is a legend. I

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

Focus on the process (technique), the outcomes will take care of themselves.

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

Tumble turns. I have tried and tried but I just can't seem to get my head and body to sync.

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**State, National and International Competitions**

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**COMPETITIONS – MARK YOUR DIARIES!****2022 Winter Pool Meets**

- 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 & 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](#)

**Training Schedule****Back to the Marion Outdoor Pool - Saturday 1 October**

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**WINTER TRAINING SCHEDULE****Westminster Pool – 1.5 hr sessions**

Tuesday & Thursday – 6pm

Saturday – 8.30am

**SAALC – 1 hour sessions**

Monday & Thursday – 9am

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



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

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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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